

**Report of the Trustees and
Unaudited Financial Statements for the Year Ended 31 May 2022
for
Nurturing Foundations**

Raise
Chartered Accountants
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Nurturing Foundations

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Nurturing Foundations

Report of the Trustees for the Year Ended 31 May 2022

The trustees present their report with the financial statements of the charity for the year ended 31 May 2022. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

Our aims and activities

The purpose of the charity is:

To advance in life and help young people, and in particular (but not exclusively) those from Black, Asian and Minority Ethnic Backgrounds, by providing support and activities which develop their skills, capacities and capabilities to enable them to participate in society as mature and responsible individuals.

To promote social inclusion for the public benefit by preventing people from becoming socially excluded, relieving the needs of those people who are socially excluded and assisting them to integrate into society.

The vision that shapes our annual activities remains a program of youth oriented events and activities, the design of personal development plans and promotion of skills development. These activities benefit young people by developing their self-confidence and social skills, life skills, positive mental health and providing opportunities for young people to become volunteers themselves.

The charity also has the general aim of contributing to the quality of life of North Manchester residents through the provision of exciting and accessible community events.

The strategies employed to achieve the charity's aims and objectives includes educational programmes and activities, involving local schools, colleges and higher education, delivering a range of social skills activities with professionals to develop young people's confidence and expression. Where possible, programmes are linked to the educational syllabus to raise achievement.

We are grateful for the many hours volunteers, including member volunteers, have spent listening and encouraging our members and supporting our youth workers. Without this valuable contribution of time, energy and expertise we would not have been able to achieve so much.

Achievements and Performance

150 young people attended our innovative Social Saturdays workshops, with 30 regularly attending each term. They met weekly for games and interactive workshop sessions on zoom during lockdowns and Covid-19 restrictions, which was very popular, enabling them to connect on a regular basis and overcome boredom. Funding from Manchester City Council supported these sessions. A National Lottery grant then supported us to move into our new hub, providing a safe space for us to deliver our sessions in-person to young people and families. Whilst having fun they developed social skills including communication skills, confidence building, good manners, respect, leadership, role modelling and consequential thinking. 88% reported increased understanding of pregnancy; 85% reported improved mental health, improved confidence, increased independent decision making skills, improved relationship with their local community, increased confidence in contributing to their local community, and started volunteering. 82% reported improved wellbeing. 80% reported improved social skills, improved resilience and communication skills, increased ability to manage their finances, increased skills to tackle challenges, improved parenting skills, increased engagement with their local social networks, and a more meaningful social life.

70 young people attended our holiday schemes where they played games and enjoyed interactive workshop sessions. Whilst having fun, they developed social skills including communication skills, confidence building, good manners, respect, leadership, role modelling and consequential thinking. 88% increased confidence in contributing to their local community and reported increased understanding; 85% reported improved mental health, improved confidence, increased independent decision making skills, improved relationship with their local community, increased engagement with their local social networks, and started volunteering. 82% reported improved wellbeing. 80% reported improved social skills, improved resilience and communication skills, increased ability to manage their finances, increased skills to tackle challenges and a more meaningful social life.

Lloyds Bank Foundation for England and Wales supported our Young Parents Hangout project exclusively for young parents aged under 21 years. 20 young parents benefited from in-depth individual support to manage expectations before, during and after pregnancy; support physical, mental and emotional wellbeing; and develop skills and connections. Support included mentoring from people with similar lived experiences. 88% reported increased understanding of pregnancy; 85% reported improved mental health, improved confidence, increased independent decision-making skills, improved relationship with their local community, increased confidence in contributing to their local community, and started volunteering. 82% reported improved wellbeing. 80% reported improved social skills, improved resilience and communication skills, increased ability to manage their finances, increased skills to tackle challenges, improved parenting skills, increased engagement with their local social networks, and a more meaningful social life with some taking up employment or returning to full time education.

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Report of the Trustees for the Year Ended 31 May 2022

Our 22 First 1000 Days of a Child participants received practical support to connect with other relevant community services and to improve their physical, mental and emotional wellbeing. This included workshops on postnatal depression, positive mental health, and sleep patterns with opportunities to enhance their parenting skills and better understand adverse childhood experiences and how to mitigate these. 88% reported increased understanding of pregnancy; 85% reported improved mental health, improved confidence, increased independent decision-making skills, improved relationship with their local community, and started volunteering. 82% reported improved wellbeing. 80% reported improved social skills, improved resilience and communication skills, increased ability to manage their finances, increased skills to tackle challenges, improved parenting skills, increased engagement with their local social networks, and a more meaningful social life.

15 young people participated in our innovative Youth Bank initiative. This supports young people to develop the skills to become grant makers. They will evaluate projects proposed by young people across North Manchester, assigning funds to those they consider meet the criteria and will make a positive difference to other young people. It's early days for this project, but we are already seeing a positive impact.

Our 12 Manchester City Council Radequal project participants made intelligent contributions to the programme. They were able to take effective steps to tackle prejudice and division and had constructive discussion and workshops on how to 'open up' dialogue to make a difference. The young people put together a short drama at the end of the project which was launched and presented to stakeholders which is being used as a case study in the City. 100% of participants have started volunteering in the community. 87% increased confidence in contributing to their community; 85% reported improved confidence, improved mental health, increased independent decision making skills and improved relationship with their local community; 82% reported improved wellbeing; 80% reported improved social skills, improved resilience and communication skills, increased ability to manage their finances, increased engagement with their local social networks, and a more meaningful social life.

Our Youth School of Leadership connected over 150 young people online who were inspired by trailblazing youth leaders to think about how they can make a positive impact, and the difficulties and complexities of trying to lead themselves and others in the midst of a global pandemic. The feedback was awesome with participants reporting improved confidence and being more focused on building their aspirations and achieving their goals.

The VCSE Covid recovery fund from Young Manchester supported us to establish the Black African and Caribbean Alliance (ACA) to increase the capability and capacity of smaller emerging community organisations, supporting them to thrive and become sustainable. Through this Alliance, which we lead, we have increased their collective resilience, which has positively impacted the health and wellbeing of Manchester residents.

Donations from our Global Giving platform supported us to provide a much needed Relief Hub for bereaved families of Covid 19 victims. We reached out to children and their families with a package of support that included food, child supervision, and positive mental health workshops.

Review of our charitable activities

Review:

The trustees review the aims, objective and activities each year. The review looks at what we have achieved and the outcomes of our work over the previous 12 months. The review looks at the success of each key activity and the benefits they have brought to those groups of people it has set out to help. The review ensures that the aims, objective and activities remained focused on its stated purposes.

We have referred to the guidance of the Charity Commissions general guidance on public benefit when reviewing aims and objectives and in planning our future activities. In particular, the Trustees have considered how the planned activities will contribute to the aims and objectives they have set.

It was constituted as a charity in May, 2019

How our services deliver public benefit

The Trustees have considered the new obligations of the Charities Act 2006. We are satisfied that Nurturing Foundations complies with the Act and with section 4 of the Act concerning 'public benefit' guidance issued by the Charity Commission.

Our main activities and who we are trying to help is described.

All our charitable activities focus on the prevention of emotional, social and economic disadvantage due to the lack of financial means and are undertaken to further our charitable purposes for the public benefit.

Reserves

The Trustees have examined the requirements for free reserves and they consider that, given the nature of the Charity's work, free reserves should be equivalent to approximately 12 months routine expenditure of £68,000. The trustees are of the opinion that this provides sufficient flexibility to

Nurturing Foundations

Report of the Trustees for the Year Ended 31 May 2022

cover temporary shortfalls in incoming resources.

Future plans

The coming year will see a continued emphasis on building our capacity and infrastructure to become more sustainable and better report our impact; meet increased demand for support from our young people; and to become an enabler for other upcoming local voluntary organisations. Our interactive and engaging workshops and other structured activities will build and deepen the confidence and capability of our young people. We will also endeavour to create more safe spaces for young people in different parts of the city to engage and be positively impacted.

We will continue to strengthen our network through our membership of the Greater Manchester Centre for Voluntary Organisations (GMCVO) and partnership with the North Manchester Network of Voluntary Organisations with the aim to remain and be sustainable in the city of Manchester.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust and constitutes an unincorporated charity.

Recruitment and appointment of new trustees

Members of the Board of Trustees are elected and co-opted according to the constitution and under the terms of the Memorandum and Articles of Association. The elections on to the board take place on an annual basis at the Charity's Annual General meeting. All trustees offer their services as volunteers and do not receive any payment for their time and commitment.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1183616

Principal address

The Centre
Harpurhey Neighbourhood Project
Carisbrook Street
Harpurhey
M9 5UX

Trustees

T Omole
K Ododo
F Oni

Independent Examiner

Raise
Chartered Accountants
10th Floor
3 Hardman Street
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Manchester
M3 3HF

Approved by order of the board of trustees on 8 November 2022 and signed on its behalf by:

K Ododo - Trustee

**Independent Examiner's Report to the Trustees of
Nurturing Foundations**

Independent examiner's report to the trustees of Nurturing Foundations

I report to the charity trustees on my examination of the accounts of Nurturing Foundations (the Trust) for the year ended 31 May 2022.

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 Act and in carrying out my examination I have followed all 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 giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

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

Su Rai
Raise
Chartered Accountants
10th Floor
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8 November 2022

Nurturing Foundations

Statement of Financial Activities for the Year Ended 31 May 2022

	Notes	Unrestricted fund £	Restricted fund £	31.5.22 Total funds £	31.5.21 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		10,355	1	10,356	9,120
Charitable activities					
Social workshops		-	29,492	29,492	16,041
Radequal		-	950	950	1,025
Working with children with learning needs		-	-	-	360
Safeguarding training		-	-	-	30
Support for families during seasonal holidays		-	-	-	1,000
online hangout sessions		-	-	-	11,940
COVID 19 support for vulnerable children		-	-	-	13,098
MCR Active		-	8,260	8,260	2,275
Virtual Community Christmas party		-	-	-	1,900
Mental Health and wellbeing		-	4,975	4,975	4,975
Online playgroups		-	-	-	1,600
First 1,000 days of a child		-	8,225	8,225	-
Summer Buzz project		-	7,097	7,097	-
VCSE covid recovery		-	38,500	38,500	-
Young parents hangout project		25,000	-	25,000	-
Investment income	2	52	-	52	-
Total		35,407	97,500	132,907	63,364
EXPENDITURE ON					
Raising funds	3	4,840	458	5,298	1,294
Charitable activities					
Social workshops		3,495	21,546	25,041	6,504
Radequal		-	500	500	1,342
Working with children with learning needs		-	-	-	2,000
Support for families during seasonal holidays		-	-	-	835
online hangout sessions		-	-	-	6,845
COVID 19 support for vulnerable children		-	-	-	17,268
MCR Active		-	6,119	6,119	466
Virtual Community Christmas party		-	-	-	1,040
Mental Health and wellbeing		464	6,175	6,639	8,400
Online playgroups		-	-	-	6,000
First 1,000 days of a child		-	8,176	8,176	-
Summer Buzz project		-	5,570	5,570	-
VCSE covid recovery		-	5,296	5,296	-
Young parents hangout project		5,396	-	5,396	-
Total		14,195	53,840	68,035	51,994
NET INCOME		21,212	43,660	64,872	11,370
RECONCILIATION OF FUNDS					
Total funds brought forward		22,742	-	22,742	11,372

The notes form part of these financial statements

Nurturing Foundations

**Statement of Financial Activities
for the Year Ended 31 May 2022**

	Notes	Unrestricted fund £	Restricted fund £	31.5.22 Total funds £	31.5.21 Total funds £
TOTAL FUNDS CARRIED FORWARD		<u>43,954</u>	<u>43,660</u>	<u>87,614</u>	<u>22,742</u>

The notes form part of these financial statements

Nurturing Foundations

Balance Sheet 31 May 2022

	Notes	Unrestricted fund £	Restricted fund £	31.5.22 Total funds £	31.5.21 Total funds £
FIXED ASSETS					
Tangible assets	6	7,665	-	7,665	2,013
CURRENT ASSETS					
Debtors	7	-	19,250	19,250	-
Cash in hand		38,694	24,410	63,104	21,449
		<u>38,694</u>	<u>43,660</u>	<u>82,354</u>	<u>21,449</u>
CREDITORS					
Amounts falling due within one year	8	(2,405)	-	(2,405)	(720)
NET CURRENT ASSETS		<u>36,289</u>	<u>43,660</u>	<u>79,949</u>	<u>20,729</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>43,954</u>	<u>43,660</u>	<u>87,614</u>	<u>22,742</u>
NET ASSETS		<u>43,954</u>	<u>43,660</u>	<u>87,614</u>	<u>22,742</u>
FUNDS	9				
Unrestricted funds				43,954	22,742
Restricted funds				43,660	-
TOTAL FUNDS				<u>87,614</u>	<u>22,742</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 8 November 2022 and were signed on its behalf by:

K Ododo - Trustee

Nurturing Foundations

Notes to the Financial Statements for the Year Ended 31 May 2022

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Fixtures and fittings	- 25% on cost
Motor vehicles	- 25% on reducing balance
Computer equipment	- 33% on cost

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

2. INVESTMENT INCOME

	31.5.22	31.5.21
	£	£
Deposit account interest	52	-
	<u>52</u>	<u>-</u>

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Notes to the Financial Statements - continued for the Year Ended 31 May 2022

3. RAISING FUNDS

Raising donations and legacies

	31.5.22	31.5.21
	£	£
Insurance	1,247	299
Telephone	458	96
Postage and stationery	460	131
Support costs	3,133	768
	<u>5,298</u>	<u>1,294</u>

4. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 May 2022 nor for the year ended 31 May 2021.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 May 2022 nor for the year ended 31 May 2021.

5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted fund £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	9,120	-	9,120
Charitable activities			
Social workshops	16,041	-	16,041
Radequal	1,025	-	1,025
Working with children with learning needs	360	-	360
Safeguarding training	30	-	30
Support for families during seasonal holidays	1,000	-	1,000
online hangout sessions	11,940	-	11,940
COVID 19 support for vulnerable children	13,098	-	13,098
MCR Active	2,275	-	2,275
Virtual Community Christmas party	1,900	-	1,900
Mental Health and wellbeing	4,975	-	4,975
Online playgroups	1,600	-	1,600
Total	<u>63,364</u>	<u>-</u>	<u>63,364</u>
EXPENDITURE ON			
Raising funds	1,294	-	1,294
Charitable activities			
Social workshops	6,504	-	6,504
Radequal	1,342	-	1,342
Working with children with learning needs	2,000	-	2,000
Support for families during seasonal holidays	835	-	835
online hangout sessions	6,845	-	6,845
COVID 19 support for vulnerable children	17,268	-	17,268
MCR Active	466	-	466
Virtual Community Christmas party	1,040	-	1,040
Mental Health and wellbeing	8,400	-	8,400
Online playgroups	6,000	-	6,000
Total	<u>51,994</u>	<u>-</u>	<u>51,994</u>

Nurturing Foundations

Notes to the Financial Statements - continued for the Year Ended 31 May 2022

5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted fund £	Restricted fund £	Total funds £
NET INCOME	11,370	-	11,370
RECONCILIATION OF FUNDS			
Total funds brought forward	11,372	-	11,372
TOTAL FUNDS CARRIED FORWARD	<u>22,742</u>	<u>-</u>	<u>22,742</u>

6. TANGIBLE FIXED ASSETS

	Fixtures and fittings £	Motor vehicles £	Computer equipment £	Totals £
COST				
At 1 June 2021	-	-	4,303	4,303
Additions	6,050	1,857	1,704	9,611
At 31 May 2022	<u>6,050</u>	<u>1,857</u>	<u>6,007</u>	<u>13,914</u>
DEPRECIATION				
At 1 June 2021	-	-	2,290	2,290
Charge for year	1,513	464	1,982	3,959
At 31 May 2022	<u>1,513</u>	<u>464</u>	<u>4,272</u>	<u>6,249</u>
NET BOOK VALUE				
At 31 May 2022	<u>4,537</u>	<u>1,393</u>	<u>1,735</u>	<u>7,665</u>
At 31 May 2021	<u>-</u>	<u>-</u>	<u>2,013</u>	<u>2,013</u>

7. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.5.22 £	31.5.21 £
Prepayments and accrued income	<u>19,250</u>	<u>-</u>

Nurturing Foundations

Notes to the Financial Statements - continued for the Year Ended 31 May 2022

8. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.5.22	31.5.21
	£	£
Taxation and social security	139	-
Other creditors	2,266	720
	<u>2,405</u>	<u>720</u>

9. MOVEMENT IN FUNDS

	At 1.6.21	Net movement in funds	At 31.5.22
	£	£	£
Unrestricted funds			
General fund	22,742	21,212	43,954
Restricted funds			
Restricted funds	-	43,660	43,660
TOTAL FUNDS	<u>22,742</u>	<u>64,872</u>	<u>87,614</u>

Net movement in funds, included in the above are as follows:

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General fund	35,407	(14,195)	21,212
Restricted funds			
Restricted funds	97,500	(53,840)	43,660
TOTAL FUNDS	<u>132,907</u>	<u>(68,035)</u>	<u>64,872</u>

Comparatives for movement in funds

	At 1.6.20	Net movement in funds	At 31.5.21
	£	£	£
Unrestricted funds			
General fund	11,372	11,370	22,742
TOTAL FUNDS	<u>11,372</u>	<u>11,370</u>	<u>22,742</u>

Nurturing Foundations

Notes to the Financial Statements - continued for the Year Ended 31 May 2022

9. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	63,364	(51,994)	11,370
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>63,364</u>	<u>(51,994)</u>	<u>11,370</u>

10. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 May 2022.

11. RESTRICTED FUNDS

The Manchester Youth Zone - To support the project for the First 1,000 days of a child, funding our summer, Easter and Christmas holidays activities and supporting the Radequal project to help towards prejudice and division.

Manchester City Council - To support our project to help others with mental health and the impact of COVID and to fund the social Saturdays project.

Manchester Active- To fund the project to provide free bicycles and help young people stay active.

National Lottery main grants - To fund the move into a new building as the charity is growing providing more space to deliver the charity's learning sessions in person.