SLEAP

England & Wales · Charity number 1184663

Details

Status	Registered
Legal form	CIO
Registered	2019-07-30
Register	View on the Charity Commission register

Contact

Address	Unit 2 Trafford Buildings East Street Leyland PR25 3NJ
Phone	01772623603
Email	admin@sleap.co.uk
Website	www.sleap.co.uk

Activities

Objects: THE OBJECTS OF THE CIO ARE FOR THE PUBLIC BENEFIT:THE RELIEF OF POVERTY OF YOUNG PERSONS IN LANCASHIRE WHO ARE IN CONDITIONS OF NEED, HARDSHIP AND DISTRESS BY THE PROVISION OF TEMPORARY ACCOMMODATION BASED ON THE EXPRESSION OF THE CHRISTIAN FAITH THROUGH CARE, COMPASSION AND RELEVANT PRACTICAL AND SPIRITUAL HELP AS THE TRUSTEES MAY FROM TIME TO TIME THINK FIT

Activities: Support & lodgings for young people

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** The Prevention Or Relief Of Poverty, Accommodation/housing
- **Who:** Children/young People, The General Public/mankind

Geography

- Lancashire

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Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£62,197	£121,257	-	-
2024-03-31	£208,237	£160,398	-	-
2023-03-31	£168,985	£163,112	-	-
2022-03-31	£133,371	£114,580	-	-
2021-03-31	£132,231	£120,626	-	-

Trustees

Name	Role	Appointed
Elizabeth Hamilton	Chair	2020-05-05
Anthony Joseph Matthews		2021-05-01
Derek Harborne		2025-01-29
Emma Foxall		2019-07-30
James Harris		2025-05-14
TIM GROSE		2019-07-30

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SLEAP

England & Wales - Charity number 1184663

Accounts

SLEAP

SUPPORT & LODGINGS FOR YOUNG PEOPLE

Annual Report 2024-25



Unit 2 Trafford Buildings | East Street | Leyland PR25 3NJ

Registered Charity 1184663

Welcome to the 2024/25 Annual Report for SLEAP

Another year has passed and God continues to provide for SLEAP, not just for the ongoing work but in opportunities for future developments. More of that later.

During the year we have said some goodbyes and also one or two welcomes. Mike Neill, one of our Trustees has moved on and we want to express our thanks for his commitment to SLEAP over the years. In turn we have welcomed Derek Harborne to the Trustee Board.

Cath joined us in January and works part time providing one to one support to our young adults. Welcome Cath.

The most exciting and most eagerly anticipated arrival, however, was that of Rebecca's baby in March 2025. Congratulations!

Maggie, Rebecca and Stela have put in another year of dedicated service, going above and beyond their official roles in terms of commitment, dedication and service. Cath has already proved her dedication and slotted right into the team. As Chair of Trustees I want to record our immense gratitude to the staff on behalf of the Trustees, young adults, volunteers and host families. SLEAP would not be the organisation it is without your unique contributions.

The welcomes and goodbyes continued throughout the year with our host families and young adults. Some host families have moved on for a variety of reasons and we appreciate the time and commitment they have given to SLEAP over the years. Their impact on the lives and futures of the young adults they supported is immeasurable and so beneficial. At the same time we welcomed new host families and thank them for stepping up to provide a safe and secure home for young adults who otherwise would be homeless. Our thanks also go to the host families who have served SLEAP and continue to do so. Without you life would be much harder for SLEAP and for the young adults you support.

At the start of 2025 we entered the year of SLEAP's 30th anniversary as a registered charity. I suspect that the original Trustees had hoped that there would no longer be a need for SLEAP 30 years on, but that need still exists and shows no sign of disappearing. The fact SLEAP is still here is testament to the work of all those people mentioned above, and to the support from local people and businesses in so many different ways. The SLEAP out in January with young people from local churches was a great success; raising both funds and awareness.

Things are challenging in many different ways at the moment, but SLEAP will continuing fighting homelessness for as long as is needed. As we look towards the next 12 months we do so with a sense of anticipation and excitement. We know God is with us, leading us and providing for us. There are new opportunities on the horizon offering income diversification, sustainability and most importantly, new services and support for our young adults. Watch this space!

Liz Hamilton

Chair of Trustees

Navigating stormy times

In last year's annual report we talked about standing at the end of another year "looking at the dark storm clouds ahead". Well, it certainly has felt stormy this year. We have faced many challenges, but throughout the year some challenges have become opportunities and some, blessings. We have seen changes in the staff team, board of trustees and volunteers. We have become more intentional about fundraising, growing our partnerships and developing new ways to address the risk of homelessness for 16 – 25 year olds.

More importantly, we have continued to walk alongside young people, as they transition into adulthood, whilst navigating situations of crisis, which have led them to face homelessness. It has also been a stormy year for these young people we support. A common challenge for the majority, has been the access to accommodation when ready to take the next steps and move on. Both young people living with SLEAP's host families and those supported in the community, struggled to find and then access suitable, safe and affordable accommodation.

Nonetheless, it is the young people who continue to be the best evidence for SLEAP's impact, as they successfully journey from that initial place of crisis onwards. We walk with them through the challenges, we celebrate their successes, big and small wins, new dreams and plans. They tell us about 'finding a home', finally belonging, feeling like family, feeling safe, having the confidence to move on knowing they are not alone.

In 2025 SLEAP celebrates its 30th anniversary as a charity. Even though the work had begun earlier, in 1992, this is an important step in the life of this organisation. The anniversary gives us an opportunity to both celebrate and also to raise funds and awareness of the issues young people face.

30 years on, the same motivation remains - to fight homelessness and break the cycle so that young lives have an opportunity to thrive. The inspiration – God's care for the homeless, the poor, and the foreigner. Our prayer is that SLEAP will continue to be a practical expression of God's redeeming love and justice. As we reflect on the last 30 years, the 1,000+ young people supported, the people involved, the provision for all that was needed, we can but praise and thank God and we say, 'thus far the Lord has helped us'.

Stela Stansfield

Chief Executive Officer



What we do - our services and activities

SLEAP works with 16 to 25 year olds in South Ribble, Chorley and Preston. We provide **S**upport, **L**odgings, **E**mergency **A**ccommodation and **P**revention. We fight homelessness, promote safe accommodation, and build social resilience.

SLEAP works alongside young people from crisis through to thriving. We are not about 'quick fixes' and buzz words. SLEAP's practice, although evolving through the years, has always been based on the value of relational support and the need for a holistic approach, that does not rush but empowers to overcome the barriers faced through trauma and circumstance.

SLEAP

SUPPORT & LODGINGS FOR YOUNG PEOPLE

DO SOMETHING AMAZING



When staying in **supported lodgings** young people have their own bedroom within a family home. This means that although they're independent, there is always someone around to talk to. It is so much more than just renting a room though. It is about belonging. Host families support with learning practical skills like cooking, doing laundry, planning the weekly shopping and more. But they also encourage, cheer on, listen, challenge and celebrate, supporting the young person's physical and mental wellbeing.



SLEAP Supported Lodgings not only reduces the need and risk of sofa surfing or street homelessness, but it provides the necessary time, safety and comfort to pause, grow and gain the confidence to move to the next chapter in a young person's life.

Moving 4ward is part of our non-residential services and it aims to help prevent homelessness or its recurrence. It is about providing information and the practical support young people need to build up their skills, knowledge and confidence so that they can succeed in addressing the challenges they face. This could include signposting to other services, making referrals and supporting with initial access, advocacy or practical direct work.

What we do may look quite different depending on the individual and their priorities, as we work alongside the young person to enable them to identify and address the issues affecting them. Unsurprisingly, help to find accommodation, advice about homelessness and referrals to different providers are some of the main requests we work with.



Setting up bills, filing in forms, applying for benefits, help accessing items of furniture or equipment, getting help with debts, setting up or attending meetings referring to health or other statutory services are just other aspects of this work. Most of all, it is about truly listening and empowering the young person as they try to address the issues and challenges they face.

Thrive, our wellbeing service, offers a range of different sessions for 16-25 year olds with experience of homelessness/risk of homelessness, supported or temporary accommodation. Young people often reported that besides very long waiting lists for counselling, sometimes, their experience had been that they felt misunderstood or disappointed due to a lack of understanding of their circumstances and the impact homelessness or unsecure accommodation has on their capacity to access services.

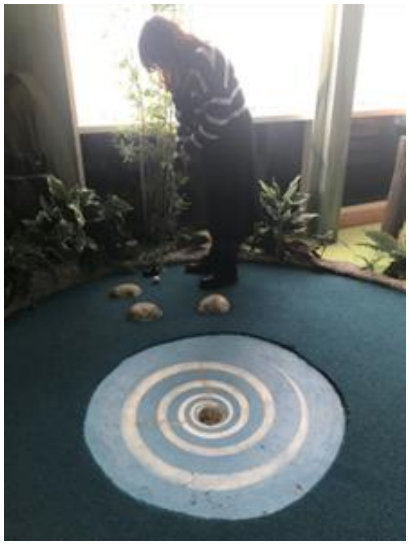
Due to the complexity of the multiple issues young people face, it is not surprising that, safeguarding has become a huge part of this work. This means that alongside face to face support sessions, SLEAP may be involved in safeguarding referrals and statutory meetings. Due to the nature of the age group we support, there can be challenges arising from different safeguarding approaches, as young people transition from children's social care to an adult social care framework. A multi-agency approach is

essential and therefore, working closely with mental health teams and alcohol or substance misuse services is an integral part of this work.



BUZZ
SLEAP BUZZ

SLEAP Buzz is about bringing our young people together to have fun, get involved in the community, learn new skills, grow, make new friends and feel good about life. We want young people to be buzzing with life and excited about their future. However, when dealing with so many difficulties and issues life can feel far from exciting. These activities and the relationships formed are key in combating isolation and improving physical and mental health & wellbeing.





This year, in particular, a few young people who are still accessing our services have been keen to get involved, volunteering and supporting SLEAP. Their input and insight into our work is crucial as it influences and guides what we do, ensuring it remains relevant and appropriate.

Crisis is about responding to that immediate need with practical help that can make such a difference when things get tough. We have a bank of food, toiletries, blankets and some clothing items for when people are going through a period of crisis.



Although we are not a food bank, we are regularly approached by people who are struggling to make ends meet. It only takes an unexpected expense, a change or delay in benefits coming through, an illness if you are working as a labourer or only paid as and when you work. **This year we have supported people with around 92 food and toiletry parcels.**

A young woman who had recently found out she was pregnant, shared with us her fears and worries as she had no family support apart from her partner. They were both in college and lived in a small flat, in temporary accommodation. The police was often around at their next door neighbour's, a well known local dealer. Besides immediate help with food and toiletries, SLEAP was able to do a small appeal specifically for a newborn baby, and the response was overwhelming. We were able to access cots, bouncers, bath, clothes, bedding, and many other items, that helped this young family feel ready for the arrival of their precious new baby. SLEAP also advocated with college, the council and other agencies so that they could have the necessary support in place and could move to permanent accommodation.

"You have been more than family to me. I was scared but now I'm happy. You helped me so much. I was so sad. Now I'm so happy for my baby. Thank you! Thank you!"



Cycling 4 Fun provides the opportunity to borrow a bike, helmet and equipment. Young people have continued to use these bikes as a way for travelling to college, to work or just for their wellbeing. Having a bike gives young people a sense of 'normalcy', something their peers have and may take for granted.

"I don't use it every day but I like having it there, knowing that I can just get on it and go. It helps me when I feel sad and when I need to come here or other places."





As sadly some bikes have been lost through theft or damage, it has been encouraging to continue to receive offers of more bikes from members of the community, which means the opportunity to borrow bikes continues to be available.

This year's campaign for mental health awareness week focused on the importance of movement and exercise. This is an important message for those we support as so many struggle with poor mental health, which can be compounded by loneliness and isolation.



Emergency accommodation is provided for 18 to 25 year olds who have nowhere to stay and need urgent short term accommodation. Young people have a bedroom for the night, they are offered an evening meal and breakfast, as well as an opportunity to shower and do laundry. Accommodation should be agreed one night at a time, although often we already know that it will be needed for a longer period.

Emergency accommodation is part of SLEAP's DNA. That is how it all began and that is what it continued to do for many years. However, when we ran the pilot last year, it had been over 10 years since SLEAP had officially delivered emergency accommodation as a specific service. This was due to lack of funding specifically for emergency accommodation, and also due to changes in Housing Benefit guidance which now exclude SLEAP's accommodation model. Despite these challenges, the need for emergency accommodation was evident and we have continued to provide it, even without funding.

An example of this growing need was a referral we received for a young person, for whom the referrers had already tried children's social care, the local council, other accommodation providers and information services. Although everyone recognised this young person's vulnerability and need, somehow they did not quite fit anyone's criteria. The referrer felt helpless and desperate when they got in touch. SLEAP was able to not only provide emergency accommodation for the young person but also, to inform and advise the referrer regarding next steps and what services to approach.

The difference we make

SLEAP has directly supported **79** young people this year reducing the risk of homelessness, accessing relevant support and growing in confidence and life skills.

56% of those we supported were female. This is a change in the trend from the last three years when the majority tended to be male.

Young people accessing SLEAP can remain involved for varying lengths of time, depending on circumstances. This year, those supported varied from people coming in for one day to those who have been with us for 3,5 years.

In addition, there were another **25** individuals and families supported by SLEAP that fall outside our age group. We signpost to appropriate agencies and organisations when asked for information or help. However, in some cases, we become involved in providing immediate practical help, information and referrals to the services they are struggling to access or engage with.





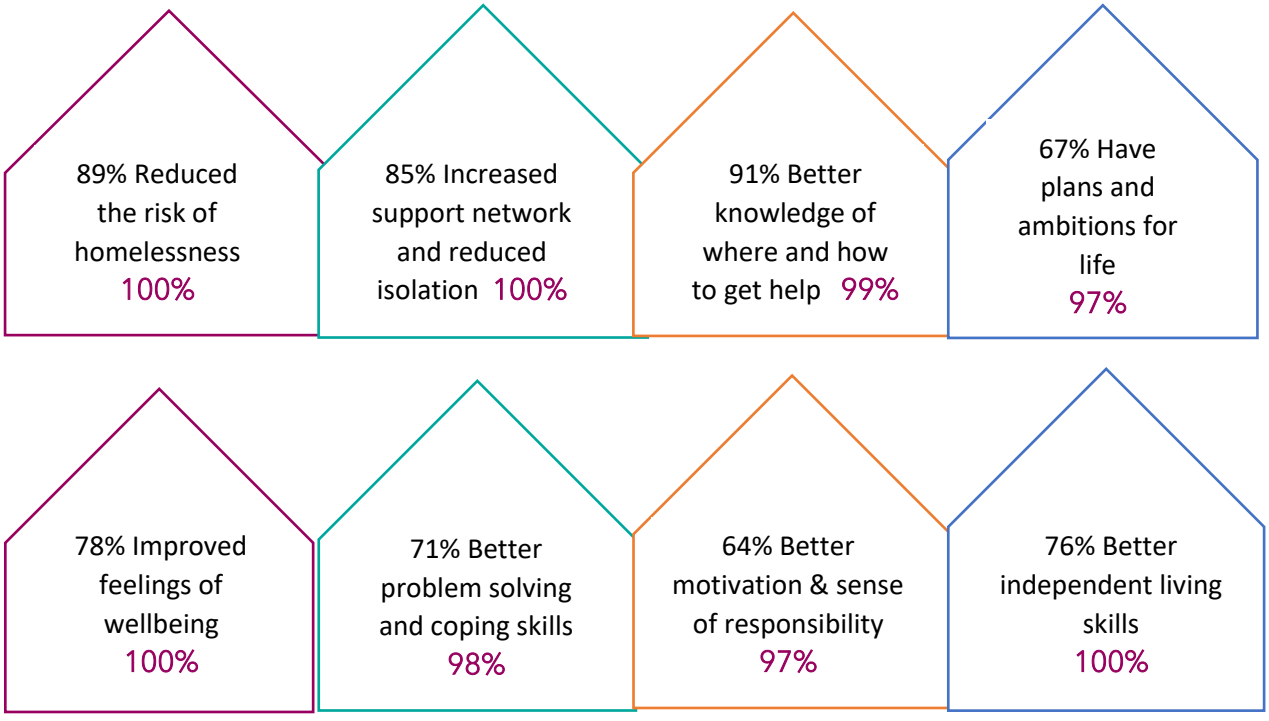
However, it is the feedback, and the life stories and people's comments that truly illustrate the impact SLEAP has, and the difference it makes on people's lives, and the wider community. The photos above, used with permission, are from a Christmas concert when a young woman spoke passionately about the support she received from SLEAP when she found herself homeless.

"...I had been asking for help for so long and nobody would do anything about it. It was college that first helped me, they were great and they called SLEAP. That's when things started to get better. I moved in with a host family and they made me feel safe and taught me real basic things, like I didn't know how to do anything. At home nobody cooked. I've learnt so much. And now SLEAP is still helping me and they've just helped me move to a more independent flat and they are still involved and supporting me. I am so much more confident now."

Mohamed

Mohamed came to SLEAP after leaving care. He had no family nearby and the limited relationships that remained caused him great stress and anxiety. He was at risk of becoming homeless as there was no funding for his accommodation now that he had turned 18. His mental health was suffering and at times he felt suicidal. Mohamed moved into supported lodgings. Once he had settled in with his host family, Mohamed began to gradually enjoy college more, and became more confident, and achieving good results, even winning an award. Mohamed enjoyed the consistency of support he received from SLEAP as it helped him to feel less anxious and to be able to start making plans for the future. He got a part-time job. Gradually he was able to become more occupied with age appropriate topics – his studies, the future, sports and relationships – and less preoccupied about surviving, finding somewhere to live or if he could eat.
When he was ready, SLEAP supported him to move on. He now lives with his girlfriend, has a full-time job and they are saving to get their own place.

Below are some of the recorded outcomes for those supported throughout the year. The figures in purple are specifically for those on supported lodgings:



These figures include young people supported over very different periods of time and through different services. In some cases, their involvement with SLEAP is very issue-specific, not allowing for a further exploration of other areas of support or growth. **However, when focused specifically on those living on supported lodgings, the figures rise much higher, varying between 97% and 100%.**

"You helped so much. I was all low and down and you kept me going and you brought me the food parcels and all the other things. You helped me move. You listen to me and I always feel better when you come. Thank you"

(20 year old)

"She is getting the keys and moving in tomorrow. I can't believe that after all this time needing help, you were the only ones that gave me the information that I needed and made the referral for her. If I lived nearer I'd come round with a bunch of flowers for you!"

(Person that called for help regarding a young woman that had been staying at her house for some time and had nowhere to go)

Ruben

SLEAP received a phone call from a concerned member of the public telling us that there was a young man crying, on the street with nowhere to go. SLEAP got in touch with Ruben who explained his situation and what was going on in his life. We were able to advocate on his behalf with his local council and secure some temporary emergency accommodation. SLEAP supported Ruben through his time of crisis, with immediate practical items he needed, as he had very little with him and had not eaten in some time. As SLEAP had no vacancies at the time, we made referrals to other organisations until Ruben was offered a place in supported accommodation. SLEAP helped Ruben move in and to access items for his new bedroom. Ruben also wanted help sorting out old bills he had that were now growing debts.
Later that year, Ruben was shocked when he was given presents at Christmas. He couldn't believe how much his life had changed. He told us how on the day SLEAP met him, he had been thinking that he didn't want to be alive anymore and he couldn't see a way out.

"Since I was kicked out from home, I've got somewhere to live, I've studied hard for my exams, I'm learning all these things and skills to look after myself, like I didn't know what to do before, where to go, who to talk to. I'm getting better at saving my money. It's so hard! But I'm happy and I know what I want to do and I like the family I live with and it's all thanks to you. Thank you!"

(18 year old)

One year in the life of SLEAP – some highlights

We love celebrating the successes of our young people. From learning to cook a meal and sharing it with their host to passing their driver's test, to getting a job, this year we have had so much to celebrate. Some young people even received **awards** and kindly have allowed us to share their pictures. These awards illustrate the potential within everyone we work with and the impact of living somewhere safe, stable, supportive, knowing you belong and being able to focus your energy on thriving rather than just surviving.



Planning and running her own fundraising at College for SLEAP. Speaking in public about her personal experience, to raise awareness of the issues faced by young people when affected by homelessness. These are some of the reasons for winning the Young Volunteer of the Year 2025, awarded at the last Community Volunteer Celebration by South Ribble Borough Council.



As part of the support we provide to the **host families**, our ongoing learning programme means that each year we provide a mix of inhouse and online training, alongside guest trainers from different organisations. This helps us to continue to review and improve our practice, always striving to provide better support to all who access SLEAP.



Training on 'Risk Taking Behaviours and Coping Strategies' was delivered by *Mindset By Dave* and *Change Talks*. These training sessions are great opportunities for host families sharing and supporting each other whilst reflecting on their own practice. We discussed Boomerang and Slingshot behaviours and the importance of working together on the cause rather than fixating on the behaviour itself.

"It makes so much sense to think about it from this point of view. It can be difficult when you're dealing with the behaviour, but it helps to look at what's causing it together."

Partnerships and community fundraising are key elements of our approach and the way we operate. Working in partnership with those we support, as they address different challenges, is part of our model. Likewise, working in partnership with the community to both address wider issues, raise awareness and to raise funds is another aspect of that approach.

We are always so grateful to all those who choose to partner with SLEAP to support young people at risk of homelessness by fundraising and making donations in kind and cash. Amongst others, this year there was face painting and glitter tattoos, Spring fairs, and Christmas fairs, chocolate tombola and teddy tombola, choirs singing, food collections, running marathons, 100 miles cycling, talks and presentations and even a very entertaining Christmas concert with the South Ribble Concert Band.




SLEAP


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Some organisations become involved over a long period of time, like in the case of Buckshaw Village Women's Institute. They came and visited us to find out more about SLEAP. Then, every quarter, we received donations of food and toiletries for the young people. In September it was our turn to visit them, and we spent one evening considering different young people's challenges and journeys, and the role SLEAP played in overcoming those challenges. As a result, the group decided to continue to support SLEAP for another year.



The **Christmas** campaign that we run every year has become a fantastic opportunity for community involvement and awareness raising. So many organisations and individuals get involved each year and once again, we felt so encouraged by the generosity of so many who donated items of food, toiletries and cash. Thanks to these donations, we could ensure that all young people we support and their families had Christmas presents and food throughout the festive season.







TOTES
AMAZING
PROMO IDEA



ASDA


SRCB-SRCB

30 years old

2025 brings the opportunity to reflect on the past 30 years of our work. It is disappointing that after so long, and after so many homelessness strategies and initiatives by different governments, the youth homelessness crisis is at its worst with figures rising year on year. This winter around 23,000 young people were facing homelessness. SLEAP is now needed more than ever.

This is also an opportunity to thank all those that through the years have opened their homes to young people, all those who have donated, volunteered and worked for SLEAP. It is also time to catch up with many that were once supported or lived at SLEAP, and to hear their stories and celebrate their lives. Most importantly, this is a time to thank God for his provision, protection and blessing through the years.

SLEAP 30 YEARS
SUPPORT & LODGINGS FOR YOUNG PEOPLE

A response to youth homelessness in 1992, a charity in 1995, an open door for young people ever since

And so we've began the celebrations by bringing back, after a few year's pause, the **'SLEAP OUT'**. In January, in the middle of a stormy weekend, a group of people braved the cold, wind and rain in the centre of Leyland, to fundraise and highlight the issue of homelessness. The majority of those taking part were young people, with many reporting back to their home churches in the morning, about their experience of sleeping out and what they had learnt. Besides raising a significant amount of money, this was a good opportunity to strengthen relationships with the local churches.










SLEAP'S
SLEEP
OUT

Funding

The breakdown of this year's funding and spending is presented in the Annual Accounts Report.

SLEAP relies greatly on the donations received and the fundraising carried throughout the year. So once again, we are extremely grateful to all our donors.

We acknowledge with thankfulness the faithful group of individuals who regularly donate to SLEAP and have done so for years. You are a very important part of our team.

Similarly, we want to thank all those, individuals, companies, schools and churches who donated so generously this year both in monies and in kind. We could not support so many young people and families without your support for SLEAP.

New Day Homes and Hope Charity Shop has continued to regularly donate to our work, for which we are so grateful.

As part of developing financial resilience and diversifying income, we are working to grow the impact that inhouse fundraising has on the overall financial strategy for SLEAP.

We continue to benefit from funding from Lloyds Bank Foundation and the additional development support, which has been invaluable this year.

On behalf of all those who have benefited from the work of SLEAP, we thank you with deep joy for making it possible. Your investment in SLEAP will have a long-lasting impact on young people's lives and our community.



OUR core VALUES

WE SHARE HOPE

We promote confidence, persistence and resilience. Hope provides optimism and a confident expectation of positive outcomes. It is not about simply willing something to happen, but it is about a positive attitude to not giving up on anyone.

WE ENCOURAGE PEOPLE TO FULFIL THEIR POTENTIAL

We believe that everyone has different strengths, talents, interests and skills. We encourage people to recognise their potential, to explore options, to think for themselves and to strive to become the best versions of who they can be.

WE RESPECT THE UNIQUE WORTH OF EVERYONE

We believe that everyone is different, but everyone has the same value and worth. Everyone is therefore deserving of the same respect. It is too easy to write people off rather than seeing them for who they are.

WE SHOW COMPASSION

We see the need and suffering of those around us and feel motivated to act so that we can alleviate and prevent it. We believe in going out of our way to help, with sensitivity, perseverance and warmth.

WE STRIVE TO DO THE BEST WE CAN DO

We are accountable for our work and resources and so we always seek to improve what we do. We keep high standards, an open mind to learning and an eagerness to grow.

SLEAP

SLEAP is a Charitable Incorporated Organisation (CIO) and it is controlled by its constitution adopted in July 2019.

The organisation's only voting members are its charity trustees who constitute the Trustee Board and are responsible for the administration of the charity.

Where there is a requirement for new trustees, they are identified by the existing trustees with due regard to the skills and experience needed and appointed at the AGM or a trustee meeting. The Chair and other officers are elected by the Trustee Board and come up for re-election in every year of their holding office.

The trustees have considered the Charity Commission's guidance on public benefit.

Purpose and mission:

SLEAP's purpose as set out in the objects contained in its Constitution:

- The relief of poverty of young persons in Lancashire who are in conditions of need, hardship and distress by the provision of temporary accommodation.
- The expression of the Christian faith through care, compassion and relevant practical and spiritual help as the trustees may from time to time think fit.

Mission:



Trustees for 2024/25

Liz Hamilton – Chair

Anthony Matthews

Chinyere Ajayi

Emma Foxall

Mike Neill

Tim Grose

Derek Harborne

Independent Examiner

Emily Miller

SLEAP

Financial Report and Accounts

April 2024 – March 2025

Unit 2 Trafford Buildings

East Street

Leyland

PR25 3NJ

Registered Charity Number 1184663

Notes Applicable to the accounts

1. Financial Management

SLEAP is Charitable Incorporated Organisation (CIO) managed by the Trustees, and its management accounts are maintained in accordance with the Statement of Recommended Practice Accounting (FRS 102).

2. Reserves Policy

The Trustees of SLEAP have considered the following points in developing the Reserves Policy:

- Our responsibility as an organisation and as Trustees to provide good stewardship and active financial management
- Strategic planning and future vision of SLEAP, responding to the needs of the beneficiaries
- Budget setting and whether reserves require building up or drawing down
- The ability to respond to and manage any unforeseen financial difficulties
- Building resilience and capacity by identifying in advance any uncertainty in future income streams
- Levels of potential redundancy amounts in the event of major loss of funding

Definitions

Unrestricted or free reserves

These are funds which have been received without any conditions attached and are therefore able to be spent as SLEAP sees fit to meet the mission and needs of the organisation and the beneficiaries

Restricted funds

Funds which have been received with specific conditions attached. The money can only be spent for the stated purposes.

Designated funds

Funds which have been set aside by SLEAP for a specific purpose. This may include long-term saving to acquire or replace a capital item of high value, or the development of a new service or pilot project

Aims

a. To provide sound financial management of SLEAP and reduce risk
b. To enable the organisation to grow, develop and respond to the needs of beneficiaries
c. To enable diversification of income streams
d. In the event of loss of income that requires SLEAP to close, to ensure good support is given to beneficiaries. This includes allowing sufficient time for case loads to be handed over to other organisations or support brought to a close in an empowering and timetabled way.
e. To enable staff to seek additional and replacement funding
f. To support staff well in the event of redundancy notice being given, assisting in exploring options and in their search for alternative

employment.

g. To be able to respond to funding opportunities by ensuring sufficient funds to invest in staff time in carrying this out.

In order to meet the aims set out above the Trustees of SLEAP have resolved:

- SLEAP will aim to hold 25% of annual costs as unrestricted reserves. This is equivalent to 3 months expenditure.
- Where unrestricted reserves are higher than this level the development needs of the organisation, one-off capital expenditure and potential new or increased service levels for beneficiaries will be the priorities when drawing down these funds. The long-term impact of any draw down, the financial, political, social and funding environment at the time and foreseeable future will also be major factors in supporting these decisions.
- Trustees have the ability to designate funds for development and growth at any point.
- Where unrestricted reserves are below the agreed level, SLEAP will aim to bring these in line over a period of time as agreed by the Trustees.
- Funds to cover redundancy costs will not be included in the calculation of the unrestricted reserves.

3. Reporting Method

The accounts presented in this report have been prepared using the Receipts and Payments method, which is permitted for Charities with an annual turn-over that does not exceed £250,000. This means that:

a. Income is recognised when the money is received by the Charity.
b. Expenditure is recorded when payment is made.
c. The 'non-financial assets' of the Charity are not included in the Financial Statements.

4. Principle Sources of Income

SLEAP is primarily funded by Lloyds Bank Foundation and fundraising.

5. Use of Leyland Premises

SLEAP now rents offices at Trafford Buildings, unit 2. However when moving, the Trustees chose not to forfeit the pre-paid rent for the premises at Leyland Baptist church, choosing to retain them for the pre-paid period as agreed.

In 2013-14 Former SLEAP (1050738) made a contribution to the costs of renovating the church building, in the form of an advance payment of rent for a 15-year period. This is shown as an asset on the balance sheet, which is depleted by a monthly charge for rent which is shown as an expense. The rent charges shown in the financial reports account for the use of office accommodation, and reducing nominal value of the asset recorded on the balance sheet, but involve no cash payments.

Statement of Assets and Liabilities (Cash Basis)

	31 Mar 25	31 Mar 24
ASSETS		
Advance Rent Paid	4,444	5,778
Other Assets	**4,444**	**5,778**
Petty Cash	81	30
Current Account	53,205	113,095
Savings Account	40,200	37,696
Retail Vouchers	23	3,246
Cash at bank and in hand	**93,509**	**154,067**
Total Assets	**97,953**	**159,845**
LIABILITIES		
Payroll Liabilities	*254	(2,578)
Current Liabilities	**254**	**(2,578)**
Total Liabilities	**254**	**(2,578)**
NET ASSETS	**98,207**	**157,267**
CAPITAL AND RESERVES		
Retained Surplus / (deficit)	157,267	109,429
Surplus/ (Deficit) for the year	(59,060)	47,838
Total Capital and Reserves	**98,207**	**157,267**

* in credit with HMRC for PAYE due to statutory maternity leave refunds

Statement of Receipts and Payments (Cash Basis) - For the Period from 01/04/2024 to 31/03/2025

	Restricted National Lottery	**Restricted** Employment Support	**Restricted** Supported Accommodation	**Designated** Redundancy	**Designated** Operating Costs	**Un-Restricted (Includes vouchers)**	**Total**	***Advance Rent (non cash mov't)***	***Total Balance Sheet***
Receipts									
Accommodation Income			12,741				**12,741**		
Grants						25,000	**25,000**		
Donations (inc Gift Aid)						18,912	**18,912**		
Fundraising						5,113	**5,113**		
Bank Interest						431	**431**		
Total Receipts	**0**	**0**	**12,741**	**0**	**0**	**49,456**	**62,197**		
Expenses									
Compliance Costs	545				6,239		**6,784**		
General Running Expenses	294				17,580		**17,874**	***1,334***	
Salaries	9,447				70,800		**80,247**		
Accountancy	222				1,110		**1,332**		
Promotion							**0**		
Service Delivery	26				208	3,223	**3,457**		
Training					70		**70**		
Accommodation Outgoings		900	7,876				**8,776**		
Household Support							**0**		
Groundworks							**0**		
Travel	9				866		**875**		
Young People	181				327		**508**		
Total Expenses	**10,724**	**900**	**7,876**	**0**	**97,200**	**3,223**	**119,923**	***1,333***	
Surplus/(Loss) for the year	**(10,724)**	**(900)**	**4,865**	**0**	**(97,200)**	**46,233**	**(57,726)**	***(1,333)***	
Transfer of funds	*(132)*				*46,365*	*(46,233)*	***0***		
Brought forward from prior years	***10,856***	***(271)***	***4,760***	***20,000***	***96,145***	***20,000***	***151,490***	***5,778***	***157,267****
Surplus to carry forward	***0***	***(1,171)***	***9,625***	***20,000***	***45,310***	***20,000***	***93,764***	***4,444***	***98,207****

Notes

1. 2024/2025 was a year of financial transition for SLEAP, as the core grant ended in 23/24 and there are no other secured grants or contracts. Therefore, surplus amounts were moved to a new fund called Core Operating Costs to enable work to

	Apr 24 to Mar 25	Apr 23 to Mar 24
Receipts		
Housing Benefit - Other	12,741	21,724
Grants	25,000	165,285
Donations (inc Gift Aid)	18,912	20,435
Fundraising	5,113	407
Bank Interest	431	386
Total Receipts	**62,197**	**208,237**
Expenses		
Compliance Costs	6,784	7,694
General Running Expenses	19,208	22,834
Salaries	80,247	101,178
Accountancy	1,332	1,332
Promotion	0	1,133
Service Delivery	3,457	957
Training	70	758
Accommodation Outgoings	8,776	20,219
Household Support	0	2,117
Groundworks	0	82
Travel	875	1,355
Young People	508	739
Total Expenses	**121,257**	**160,398**
Surplus/ (Loss) for the year	**(59,060)**	**47,839**

Independent examiner's report to the trustees of SLEAP, Leyland

I report to the trustees on my examination of the accounts of SLEAP (Registered Charity 1184663) for the year to 31st March 2025.

Responsibilities and basis of report

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 statement

I am qualified to undertake examination by being a qualified member of the Chartered Institute of Management Accountants (CIMA). In addition, I am also registered as Member in Practice for CIMA.

My examination was carried out in accordance with 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 material matters have come to my attention which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did 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 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.

Emily Miller (CGMA, ACMA)
My Clear Accounts Limited
39 Fieldside Avenue
Euxton
Chorley
PR7 6JF

22nd September 2025

SLEAP

England & Wales - Charity number 1184663

Accounts

SLEAP

SUPPORT & LODGINGS FOR YOUNG PEOPLE



Annual Report 2023-24

COMMUNITY FUND

Unit 2 Trafford Buildings | East Street | Leyland PR25 3NJ

Registered Charity 1184663

Welcome to the 2023/24 Annual Report for SLEAP

I want to start this year's report with thanks. First and foremost, we give thanks to God for continued provision for SLEAP and resources during good times and bad. We are extremely blessed with the skills, knowledge, commitment and experience of the staff team. Without their passion for the work they do, SLEAP would not be the organisation it is. We said goodbye to Julie during the year and wish her all the best. Since then, the remaining staff have stepped up and taken on even more work. So, as Chair, on behalf of all the beneficiaries, volunteers, host families and Trustees, I want to say a huge thankyou to Stela, Rebecca and Maggie.

The thanks cannot stop there, though. Without our host families who share their homes and lives, we would be unable to support the young adults dealing with homelessness. Volunteers and Trustees support that work, each in their own area of expertise and with the same levels of commitment and energy. Thank you all.

Our thanks also go to all those people in the community who support us, whether as individuals, groups or businesses, through awareness raising, fundraising, donations of money and in kind, being sponsored to do crazy things! We are so very grateful.

Once again Trustees and staff met for an awayday to review and renew the strategic priorities for SLEAP. The voices of volunteers and host families are equally important, and a series of Forums have been held to gather feedback on the service. Part of these forums has been the immensely valuable social support network they create, and the sharing of experiences, knowledge and 'top tips' between volunteers and host families. Our values include respecting the unique worth of everyone, and this applies not just to the young adults, but to all those involved in supporting them and SLEAP. Being part of SLEAP, as a young adult, staff member, host family or volunteer, is not always easy. There are sometimes challenges to be faced and dealt with. The awayday, forums and other celebrations are founded on our value of sharing hope. They are practical ways to support each other and help to empower all involved to develop a positive attitude to not giving up on anyone.

As we go forward into another year facing new and continuing challenges; increasing demand for support; a need for more host families; the need for more diverse funding streams; the impact of the continuing cost of living issues; we really need to lean heavily on God and on the values which underpin our service. When things are hard, it is these that will get us safely through to another season.

Let's keep on being compassionate, sharing hope, valuing everyone as an individual, encouraging potential, and seeking to do the best we can in whatever role we play as part of SLEAP.

Liz Hamilton

Chair of Trustees

Lights shining in the storm, pointing the way home

Looking back at 23-24 it felt like we were living through a storm that gradually kept building up.

We started 2023 still amid a cost of living crisis, with the challenges for individuals and the community continuing to escalate. We have seen this in practice with the increasing number of referrals and requests for help from people facing complex issues.

Internally, we faced endless staffing challenges which impacted hard on individuals and the overall capacity of the service. However, through these challenges shone the resilience, determination and striving for quality that has long been integral to the character of SLEAP - shining in adversity.

The best evidence of our impact are the young people who have achieved so much this year, successfully journeying from that initial place of crisis to thriving. We have celebrated academic successes, new jobs, promotions, restored relationships, improved wellbeing, new accommodation, new dreams and plans. They tell us about 'finding a home', finally belonging, feeling like family, feeling safe, having the confidence to move on knowing they are not alone – lights shining bright in the storm, giving us the satisfaction of a job well done.

In the background, the ever-increasing demand along with rising operational costs and the looming end of long standing funding. Nevertheless, in our strategy day, trustees and staff bravely reaffirmed our determination to not just chase easy funding, but to be there for those who are falling through the gap. The growing number of young people who find themselves with nowhere to go because they do not meet the criteria for statutory funding. SLEAP stands in the gap.

When people have a home, they can belong. When people belong, they can thrive. When people thrive, the community can flourish.

As we stand at the end of one year and the beginning of another, looking at the dark storm clouds ahead, we pause to appreciate all the little lights shinning brighter in the darkness. We are ever so aware, ever so dependent and ever so grateful of God's protection, provision and guidance. The joy of the Lord is our strength.

Stela Stansfield

Chief Executive Officer

What we do - our services and activities

SLEAP works with 16 to 25 years old in South Ribble, Chorley and Preston. We provide **S**upport, **L**odgings, **E**mergency **A**ccommodation and **P**revention. We fight homelessness, promote safe accommodation, and build social resilience.

SLEAP works alongside young people from crisis through to thriving. We are not about 'quick fixes' and buzz words. SLEAP's practice, although evolving through the years, has always been based on the value of relational support and the need for a holistic approach, that does not rush but empowers to overcome the barriers faced through trauma and circumstance.

SLEAP

SUPPORT & LODGINGS FOR YOUNG PEOPLE

DO SOMETHING AMAZING



When staying in **supported lodgings** young people have their own bedroom within a family home. This means that although they're independent, there is always someone around to talk to. It is so much more than just renting a room though. It is about belonging. Host families support with learning practical skills like cooking, doing laundry, planning the weekly shopping and more. But they also encourage, cheer on, listen, challenge and celebrate, supporting the young person's physical and mental wellbeing.



SLEAP Supported Lodgings not only reduces the need and risk of sofa surfing or street homelessness, but it provides the necessary time, safety and comfort to pause, grow and gain the confidence to move to the next chapter in a young person's life.

Moving 4ward is part of our non-residential services and it aims to help prevent homelessness or its recurrence. It is about providing information and the practical support young people need to build up their skills, knowledge and confidence so that they can succeed in addressing the challenges they face. This could include signposting to other services, making referrals and supporting with initial access, advocacy or practical direct work.

What we do may look quite different depending on the individual and their priorities, as we work alongside the young person to enable them to identify and address the issues affecting them. Unsurprisingly, help to find accommodation, advice about homelessness and referrals to different providers are some of the main requests we work with.



Setting up bills, filing in forms, applying for benefits, help accessing items of furniture or equipment, getting help with debts, setting up or attending meetings referring to health or other statutory services are just other aspects of this work. Most of all, it is about truly listening and empowering the young person as they try to address the issues and challenges they face.

Thrive, our wellbeing service, offers a range of different sessions for 16-25 year olds with experience of homelessness/risk of homelessness, supported or temporary accommodation. Young people often reported that besides very long waiting lists for counselling, sometimes, their experience had been that they felt misunderstood or disappointed due to a lack of understanding of their circumstances and the impact homelessness or unsecure accommodation has on their capacity to access services.

Due to the growing complexity of the multiple issues the young people face, it is not surprising that, safeguarding has become a huge part of this work. This may mean that alongside face to face support sessions, SLEAP may be, with the young person, involved in making safeguarding referrals and participating in statutory meetings. Due to the nature of the age group we support, there can be challenges arising from different safeguarding approaches, as young people transition from a children to an adult social care framework. Nonetheless, this year, the persistence and trust gained through

Thrive has been recognised and praised as pivotal in securing the right services and support for a young woman facing particularly complex difficulties and circumstances.





SLEAP Buzz is about bringing our young people together to have fun, get involved in the community, learn new skills, grow, make new friends and feel good about life. We want young people to be buzzing with life and excited about their future however, when dealing with so many issues life can feel far from exciting. These activities and the relationships formed are key in combating isolation and improving physical and mental health & wellbeing.

One example from this year was the King's Coronation Big Lunch. A meal out followed by a walk in the park helped mark an historic day and make it memorable. The young people commented on how this might have been just another day for them, as they had not thought on how it was about them too. They talked about how they enjoyed the afternoon and were able to make memories of the Kings Coronation. It meant something to them now. This was also a great opportunity to meet others and start new friendships.



Crisis is about responding to that immediate need with practical help that can make such a difference when things get tough. We have a bank of food, toiletries, blankets and some clothing items for when people are going through a period of crisis.



Although we are not a food bank, we are often approached by people who are struggling to make ends meet. It only takes an unexpected expense, a change or delay in benefits coming through, an illness if you are working as a labourer or only paid as and when you work. **This year we have supported people with around 65 food and toiletry parcels and supermarket/shop vouchers.**

An 18 year old approached us for help as he was sharing a 1 bedroom flat with 3 other adult males. He was sleeping on the floor with no mattress and the flat had no heating. It was January and the temperatures were low. Besides advocating for him to be moved into appropriate accommodation, we provided him a sleeping bag, blankets, pillows and a voucher to get other additional items he needed immediately. The young man was extremely grateful and excited with the thought that he would be warm that night. He made sure to let us know as soon as he was moved to new accommodation, and wanted to say thank you.

"One day I want to help people like you do. You listened and didn't send me away saying there's nothing we can do."

Cycling 4 Fun provides the opportunity to borrow a bike, helmet and equipment. Young people have continued to use these bikes as a way for travelling to college, to work or just for their wellbeing. As sadly some bikes have been lost through theft or damage, it has been encouraging to continue to receive offers of more bikes from members of the community, which means the opportunities for the young people have not been impacted.

One young woman that had been allowed to take 'her' bike with her as she was suddenly moved to a different county, showed us, with great pride how she had carefully kept hold of it and now kept using the bike in her new area.

Emergency accommodation is provided for 18 to 25 year olds who have nowhere to stay that night and are referred by an agency (no self-referrals). Young people have a bedroom for the night, they are offered an evening meal and breakfast, as well as an opportunity to shower and do laundry. Accommodation is agreed one night at a time.

Emergency accommodation is part of SLEAP's DNA, as that is what SLEAP was first set up to deliver and it continued to do so for many years. However, it had been over 10 years since SLEAP had officially delivered emergency accommodation as a specific service. This year we have ran a pilot over a period of 5 months, between October 2023 and February 2024. During this period 69 bed nights were provided. However, unlike in previous occasions, we were not dealing with large numbers of young people staying a few nights at a time. On the contrary, we worked with very few young people, each staying several weeks at a time. One of the main challenges we found was the lack of willingness from other agencies to assess the referral appropriately and provide adequate levels of information that would enable us to assess and match the young person to the accommodation available. However, once accepted onto the service, it was clear from the start that the referring agencies were struggling to access move on accommodation and the stay would be longer than what a 'typical' emergency placement should be.



The difference we have made

SLEAP has directly supported **54** young people between the ages of 16 and 25 years old between April 2023 and March 2024. **39** of those were new referrals.

Of the young people we supported, **32** were male, a similar figure to the previous year.

Those who were already open to SLEAP support, had been opened for between 2 months and 4 years, which illustrates the variance in levels of support need and also the nature of the services they are involved with. Besides, some individuals move from one service to another, as their personal circumstances change.

9 young people lived with us throughout the year on Supported Lodgings. **4** young people moved out, all moves were planned and positive steps for the young people. **3** new young people moved in and have settled into their homes with their host families.

In addition, there were another **22** individuals and families supported by SLEAP that fall outside our age group. We signpost to appropriate agencies and organisations when asked for information or help. However, in some cases, we become involved in providing immediate practical help, information and referrals to the services they are struggling to access or engage with.

" She (my friend) wouldn't stop talking about how nice you were and how much you helped." (Young woman)

"...you don't know how much of a blessing you are. Thank you so very much for your guidance. It is good to be able to talk about these things without judgment or criticism. '...' is so grateful and so are we." (Text from a young man's parent)

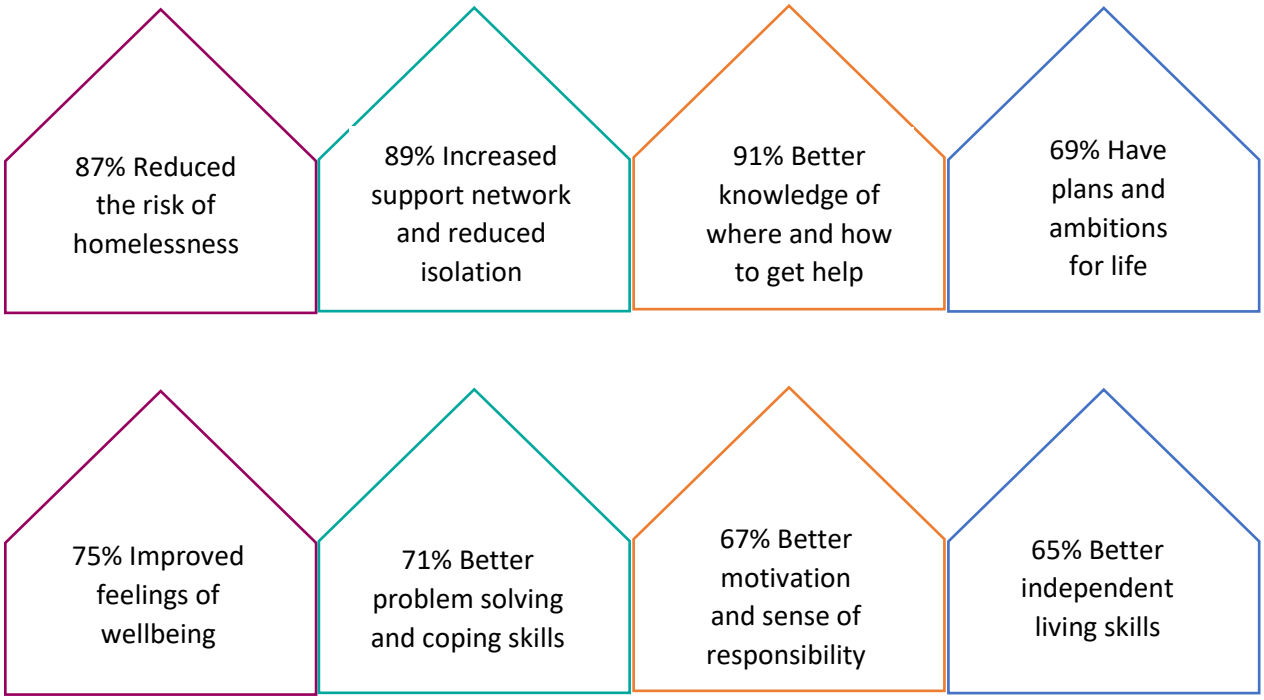
It is the feedback, and the stories and people's opinions that speak loudly and demonstrate the difference this approach makes and the impact it has on people's lives and consequently, on the wider community.

Jake

At 18 years old Jake found himself homeless and estranged from his family. He had been sofa surfing for some time before he got a place on supported lodgings with SLEAP. Jake had tried to continue to attend college while homeless but it was a struggle. His goal was to one day join the Army, to join a Regiment where he can learn a trade. While at home and when sofa surfing, he tried to do his college work using the computers in the library as he had nothing else to work on. Through a partnership, SLEAP was able to provide Jake with a tablet. Feeling settled and safe in his new placement Jake was finally able to start preparing properly for his exams. He completed his A levels, got a full-time job in retail and started training to join the Army. Jake felt able to work on his diet so that he could become fitter and he started saving money for his dream motorbike. He said he could do this now because he didn't have to worry about where he would stay each night or the problems he'd faced back at home. Later in the year, Jake got a good promotion at work and decided to move in with a friend to reduce his commute. Jake told us he knew things were better when he felt 'normal', like his mates rather than a 'homeless guy'.

"I loved it there. I got to see what a family should be like and it gave me hope for the future like my future can be different, it doesn't have to be like what I used to have and what I went through. It was the first time I felt part of a family." (Jake)

Below are some of the recorded outcomes for those supported throughout the year:



These figures include young people supported over very different periods of time and through different services. In some cases, their involvement with SLEAP is very issue-specific, not allowing for a further exploration of other areas of support or growth. **However, when focused specifically on those living on supported lodgings, the figures rise much higher, varying between 97% and 100%.**

"If I wasn't on supported lodgings and supported by SLEAP and the host family then I would have never got into university and had the opportunities I do now."

(Young person living in Supported Lodgings)

"Actually I can't find the words to thank you. During the time we were here, we felt like we had a family. We are very grateful for all your support. We will be in touch with you and we hope to welcome you to our new home, we are very sad to leave but we are sure we will be back."

(Young couple supported through Crisis and Moving 4ward))

Rhys

Mum and dad's house was overcrowded and as the older child, Rhys was made to leave. He moved with relatives but experienced violence there and so he left again. Rhys sofa surfed for some time, and even spent the odd night wondering through the streets all night as he had nowhere to go. Rhys was 18 when he came to SLEAP. He soon settled and began an apprenticeship through college. However, Rhys was struggling with his mental health, missing his family and friends. As Rhys progressed through the different apprenticeship levels he began to rebuild his family relationships and he felt ready to start planning for his next steps. However, family bereavements had a big impact on his mental health. SLEAP supported Rhys with accessing the right support for him, even walking with him to the sessions so that gradually he could start making it on his own. The next step was to move in with a new host family where the setting, encouraged him to further develop his independent living skills. There Rhys blossomed and grew in confidence and dreams for his life. Despite several setbacks, Rhys was able to bounce back faster and continue to plan for his future. This year, after 4 years living in supported lodgings, Rhys moved in with his girlfriend. He has a job he loves and he hopes to start his own business soon.

This is what Rhys had to say when he was reflecting on his time with SLEAP:

"SLEAP was a really good scheme that helped me progress in life and helped me find balance again, they also helped me gain personal goals to be back on track with life and find happiness within myself and helped me to aspire further with my goals with what I wanted to do in life. I would definitely recommend SLEAP to a friend as they are always so caring and helpful to others. I would like to thank everyone at SLEAP for everything you have done for me over the years, I'm so grateful you were all able to help me get through the bad times and how I've progressed in life" (Rhys)

In order to support our young people, we often work alongside other professionals and agencies, sometimes for long periods, with a multi-agency approach to address the complex issues and barriers they face. Working in partnership with others is an essential aspect that will contribute towards positive outcomes and impact

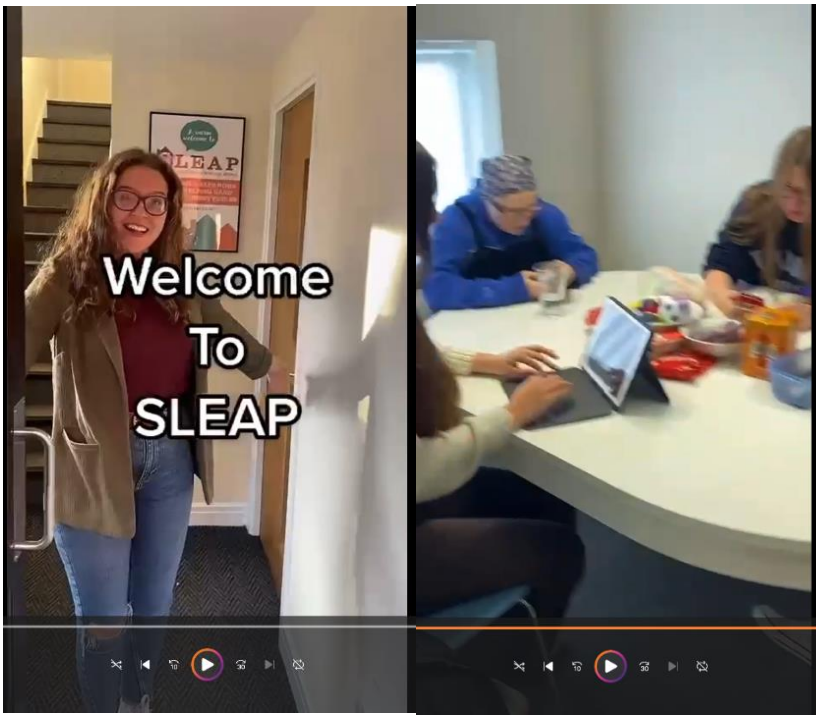
"I want to particularly say thank you to the staff at SLEAP for all of the support they have given (young person) over the past few years. I have really appreciated everything you have done to help (young person)" (Leaving Care PA)

The wider team

Alongside the staff team and eight trustees, there are volunteers and host families who play a key role in the life and work of SLEAP. Both volunteers and host families, when recruited, are subject to all the checks, as per the Safer Recruitment Approach and induction. They supplement the team adding to the capacity and the quality of the work and support provided by SLEAP.



Volunteers – This year 7 volunteers have provided amazing support to SLEAP. Our volunteers help us in a number of different ways such as helping engage with the public at networking events, helping in the office, at our weekly drop-in and providing admin support for the Trustees Board. We are extremely grateful for all our volunteers do. For this year's Volunteer Week, everyone got a little reminder of what a 'sweet' thing they do for SLEAP. Some of our volunteers, began volunteering when they were still 15 and 16 year olds. They are our 'young volunteers' and over the last 2 years they have helped us with different tasks and projects. They even created a little video to share with our funders, showing how excited they were about SLEAP's new office and all that SLEAP now could do to support young people.



Host Families - 10 host families are registered on our supported lodgings scheme. Some provide long term placements, while others are available for shorter periods, enabling respite to take place when needed and shorter stays, usually at much shorter notice. All host families participate in ongoing training throughout the year. In October the Host Family Forum helped participants explore relevant practical topics like ways to welcome a new young person into your home and neighbourhood, practical ideas of how best to support a young person with skills and tasks, and a discussion on what 'maintaining boundaries' looks like when including young people in household activities. Our host families have also had the opportunity to attend First Aid Training, complete a course about ACE's and trauma awareness training.

"**Good things about it are that you can give someone a home and somewhere to feel safe, even when there's challenges, you know it's worth it" (Host Family)**

Each year we host social events that bring together the SLEAP family - staff, volunteers, trustees, host families and young people. These events are a great way to get to know each other and have some fun together. This summer we enjoyed a very special picnic and had fun doing the limbo.



Partnerships in the community

As a local community charity, SLEAP continues to promote partnerships both new and existing, formal and informal. We have maintained our active presence in professional partnerships like Preston Wellfest, Preston Community Network, South Ribble Together, All Connected for Good and BB4B. We have also benefitted from new partnerships that have enriched our offer and help strengthen SLEAP as an organisation.



With most forms, applications, appointments and information found online, these days, it is easy to become digitally excluded if you do not have the skills or the right tools. We often work with people trying to sort out bills, benefits or applications on a small phone with a broken screen and no data. This is why SLEAP was very happy to become Digital Freedom Distribution Partners this year. Selnet and Lancashire's Digital Skills Partnership secured funding through Lancashire County Council to support vulnerable residents who are digitally excluded by gifting a digital device, internet connection and skills support. Through this partnership we were able to provide devices for 11 people.

In recognition of SLEAP's good practice concerning added social value as a business in the community, South Ribble Borough Council added to their website a case study of SLEAP as an example of a small organisation actively working to add value to the community.

Social Value in South Ribble

South Ribble Borough Council

SLEAP is a South Ribble based charity with a commitment to creating Social Value in the Borough. Using the Council's Social Value toolkit SLEAP have seen how much Social Value they are creating in the borough and wider community.

SLEAP
SUPPORT & LODGINGS FOR YOUNG PEOPLE

Social Value Actions

- People - SLEAP support local school events and initiatives, often visiting classes or doing assemblies.
- Employment - They provide professional placements for Social Work students, Counselling students and even, this year, they did work experience for Year 10 students from a local school.
- Economic - SLEAP buy local as often as possible, from using local caterers for training or other events, to buying their stationery and printing paper from a local shop. When SLEAP receive grants to buy equipment or white goods for beneficiaries, they use local business to purchase those.
- Environmental- They run a scheme where our beneficiaries can borrow bikes so they can get to college, job interviews or just for leisure and exercise.



SLEAP was set up by local people who were concerned about homeless young people in their community and the lack of services or help. Since then, they have always strived to maintain a community approach to all they do. Their model of accommodation provision is based on individuals and families across the community who are recruited, trained and supported to host and work with our young people.

Do you produce Social Value?

We believe in a fair local economy that works for everyone.

We want to work with local businesses, community groups and stakeholders to deliver social value, which will improve wellbeing of our residents and environmental sustainability in the Borough. Your organisation may already be creating social value, but you may not be measuring it or sharing what you do. We offer a range of resources which can help you put your Social Value into practice:

Social Value - Business in South Ribble

If you would like to contact us regarding Social Value in South Ribble please email info@businessinsouthribble.com

Or to access our Social Value Toolkit's, please follow the link below:

https://www.businessinsouthribble.com/socialvalue

In February this year Buckshaw Village Church announced that they had chosen SLEAP as their local mission partner. SLEAP was nominated by the young people because "they think the work they (SLEAP) do is brilliant." This partnership will be developed further as together we explore different ways we can support each other. In the meantime, it is exciting to know that it was the young people who chose to nominate us as they value the work that we do. Churches were instrumental in setting SLEAP up and supporting our work through the years, so this kind of partnership is very meaningful and precious to us. It is something we value and wish to promote more.

In order to engage with the community, raise awareness and support partner organisations, SLEAP attended various community events throughout the year. Examples were the Farington Park Family Fun Day, the Cultural and Community event at the Methodist Church in Leyland, PCN Network days, Runshaw College Employment events and Wellbeing Community Fairs.






From small presentations at team meetings, to being guest speakers at WI meetings, Rotary, Lyons, or other such community groups, speaking about SLEAP, raising awareness of homelessness and the challenges faced by young people is an integral part of our work. This year we had the opportunity to run a session for the Explorer Set of the Adlington Scouts. They had chosen SLEAP as a charity they would like to fundraise for and so we were able to help them explore and reflect on homelessness and different aspects they had not considered yet. The group is hoping to join our next sleep out so they too can help raise awareness and funding.




A huge part of the community involvement with SLEAP's work, and a significant aspect of our fundraising, are the donations both in cash and kind that we receive from so many other groups, organisations and individuals. One example are the wonderful ladies of Crafts for Everyone who every year make crafts to sell, so they can support the work of SLEAP, while also raising awareness of homelessness and where to get help from.





Over the last year we received donations from local schools, Waitrose, The Prison Service, NFU Mutual, Barratt Housing, Specsavers, Women's Institute and many more. At Christmas, Beaverbrook's generously donated jewellery as gifts for our young people.



The Christmas campaign that we run every year has become a fantastic opportunity for community involvement and awareness raising. So many organisations and individuals get involved each year and once again, despite the current crisis, we were overwhelmed by the generosity of so many who donated items of food, toiletries and cash. Thanks to these donations, we were able to take presents and large food parcels to all the young people we support and to others we knew were struggling too.



This year we decided to ask for cash donations so we could buy fresh food items for our young people over the Christmas period and throughout the year. We decided to launch the campaign with a short, fun video clip, a first for us. We had much fun doing the video with trustees, staff and volunteers singing and dancing along to the music with carrots, parsnips and juggling sprouts. Although our future might not be in the music industry, the result of the campaign exceeded our expectation, and we were able to add plenty of fresh food to the Christmas and Winter food parcels.





A few more highlights from the year

Continuing on the theme of 'firsts' and as another example of the impact of being supported into somewhere you can call a home, and where you can belong, this was a Christmas of many firsts that will be fondly remembered.



A lot of our young people struggle financially and when it comes to Christmas, they don't always have the money to buy presents for family and friends, so last Christmas we decided to run a pop-up shop with different donations we had been given. Young people were given vouchers and were able to exchange them for gifts. One young person had never had the opportunity to give presents to family or friends, so this was a first for them and we were able to teach them how to wrap presents, which was a first too.



Another young person told us about the joy of decorating a Christmas tree for the first time. Their first Christmas tree, as they had never had one at home growing up. Finally, thanks to a kind donation of cinema vouchers, two young people were able to watch a movie at the cinema for the very first time.

Last summer, some of our young people successfully completed an AQA in Introduction to Bill Payments. AQA stands for Assessment and Qualifications Alliance and these accredited units constitute a great way to evidence training and preparation. Young people can gain qualifications which will enhance their CV, giving them greater chances of gaining employment. They also provide evidence of their preparation to become better tenants, which is essential when applying for moving on accommodation through the council. The AQA's can be completed in groups or on a 1:1 and there are many different subjects young people can choose from. This is something that we would like to develop further so that most of the work young people undertake with SLEAP as part of their tenancy preparation, can be accredited.



We have also signed up this year to the 136k campaign (originally called 129k), calling on the government to commit to a strategy to end youth homelessness. SLEAP was one of the original 100 charities joining the collective and undersigning the campaign. A policy briefing was pulled together and shared, explaining the challenges faced by this age group and making recommendations to help implement change.



One final highlight illustrates the commitment that we at SLEAP have to continuous learning and improvement, in particular around safeguarding and safe practice. During this year all members of staff undertook accredited Mental Health First Aid Training, which means SLEAP is able to display the orange button, a widely recognised sign of suicide prevention support.

This year everyone at SLEAP – staff, trustees, host families and volunteers - have completed ACES training, building on the training on trauma informed practice delivered last year. The team has continued to reflect on the concept of resilience and what that looks like in our practice and for those we support.

The end of another year and the end of 3 years core funding – challenges and opportunities

This year our core funding through a 3 years grant from Reaching Communities North West Region comes to an end. As we reflect on lessons learnt, there are four main points that we briefly highlight here. Points which are relevant as we move on into a new financial year.

1. Originally the contract for the grant stipulated that we would work with 40 young people per year. Acknowledging the long-term nature of the work and that some young people would transfer from one year to the next, it was agreed that at the end of the three years, SLEAP would have supported 80 separate individuals.
   In fact, SLEAP supported on average 53 young people per year, and a total of 115 different individuals. In addition, another 50 individuals/families were also supported, but they fall outside the age funded through the grant, and therefore 'do not count' for the figures.
   Considering the different HR challenges that we faced throughout, and in particular in the last year, it is worth noting that not only the service continued without interruption or negatively impacting on the young people, but we actually supported a greater number of individuals than originally planned.

2. These last three years have been marked by a common thread of economic crisis, cost of living crisis, increase in difficulties and challenges facing people, reduction in resources and services. A thoroughly challenging context to operate in.
   Over the last year we have seen people's circumstances worsening overall. As they continue to be impacted by the cost of living crisis, an increasing lack of hope is rising from a sense of 'no way out'. A greater number of young people have told us about their lack of food at home or about increasing debts, because their income is not enough for all they need to pay for.
   Sharing 'Hope' is one of our values and it must become a greater focus of our future work, recognising the increasing in 'Hope' (a mixture of confidence, persistence and

resilience - a confident expectation of positive outcomes) as an outcome in itself, and one that should be monitored.

3. When presenting as homeless, young people have been faced with a significant decrease in available emergency and temporary or supported accommodation. One of the many reasons for this was the end of the 'All In' national initiative introduced during lockdown to ensure that nobody was sleeping on the streets. This ended in 2023 in our area, and it has resulted in a visible increase in people sleeping on the streets, even in boroughs where homelessness tended to be more hidden previously.
   SLEAP has at times provided small tents and sleeping bags to young people or other adults that approach us in desperation. As the thresholds to be classed as a 'priority' have narrowed tightly, more people are contacting us saying that they went to the Council and were told there was nothing they could do to help.
   The emergency accommodation scheme was funded through our own fundraising because most local authorities do not recognise the supported lodgings model as exempt accommodation for Housing Benefit purposes.
   This lack of move on accommodation options is becoming worse year on year. Priced out of buying or renting privately, our young people struggle as professional or university students are prioritised for private renting, even in shared rooms. In the meantime, with the increased pressure on Local Authorities to provide adequate transition and supported accommodation for those leaving Care, an increasing number of services will only accept referrals from the council as that is whom they have the contracts with. Funding through contracts is only available for supported accommodation services working with those with a care experience. Those becoming homeless at 18 and upwards or even 16 and 17 but with no care experience, and whom social care assess as not homeless, do not qualify for any funding. Therefore, they are just told there is nothing for them. Local social housing has a two-year waiting list and that is for some families with young children. For single young people, the wait is even longer.

4. Linked with the above, as there are less services available to all, we are seeing an increasing number of young people completely estranged from family and with no support network. SLEAP often becomes their main source of support in a life stage when transitional support is key to build a stronger future outlook. 95% of all who accessed our support this year were homeless, at risk of homelessness or in unsecure accommodation.

As we move forward, securing funding for the continuation of our work beyond the new financial year is our biggest challenge and priority. However, we must be ready to innovate and try different models and approaches so that we can grow and vary the accommodation offer, in response to the growing need.

Funding

The breakdown of this year's funding and spending is presented in the Annual Accounts Report.

Once again, we are extremely grateful to all our donors.

We acknowledge with much thanks the faithful group of individuals who regularly donate to SLEAP and have done so for years. You are a very important part of our team.

Similarly, we want to thank all those, individuals, companies, schools and churches who donated so generously this year both in monies and in kind. We could not support so many young people and families without your support for SLEAP.

Despite the crisis, we continue to receive support from New Day Homes and Hope Charity Shop through their regular donations, for which we are so grateful.

Likewise, the donations in kind received throughout the year are a key part of enabling our work. From food and toiletries to the use of rooms for meetings or events, equipment and furniture. We are very grateful to all those organisations and individuals that have so generously contributed to our work.

The wonderful Marketing Team at Beaverbrooks The Jewellers continue to play a hugely significant role in the life of SLEAP through the many different ways in which they support our work. Thank you!

Despite these wonderful donations, our main source of income continued to be the grant from The National Lottery Community Fund – Reaching Communities Northwest Region without which we could not reach and support so many young people and make a difference in their lives and in our community. We are extremely grateful for the uplift we received this year for this grant, allowing us to cover additional costs and also for the two month extension from April to May 2024.

Sadly this funding has now come to an end and due to all contextual changes, surrounding us, we enter the new financial year with a bleak financial forecast.

Nevertheless, a significant success for us from this year was to secure a grant from Lloyds Bank Foundation of £25k per year for 3 years. This funding comes with additional development support, which will be key as we seek to diversify our funding sources and expand our services.

On behalf of all those who have benefited from the work of SLEAP, we thank you with deep joy for making it possible. Your investment in SLEAP will have a long-lasting impact on young people's lives and in our community.



OUR core VALUES

WE SHARE HOPE

We promote confidence, persistence and resilience. Hope provides optimism and a confident expectation of positive outcomes. It is not about simply willing something to happen, but it is about a positive attitude to not giving up on anyone.

WE ENCOURAGE PEOPLE TO FULFIL THEIR POTENTIAL

We believe that everyone has different strengths, talents, interests and skills. We encourage people to recognise their potential, to explore options, to think for themselves and to strive to become the best versions of who they can be.

WE RESPECT THE UNIQUE WORTH OF EVERYONE

We believe that everyone is different, but everyone has the same value and worth. Everyone is therefore deserving of the same respect. It is too easy to write people off rather than seeing them for who they are.

WE SHOW COMPASSION

We see the need and suffering of those around us and feel motivated to act so that we can alleviate and prevent it. We believe in going out of our way to help, with sensitivity, perseverance and warmth.

WE STRIVE TO DO THE BEST WE CAN DO

We are accountable for our work and resources and so we always seek to improve what we do. We keep high standards, an open mind to learning and an eagerness to grow.

SLEAP

SLEAP is a Charitable Incorporated Organisation (CIO) and it is controlled by its constitution adopted in July 2019.

The organisation's only voting members are its charity trustees who constitute the Trustee Board and are responsible for the administration of the charity.

Where there is a requirement for new trustees, they are identified by the existing trustees with due regard to the skills and experience needed and appointed at the AGM or a trustee meeting. The Chair and other officers are elected by the Trustee Board and come up for re-election in every year of their holding office.

The trustees have considered the Charity Commission's guidance on public benefit.

Purpose and mission:

SLEAP's purpose as set out in the objects contained in its Constitution:

- The relief of poverty of young persons in Lancashire who are in conditions of need, hardship and distress by the provision of temporary accommodation.
- The expression of the Christian faith through care, compassion and relevant practical and spiritual help as the trustees may from time to time think fit.

Mission:



Trustees for 2023/24

Liz Hamilton – Chair

Anthony Matthews

Barbara Coulton

Chinyere Ajayi

Daniel Williams

Emma Foxall

Mike Neill

Tim Grose

Independent Examiner

Emily Miller

SLEAP

Financial Report and Accounts

April 2023 – March 2024

Unit 2 Trafford Buildings

East Street

Leyland

PR25 3NJ

Registered Charity Number 1184663

Notes Applicable to the accounts

1. Financial Management

SLEAP is Charitable Incorporated Organisation (CIO) managed by the Trustees, and its management accounts are maintained in accordance with the Statement of Recommended Practice Accounting (FRS 102).

2. Reserves Policy

The Trustees of SLEAP have considered the following points in developing the Reserves Policy:

- Our responsibility as an organisation and as Trustees to provide good stewardship and active financial management
- Strategic planning and future vision of SLEAP, responding to the needs of the beneficiaries
- Budget setting and whether reserves require building up or drawing down
- The ability to respond to and manage any unforeseen financial difficulties
- Building resilience and capacity by identifying in advance any uncertainty in future income streams
- Levels of potential redundancy amounts in the event of major loss of funding

Definitions

Unrestricted or free reserves

These are funds which have been received without any conditions attached and are therefore able to be spent as SLEAP sees fit to meet the mission and needs of the organisation and the beneficiaries

Restricted funds

Funds which have been received with specific conditions attached. The money can only be spent for the stated purposes.

Designated funds

Funds which have been set aside by SLEAP for a specific purpose. This may include long-term saving to acquire or replace a capital item of high value, or the development of a new service or pilot project

Aims

a. To provide sound financial management of SLEAP and reduce risk
b. To enable the organisation to grow, develop and respond to the needs of beneficiaries
c. To enable diversification of income streams
d. In the event of loss of income that requires SLEAP to close, to ensure good support is given to beneficiaries. This includes allowing sufficient time for case loads to be handed over to other organisations or support brought to a close in an empowering and timetabled way.
e. To enable staff to seek additional and replacement funding
f. To support staff well in the event of redundancy notice being given, assisting in exploring options and in their search for alternative

employment.

g. To be able to respond to funding opportunities by ensuring sufficient funds to invest in staff time in carrying this out.

In order to meet the aims set out above the Trustees of SLEAP have resolved:

- SLEAP will aim to hold 25% of annual costs as unrestricted reserves. This is equivalent to 3 months expenditure.
- Where unrestricted reserves are higher than this level the development needs of the organisation, one-off capital expenditure and potential new or increased service levels for beneficiaries will be the priorities when drawing down these funds. The long-term impact of any draw down, the financial, political, social and funding environment at the time and foreseeable future will also be major factors in supporting these decisions.
- Trustees have the ability to designate funds for development and growth at any point.
- Where unrestricted reserves are below the agreed level, SLEAP will aim to bring these in line over a period of time as agreed by the Trustees.
- Funds to cover redundancy costs will not be included in the calculation of the unrestricted reserves.

3. Reporting Method

The accounts presented in this report have been prepared using the Receipts and Payments method, which is permitted for Charities with an annual turn-over that does not exceed £250,000. This means that:

a. Income is recognised when the money is received by the Charity.
b. Expenditure is recorded when payment is made.
c. The 'non-financial assets' of the Charity are not included in the Financial Statements.

4. Principle Sources of Income

SLEAP is primarily funded by the National Lottery Community Fund and Lloyds Bank Foundation.

5. Use of Leyland Premises

SLEAP now rents offices at Trafford Buildings, unit 2. However when moving, the Trustees chose not to forfeit the pre-paid rent for the premises at Leyland Baptist church, choosing to retain them for the pre-paid period as agreed.

In 2013-14 Former SLEAP (1050738) made a contribution to the costs of renovating the church building, in the form of an advance payment of rent for a 15-year period. This is shown as an asset on the balance sheet, which is depleted by a monthly charge for rent which is shown as an expense. The rent charges shown in the financial reports account for the use of office accommodation, and reducing nominal value of the asset recorded on the balance sheet, but involve no cash payments.

Statement of Assets and Liabilities (Cash Basis)

	31 Mar 24	31 Mar 23
ASSETS		
Advance Rent Paid	5,778	7,111
Other Assets	**5,778**	**7,111**
Petty Cash	30	25
Current Account	113,095	67,204
Savings Account	37,696	32,303
Retail Vouchers	3,246	4,958
Cash at bank and in hand	**154,067**	**104,490**
Total Assets	**159,845**	**111,601**
LIABILITIES		
Payroll Liabilities	(2,578)	(2,172)
Current Liabilities	**(2,578)**	**(2,172)**
Total Liabilities	**(2,578)**	**(2,172)**
NET ASSETS	**157,267**	**109,429**
CAPITAL AND RESERVES		
Retained Surplus / (deficit)	109,429	103,556
Surplus/ (Deficit) for the year	47,838	5,873
Total Capital and Reserves	**157,267**	**109,429**

Statement of Receipts and Payments (Cash Basis) - For the Period from 01/04/2023 to 31/03/2024

	Restricted National Lottery	**Restricted** Employment Support	**Restricted** Supported Accommodation	**Restricted** Household Support Fund	**Restricted** Beaverbrooks Office Refit	**Restricted** Groundwork	**Designated** Emergency Accommodation	**Designated** Redundancy	**Designated** Operating Costs	**Un-Restricted (Includes vouchers)**	**Total**	***Advance Rent (non cash mov't)***	***Total Balance Sheet***
Receipts													
Accommodation Income			21,724								**21,724**		
Grants	140,285			0						25,000	**165,285**		
Donations (inc Gift Aid)		480					300			19,655	**20,435**		
Fundraising										407	**407**		
Bank Interest										386	**386**		
Total Receipts	**140,285**	**480**	**21,724**	**0**	**0**		**300**			**45,448**	**208,237**		
Expenses													
Compliance Costs	7,694										**7,694**		
General Running Expenses	21,316				185						**21.501**	*1,333*	
Salaries	101,178										**101,178**		
Accountancy	1,332										**1,332**		
Promotion	1,133										**1,133**		
Service Delivery	910									47	**957**		
Training	758										**758**		
Accommodation Outgoings		4,376	15,843								**20,219**		
Household Support				405						1,712	**2,117**		
Groundworks						82					**82**		
Travel	1,355										**1,355**		
Young People	739										**739**		
Total Expenses	**136,415**	**4,376**	**15,843**	**405**	**185**	**82**	**0**	**0**		**1,759**	**159,065**	***1,333***	
Surplus/(Loss) for the year	**3,870**	**(3,896)**	**5,881**	**(405)**	**(185)**	**(82)**	**300**	**0**	**0**	**43,689**	**49,172**	***(1,333)***	
Transfer of funds	*2,486*	*0*	*0*	*(6,844)*	*(376)*	*(170)*	*(21,571)*	*4,000*	*96,145*	*(73,670)*	***0***		
Brought forward from prior years	***4,500***	***3,625***	***(1,121)***	***7,249***	***561***	***252***	***21,271***	***16,000***		***49,981***	***102,318***	***7,111***	***109,429***
Surplus to carry forward	***10,856***	***(271)***	***4,760***	***0***	***0***	***0***	***0***	***20,000***	***96,145***	***20,000***	***151,490***	***5,778***	***157,267****

Notes

1. Restated previous year's brought forward figures for National Lottery, £4500 was transferred from unrestricted but missed being reflected in the accounts last year.

2. 2024/2025 will be a year of financial transition for SLEAP, as the core grant ended in 23/34 and there are not other secured grants or contracts yet. Therefore, surplus amounts have been moved to a new fund called Core Operating Costs to enable work to continue before securing further funding.

3. The advance rent release has previously been shown in unrestricted. For clarity this should have been separated out, accounts above now reflect this

* rounding of £1

Consolidated Receipts and Payments

	Apr 23 to Mar 24	Apr 22 to Mar 23
Receipts		
Housing Benefit - Other	21,724	11,698
Grants	165,285	132,916
Donations (inc Gift Aid)	20,435	24,159
Fundraising	407	160
Bank Interest	386	52
Total Receipts	**208,237**	**168,985**
Expenses		
Compliance Costs	7,694	4,983
General Running Expenses	22,834	27,087
Salaries	101,178	96,746
Accountancy	1,332	1,341
Promotion	1,133	536
Service Delivery	957	782
Training	758	961
Accommodation Outgoings	20,219	12,838
Household Support	2,117	15,503
Groundworks	82	248
Travel	1,355	1,465
Young People	739	622
Total Expenses	**160,398**	**163,112**
Surplus/ (Loss) for the year	**47,839**	**5,873**

Independent examiner's report to the trustees of SLEAP, Leyland

I report to the trustees on my examination of the accounts of SLEAP (Registered Charity 1184663) for the year to 31st March 2024.

Responsibilities and basis of report

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 statement

My examination was carried out in accordance with 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 material matters have come to my attention which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did 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 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.



Emily Miller (CGMA, ACMA)
My Clear Accounts Limited
39 Fieldside Avenue
Euxton
Chorley
PR7 6JF

28th August 2024

SLEAP

England & Wales - Charity number 1184663

Accounts

SLEAP

SUPPORT & LODGINGS FOR YOUNG PEOPLE



Annual Report 2022-23

PROVIDING A SAFE HOME
WITH A HELPING HAND
FOR A CONFIDENT FUTURE

COMMUNITY FUND

Unit 2 Trafford Buildings | East Street | Leyland PR25 3NJ

Registered Charity 1184663

Welcome to the 2022/23 Annual Report for SLEAP

Like most people, we were hoping for a slightly easier year this year, but it was not to be. So many challenges have raised their heads during the year, yet there have also been opportunities for celebration and success.

The sudden and unexpected death of Trustee Tom Wilson, who, with his wife Barbara, had been involved with SLEAP since its foundation and devoted many, many hours to ensuring its success, was a loss felt by all. We give thanks to God for Tom's life, for his commitment and passion for everything he got involved with, and for the enjoyment his excellent cooking skills brought to so many people.

The cost of living crisis and skyrocketing utility costs have had a negative impact on the young adults, host families, volunteers and staff alike. On behalf of the Trustees, I say a huge thankyou to everyone within SLEAP for their continuing motivation, passion and commitment. The staff, host families and volunteers go above and beyond their 'official' remit in so many ways. It is not just a job or a short-term involvement, it is a vocation, some would say a calling. Whatever we label it, SLEAP would not be what it is, were it not for their dedication and service.

My thanks also go to the members of the Board who give up their time and skills to enable SLEAP to continue to develop and meet need. The Trustees have adopted a new structure of working to enable their particular skills to be used in relevant areas. The introduction of sub-committees focused on a particular area of development, whilst still reporting back to the full Board, has enabled progress to be made in a number of areas. These have included researching and introducing a new database systems, increased scrutiny of finances and a focus on sustainability. As we move forward into a new year this way of working will allow some groups to finish and new ones set up according to need. The collaboration between staff and Trustees is a healthy and supportive mechanism. The annual awayday creates shared values, priorities and focus.

SLEAP cannot carry out its vital work without the support of local companies, local people, local schools and local organisations. We are so thankful for all those who have equipped and enabled us to deliver the services our young adults need, whether acting as a host family, donating money, or collecting items for our Christmas appeal. Thank you.

As we look to the year ahead we can still see challenges looming, not least the new governmental standards for supported lodgings. However, we will face these challenges with confidence knowing that we are developing and improving all the time. We also know there will be times of celebration and success in the future.

Our confidence and motivation as an organisation comes from God. We trust in his faithfulness to guide and lead SLEAP and to provide the resources required, as we seek to demonstrate her love.

Liz Hamilton

Chair of Trustees

A year of challenge and celebration

2022 -23 is without a doubt a year to remember in the history of SLEAP. For the first time in nearly thirty years SLEAP has moved into its own premises, a long dreamed-of achievement. This has been a year of risk taking and brave decisions. A year of hard work for long-term goals, continuing to build on the existing firm foundation but striving to improve and challenge ourselves to always do better.

This has not been an easy year. The impact of the cost of living crisis was felt acutely by those engaging with our services and also by our host families, volunteers, staff and the organisation itself. The increase of the cost of energy during such a harsh winter posed a real challenge to many. We have worked hard to ensure that every enquiry and request was addressed with the right support, information, signposting or referral.

Sadly this year we had to say an unexpected farewell to Tom, a Trustee and a former SLEAP host family. Tom was a great supporter of SLEAP, someone who was always ready to lend a hand, join in activities and who had a heart for young people. His loss was felt by many, including young people whom, Tom and his wife Barbara had welcomed into their home or mentored.

Also this year we have seen the increasing difficulty in finding suitable accommodation for 16 to 25 year olds, whether for an emergency situation, supported accommodation or for moving on options. This age group faces the same cost of living crisis as others but with the added challenge of lower income, not being seen as desirable tenants by many landlords and often while still dealing with complex and harmful circumstances in their lives.

Having our new premises has enabled us to improve and expand the way we are available to engage with those seeking support. More importantly, it has helped us reach more people. We love having young people coming into SLEAP and owning this space and influencing what happens in it and how we work.

As we look ahead, we know there are some big challenges we need to face but we feel encouraged and confident, trusting in God who has seen us this far. We choose to see these challenges as opportunities and so we move on with new dreams and exciting new plans for the future. Watch this space!

Stela Stansfield

Chief Executive Officer



Our services and activities

SLEAP works with 16 to 25 years old in South Ribble, Chorley and Preston. We provide **S**upport, **L**odgings, **E**mergency **A**ccommodation and **P**revention work in order to combat homelessness, promote safe accommodation, build social resilience and encourage young people to thrive. We promote a relational support approach and strive to develop trauma informed practice. SLEAP is there to support, nurture and empower so that young adults can move on as confident and independent members of the community.

WHAT'S ON AT SLEAP?



We have continued to help young people avoid sofa surfing or street homelessness through our supported lodgings scheme. When staying in **supported lodgings** young people have their own bedroom within a family home. This means that although they're independent, there is always someone around to talk to. The host family provides support with practical skills like cooking and using a washing machine as well as becoming 'encouragers,' supporting the young person's physical and mental wellbeing.

We have continued to recruit new host families in order to grow the number of placements available. Recruiting host families is an ongoing task as this can be a long process and it requires a high level of commitment. This means that not everyone that originally shows some interest in the role, goes on to become an active host family. Assessment and induction are parts of 'safer recruitment' that we follow and help us ensure we get the right people for such an important role.



Moving 4ward is part of our non-residential services and it aims to help prevent homelessness through early intervention. It is about providing information and the practical support young people need to build up their skills, knowledge and confidence so that they can succeed as independent young adults. This could include signposting to other services, making referrals and supporting with initial access, advocacy or practical direct work.

In practice, this work varies depending on the individual and their priorities, as we work alongside the young person to enable them to identify and address the issues affecting them.



This year that work has varied from help with accessing different items of furniture, home equipment, to help with debts, setting up or stopping bills, attending meetings with the young person or on their behalf, helping access emergency accommodation, referring to supported accommodation or health services and many other aspects of support.

"I like coming to SLEAP coz you get things sorted"

Thrive, our wellbeing service, offers a range of different sessions for 16-25 year olds with experience of homelessness/risk of homelessness, supported or temporary accommodation. Young people often reported that besides very long waiting lists for counselling, sometimes, their experience had been that they felt misunderstood or disappointed due to a lack of understanding of their circumstances and the impact homelessness or unsecure accommodation has on how they can access services. Thrive is led by a qualified counsellor with many years of experience working within homelessness and with young adults.

This year we ran the first THRIVE group. We looked at skills to help manage feelings and explored how food and sleep (or lack of it!) can impact on emotional health. The group looked at self-care and shared ideas as well as trying mindfulness techniques. The Thrive group was also a fun experience that promoted new relationships and peer support within a safe and positive environment.





THRIVE

Life's a bit easier when you have someone to talk to. If you are aged between 16-25 then we offer a range of different options for you to choose from so that you receive the support that best suits you.

WELLBEING SESSIONS

A CHANCE FOR YOU TO HAVE A CHAT TO SOMEONE ABOUT HOW THINGS ARE GOING. THIS MIGHT BE JUST GOING FOR A WALK, MEETING FOR COFFEE OR EVEN JUST HAVING A CHAT OVER THE PHONE.

GROUP SESSIONS

hello

A TIME TO BE WITH OTHERS THAT GET WHAT YOU'RE GOING THROUGH AND TO HELP YOU DEVELOP STRATEGIES TO COPE AND THRIVE.

COUNSELLING SESSIONS

COUNSELLING PROVIDES AN OPPORTUNITY FOR YOU TO TALK ABOUT ANY PROBLEMS, CHALLENGES AND FEELINGS IN A SAFE, CONFIDENTIAL ENVIRONMENT. THE COUNSELLOR WILL HELP YOU EXPLORE YOUR FEELINGS AND GIVE YOU A SAFE SPACE TO WORK THROUGH ANY STRUGGLES THAT YOU MIGHT BE FACING IN YOUR LIFE.

CONTACT US FOR MORE INFORMATION AT HELLO@SLEAP.CO.UK OR YOU CAN PHONE US ON **01772 623603.**

SLEAP
SUPPORT & LODGINGS FOR YOUNG PEOPLE
Registered Charity Number: 1184663

"I found going to group helped structured my week. I enjoyed the mindfulness and learning how to focus the mind. I enjoyed the week where we looked at healthy living. I would recommend the course to others! It was really good and the ice breakers were fun."

The counselling sessions offer Person Centred Counselling. The Counsellor isn't there to tell young people what to do or what to talk about but they will help the young person to explore thoughts and feelings and give them a safe space to work through any struggles that they might be facing in their life.

"I have found counselling helpful as I have been able to express my feelings and I have been able to talk about issues that may have occurred weekly"

BUZZ
SLEAP BUZZ

SLEAP Buzz is about bringing our young people together to have fun, get involved in the community, learn new skills, grow, make new friends and feel good about life. We want young people to be buzzing with life and excited about their future however, when dealing with so many issues life can feel far from exciting. These activities and the relationships formed are key in combating isolation and improving physical and mental health & wellbeing.

We were really excited this year, to finally be able to restart Buzz activities after a period of interruption. One of the young men accessing SLEAP commented how much he loved movies and how they were his way of escaping and coping with life, especially when it was as challenging as it was at the time. However, he had never been to the cinema before. Through Buzz, we organised a trip to the local cinema for a small group.

This experience gave them the opportunity to escape their day to day lives for a couple of hours and enjoy what others may take for granted. Needless to say, this was a huge success. And so another young person suggested the next activity, a walk in 'his woods' which he would lead with a picnic on top of the hill.

A little bit of practical help when things get tough can make all the difference. We have a bank of food, toiletries blankets and some clothing items for when people are going through a period of **crisis**.

This year in particular we distributed many duvets and bedding sets, blankets, hot water bottles, sleeping bags as well as the usual food and toiletries. Due to specific grants we received, we were able to also provide energy top ups to many individuals and families. This was particularly welcomed by young single people living in supported accommodation, whose heating is usually provided with pre-payment meters and who were struggling to afford any heating.



Cycling 4 Fun has been growing with more bikes having been donated by members of the community. This service evolved as young people who wanted to apply for certain warehouse jobs, couldn't take them because there was no suitable public transport. Since then, the bikes have been borrowed by young people to attend appointments, go to work, college or just for fun.

Cycling 4 Fun

Cycling can be a great way to get around, go to college, job interview, work or exercise and meet up with friends.



If you would like to borrow a bike from us, just get in touch. SLEAP has a few bikes that have been donated by people in the community and that we make available for those who might like to use them.



In response to the lack of access to services outside traditional office hours, and in response to young people's suggestions, every Tuesday we're open until 7pm. We know that people can't always get to services during normal working hours. So anyone experiencing housing difficulties or with concerns about someone else, can pop in for support or just a chat. We can provide a hot meal, drink and somewhere warm and safe to hang around.

Open Late!

We are open until 7pm every Tuesday.

If you're busy during the day then pop in and say hello!



The people – beneficiaries and volunteers

Beneficiaries - This year we have actively supported 53 young people aged between 17 and 25 years old. 32 were male and 21 female. Due to the long-term aspect of our work, some young people may stay involved with SLEAP, accessing different services for longer periods of time, some over several years. Nevertheless, 25 young people were new referrals for this year. Self-referrals and enquiries from friends/family members continue to be one of the main forms of accessing SLEAP support at nearly 50%. This reflects the fact that the great majority of people we engage with have chosen to engage with us rather than being referred without consent or their knowledge.

In addition, we also supported another 19 people that fall outside our age group. We are often approached by people over 25 years old and we always try to signpost them to the appropriate organisations. However, there are different situations in which we help in practical ways or with accessing the services they require. Sadly, a comment we hear too often is about the difficulty many have in even getting to 'the front door' of services.

"You were the first ones talking to me. Nobody else even rang back. Thanks for helping."

Volunteers – Besides our 8 trustees, we currently have 9 volunteers regularly involved in the work of SLEAP. They help with a range of different roles and aspects such as the drop-in, group work and activities, organising the food cupboard and donations, helping with cleaning and providing admin support to the Board of Trustees. We also have 5 young volunteers (all under the age of 18) who get involved with specific projects and are planning to help us improve our social media presence. Recently this group of young people worked on 'Yummy Food on a Budget.' The idea was to involve different generations within the community and so the young volunteers asked older people that they knew to cook easy, affordable meals which they filmed and made into short videos. By adding them to the website, many young people both now and also in the future, will be able to enjoy and benefit from this work. All recipes were thought through carefully so they would be inexpensive and not requiring specialist equipment. The videos are being used to encourage young people on SLEAP to have a go and develop their cooking skills! Some host families are using them as an opportunity to work together with the young people they are hosting.





Host Families - We currently have 10 host families on our supported lodgings scheme. The host families vary in composition, some are couples, some are single individuals, couples with children, larger families or smaller, from different backgrounds and cultures, retired, in employment…

"**We like it when we have them staying. Even though it can be challenging. It's not always easy. When we don't we actually miss them."**

Like staff, all volunteers and host families are recruited under safer recruitment principles, all have an induction, supervision and attend regular training sessions. The last training session was on Trauma Informed Approach and what that looks like at SLEAP. A range of different aspects were covered such as the impact of trauma on the brain and the signs of trauma. We reflected on some of our own experiences of trauma and looked at how we can support our young people (and each other) in a trauma informed way.

"The trauma informed training was really good and informative. I enjoyed it."





Partnerships in and with the community

SLEAP is a community charity and as such, from trustees to host families, volunteers, partners, local people and local organisations, the community is part of what we do, why and how we do it. We are proactive in seeking to increase representation at governance level of people with lived experience and also other underrepresented groups. SLEAP is all about the community getting involved. Our dispersed accommodation model is based on bedrooms in the homes of individuals and families. Volunteers are an important part of our work and many community members and businesses, schools and churches get involved throughout the year. We want to be a catalyst for community action.

This year saw the return of face to face networking opportunities, with services and volunteering fairs helping to build new relationships and strengthen existing ones. Much emphasis was given to revisiting local partners and reviewing referral pathways, shared goals and values. This was reflected in the increasing variety of referral sources. In particular, this year we strengthened our presence and relationship with the Preston Community Network and the Blackburn VCS (as there isn't one in Central Lancashire).



A new partnership SLEAP joined this year was Preston Wellfest. This is a network of health and wellbeing organisations that are based and/or work in Preston. Wellfest organises regular awareness events reaching out to the public and promotes the networking and partnership work across its membership. The events attended last year enabled us to promote our services to new referrers and to increase our knowledge of services available for those we support. These were also opportunities to increase public awareness of SLEAP and how it can help.

With the increasing number of enquiries and referrals from the Preston area, a new partnership was established last year with the Plungington Community Centre. This made it easier for people to access SLEAP's support as they did not have to travel into Leyland. This year, we were able to invite the Mayor of South Ribble to join us at Plungington together with other representatives of the local community to highlight the weekly drop-in and the issues faced by young homeless people.





Every year different community groups get involved with SLEAP to support the work that we do either directly or through fundraising. Crafts for Everyone is a wonderful example of those groups. They get together to make different types of crafts which they then use to raise funds for SLEAP. They have been doing this for several years now and in doing so, they are also helping to raise awareness of homelessness and where to get support and help.

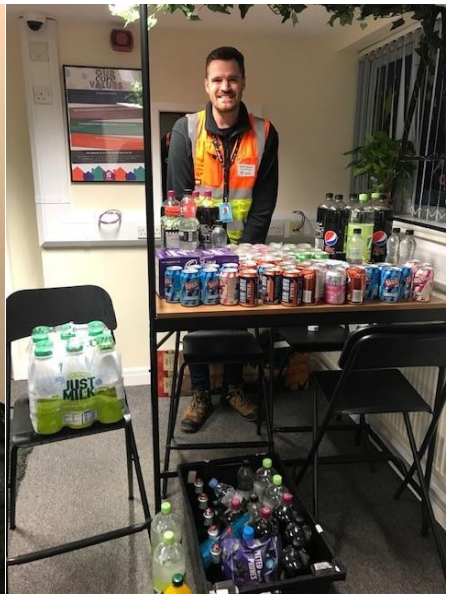


The Christmas campaign that we run every year has become a fantastic opportunity for community involvement and awareness raising. So many organisations and individuals get involved each year and once again, despite the cost of living crisis, we were overwhelmed by the generosity of so many who donated items of food, toiletries and cash. Thanks to these donations, we were able to take presents and large food parcels to all the young people we are supporting and also to some we used to support and are now living independently. These gifts were really welcomed, and all were very grateful for them, this year more than ever.









Imagine spending a whole night awake, without any sleep, just before you are helping lead a Christmas service in the morning. That is just what a group of young people and their leaders from Buckshaw Village Church did in December for SLEAP. In the run up to 'no sleep for SLEAP' event, the young people discussed and learnt about homelessness and the different challenges faced by those who have no home or nowhere to go. They learnt about where to access help if they ever needed it and raised an amazing amount of money and toiletries in the process. Another great example of working in partnership with our local community.

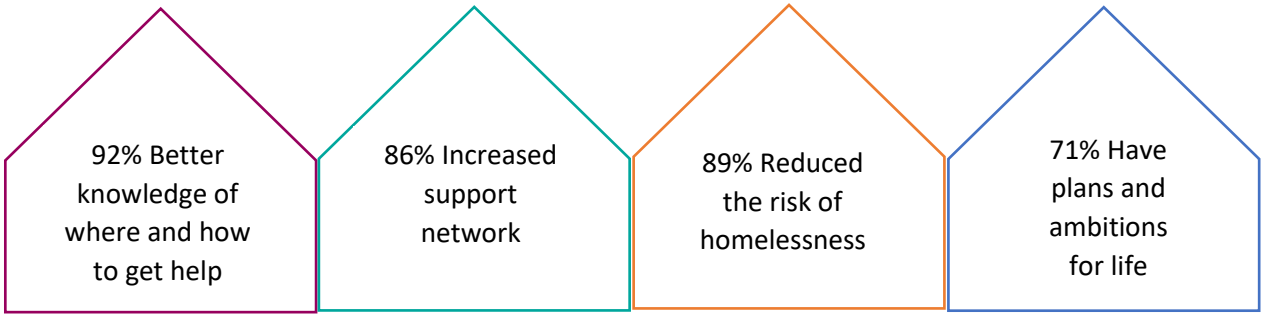
The difference we have made

Nothing we have said so far would matter if we were not making a difference and having a positive impact on the lives of individuals and our community. Although figures give us some idea of the outcomes achieved, it's people's stories that really show the impact of the work.

Lucy

Last year Lucy came onto supported lodgings having struggled in foster care placements for many years. She wasn't sure about wanting to stay with SLEAP and everything felt very scary and daunting for this painfully shy young woman, who carries a long history of trauma. It took her sometime to settle and she had to keep reminding herself that she didn't have to suddenly move again. Supported Lodgings has been just what she needed and Lucy is now thriving. She loves feeling that she has her freedom but knowing that she is also supported. Lucy says the support is not overwhelming. She is finishing an apprenticeship this summer and has ambitions and a plan for the future. Lucy has been supported with her money management, which she used to struggle with and now she's opened a savings account so she can save for her driving lessons. Lucy feels part of the family and included in family plans and outings. Her leaving care worker has stated how wonderful the placement is and how pleased they are that Lucy has now settled. Lucy's host family shared that they received a text from Lucy saying how grateful she is to live there and how much she appreciates everything the host does for her.

Here are some of the recorded outcomes for those we formally supported through the year:



Mark

Mark was street homeless when he first came across SLEAP. He was 23 years old and couldn't return to his hometown due to bail conditions. He was feeling low and considering suicide. We helped him contact the council for a homelessness assessment. As there was no accommodation for him, he was accommodated in various hotels, each time for one night. In order to have somewhere to sleep, Mark had to contact the council every day so they would find availability and book him a room. This meant travelling to wherever he was placed. Mark couldn't always afford transport so he would walk for hours to get to the next town or at times tried to 'jump' the train. SLEAP advocated on his behalf to access travel support and at times, we ended up transporting him ourselves or getting bus tokens. As he had nowhere to cook, Mark relied on sandwiches or pot noodles. He had to carry all he owned with him each time, so he couldn't really buy in bulk either. When SLEAP took Mark for a hot meal, he had not eaten a proper meal in over a month.

Mark had tried to continue working while street homeless and despite all the moves to different places. However, this meant he wasn't always in the right place to be picked up for work as each night he was placed somewhere different. Also, by trying to earn some money, he was then responsible to pay for his own stays at the hotels where he was placed, which left him with no money to eat. Mark stopped working. He had enjoyed going to work because it kept him busy and gave him a purpose.

Mark had no other support network, family or friends and was completely alone. SLEAP became Mark's safe place to go to and to get help and talk to people who understood what he was going through. SLEAP supported Mark in accessing mental health and mentoring support. We also worked with Mark to register with social housing and obtain the required documents and proofs. He could not access private rented as the rents were unaffordable. Supported lodgings was unfortunately not a suitable option for Mark due to his ongoing criminal charges. During this unsettled time, Mark also struggled to keep up with his probation appointments. He couldn't always travel from hotels out of area. When he was able to stay with a friend in one place for a few weeks, Mark borrowed a bike from SLEAP so he could get to his probation appointments.

We persisted in advocating on his behalf, especially as we were concerned about the impact all this was having on Mark's mental health. Mark was finally placed in supported shared accommodation. He became a model tenant, keeping his flat clean and tidy and abiding by all the rules. Now Mark continues to engage with Probation and carry out his Community Service. He is doing online training to improve his chances of finding a better job.

Mark's story is a good example of the need for persistent, long-term commitment, not giving up on people and working to overcome barriers. Due to his homelessness, he was at risk of breaching his probation order, being recalled to prison or committing further offences in order to survive or cope.

"Anyway I told her that you have helped me loads which you have. Use at sleap gave me hope to keep going because things are gonna get better for me. I am so greatfull for all the help use have given me, it really has helped me so much, even just having someone that believe in me. You don't understand how much that has actually helped me, so thanks to you all at sleap."

Lizzie

Early last year Lizzie was referred to SLEAP. She was 18 years old and lived in challenging circumstances in an environment that wasn't safe. Lizzie presented with anxiety and depression and had been diagnosed with borderline personality disorder. She was struggling with her alcohol usage. Her anxiety was a barrier to leaving the house. Lizzie also struggled with her home environment due to family breakdown and arguments.

The thought of meeting for even just a wellbeing check was a huge challenge so it was important to be flexible and work at Lizzie's pace. At first, she asked to meet the worker for just 5 minutes outside her home. The second time Lizzie felt able to sit in the worker's car outside her house so they could chat a bit more. By the third session Lizzie felt more comfortable and was able to go into a coffee shop and after that started to meet for short walks.

Over the past few months, Lizzie's confidence grew and the wellbeing sessions began taking place weekly. Lizzie used the sessions to explore her anxiety and depression. She also reflected over past struggles and traumas that she has experienced.

Through these sessions, Lizzie built enough trust to ask for practical help with other aspects of her life. SLEAP supported her with money management, exploring and applying for alternative accommodation, accessing additional support and discussing future plans.

Lizzie now feels confident to move into supported shared accommodation, she is managing her own money and income and is also hoping to go to college in September.

"Counselling has helped me to express myself through talking and exploring my emotions in day to day life. I am also able to explore my feelings by playing songs I have created which helps me explain what goes on in my life. I feel this is a good way to express how am feeling alongside talking about things"

Highlights of the year - Reasons to celebrate

SLEAP moving to its own premises, with more space, in a more central location was one major reason to celebrate this year. On 4th October 2022, our Open Day, we welcomed a non-stop stream of visitors that came to see our new home and find out about all that is going on at SLEAP. We saw colleagues from many different agencies, young people, volunteers, host families, trustees, supporters and funders. We were so encouraged by their feedback and ideas. We soon put the building to good use. The wellbeing sessions on Thursday evenings in the lounge looked cosy and fun. The young volunteers loved the small meeting room when they worked on their projects. It was great to be able to host our training in our own training room and everyone wants to chill in the 'therapeutic' room where we have our counselling sessions.









Christmas was also a great time of celebration as we were able to bring together young people, host families, volunteers, trustees, guests and staff. For different reasons, it had been several years since we had been able to celebrate Christmas all together. We had so much fun, and it was such a good reminder and illustration of our values in practice and of what SLEAP is all about.



There are many other highlights from this year that could be mentioned. From individual successes and achievements for people engaging with SLEAP, to our young volunteers and the amazing energy they pour into all their projects, there is so much more that could be said. However we want to highlight the joy of seeing more people with lived experience of homelessness, who have engaged with support from SLEAP, now choosing to volunteer or get involved with different roles and tasks.

"I really enjoy volunteering at SLEAP because I can make a difference like they did with me ☺"

Challenges and opportunities

One ongoing trend that gives us reasons for concern is the difficulty in accessing suitable accommodation or housing. This year the situation has worsened, and whilst this confirms the importance of supported lodgings as an alternative, affordable model, it still raises issues around moving on options. Locally the waiting time for someone who is homeless on the social housing register has significantly increased. It can take up to twelve months or more for a property to become available and even longer for one that is appropriate and matches preferences. Private renting is impossible to secure and costly. The shared housing available tends to mostly prioritise those in employment. Buying, even with the income, is difficult to obtain at the lower end as demand exceeds supply. Consequently, the young people we support are being squeezed out of housing and are left at the bottom of the pile. As we ask where can they go, we can't but worry about the potential for further situations of homelessness this may cause.

Alongside this, we are also concerned about the availability of supported accommodation in the area. As local authorities buy bed spaces for 16/17 year olds in their care or with previous experience of living in Care, it significantly reduces the accommodation available for other vulnerable young people who do not attract the same level of funding. Young people no longer can self-refer in most cases, which adds more barriers to their already challenging situation.

In the meantime this year the DfE published new regulations, standards and guidance for any supported accommodation for 16/17 year olds with care experience. With this there is a requirement to register and later on to be subject of Ofsted inspections. The cost of registration, including registered manager and different locations, could cost SLEAP as much as £10,000, which for an organisation of our size, it represents a significant impact on the budget. Although it could be tempting to limit supported lodgings to 18+, local authorities have already expressed that they may choose to award contracts exclusively to those who are registered, even if not supporting under 18s.

We do welcome the standards as a way of ensuring quality of provision however we are conscious of the challenges this process may raise.

In addition, at the end of last year's report we mentioned a growing need for emergency accommodation. This request for help have continued throughout this year and it is something that our young people and those homelessness experience have highlighted as a priority.

So when faced with these issues and the ongoing challenge of funding SLEAP, the trustees and staff have chosen to focus on the opportunities these challenges create. We have started working on an emergency accommodation scheme to be run as a pilot so we can test both the model and the cost. We are also looking at other options that may help us respond to the growing need for accommodation for our age group. Watch this space!



At the end of this report it seems fitting to mention Tom. This summer we said goodbye to a very special member of the SLEAP family. For the last 15 years Tom and his wife Barbara were involved with SLEAP as a host family, supporters, and in the last 4 years Tom was one of our trustees. Tom always made us laugh and was always ready to help. One young man who was placed with them through SLEAP shared this with us:

"At the time I didn't necessarily think that the SLEAP project or the roles of Tom & Barbara would be the long-term solution to my problems. But it was never meant to be that. I soon realised and bought into the concept that the project provided a short-term break from my problems and I was able to take a step back from my life at that time. Tom & Barbara offered a safe and neutral environment where I could take the time needed to reflect, vent, open up and to address the issues in my life and how they could be resolved…

My life needed a reset and Tom & Barbara were the perfect people to help me start afresh. And I know that without them both I wouldn't be who I am, where I am or more importantly have the relationship with my family that I do now. And I will be forever grateful to them both for that. And that gratitude extends to their family and friends who were all so good to me. The work that SLEAP does allowed all of this to happen. And if I didn't at the time then I would like to thank SLEAP for putting me with such an amazing family…"

Funding

The breakdown of this year's funding and spending is presented in the Annual Accounts Report.

We are extremely grateful to all our donors. We acknowledge the faithful group of individuals who regularly donate to SLEAP and have done so for years. Similarly we want to thank all those, individuals, companies, schools and churches who donated so generously this year.

We continue to receive the support of New Day Homes and Hope Charity Shop and their regular donations for which we are so grateful and do not take for granted.

Likewise, the donations in kind received throughout the year are a key part of enabling our work. From food and toiletries to the use of rooms for meetings or events, equipment and furniture. We are very grateful to all those organisations and individuals that have so generously contributed to our work.

This year we also have to say a very special thank you to Beaverbrooks The Jewellers and in particular to their Marketing Team. The funding they awarded us meant that we could equip and furnish our new premises in one go, rather than having to do it in stages. Visitors have told us how comfortable, safe and welcome they feel when they visit.

Despite these wonderful donations, currently our main source of income continues to be the grant from The National Lottery Community Fund – Reaching Communities Northwest without which we could not reach and support so many beneficiaries and make a difference in their lives and in our community. This funding enables us to work in a flexible way that can respond to the influence and changing needs and suggestions of our beneficiaries.

Nevertheless, our goal for the future continues to be that we diversify further our sources of funding so we can develop and expand our work.

On behalf of all those who have benefited from the work of SLEAP, we thank you all for making it possible. The difference this makes will continue to impact people's lives for a very long time.



SLEAP is a Charitable Incorporated Organisation (CIO) and it is controlled by its constitution adopted in July 2019.

The organisation's only voting members are its charity trustees who constitute the Trustee Board and are responsible for the administration of the charity.

Where there is a requirement for new trustees, they are identified by the existing trustees with due regard to the skills and experience needed and appointed at the AGM or a trustee meeting. The Chair and other officers are elected by the Trustee Board and come up for re-election in every year of their holding office.

The trustees have considered the Charity Commission's guidance on public benefit.

Purpose and mission:

SLEAP's purpose as set out in the objects contained in its Constitution:

- The relief of poverty of young persons in Lancashire who are in conditions of need, hardship and distress by the provision of temporary accommodation.
- The expression of the Christian faith through care, compassion and relevant practical and spiritual help as the trustees may from time to time think fit.

Mission:



Trustees for 2022/23

Liz Hamilton – Chair

Daniel Williams – Vice-Chair

Mike Neill

Emma Foxall

Tim Grose

Tom Wilson

Anthony Matthews

Barbara Coulton

Chinyere Ajayi

Independent Examiner

Emily Miller

The trustees declare that they have approved the Annual Trustees Report above.

Signed on behalf of SLEAP's trustees

Signature –

Full name –

Position –

Date -

SLEAP

Financial Report and Accounts

April 2022 – March 2023

Unit 2 Trafford Buildings

East Street

Leyland

PR25 3NJ

Registered Charity Number 1184663

Notes Applicable to the accounts

1. Financial Management

SLEAP is Charitable Incorporated Organisation (CIO) managed by the Trustees, and its management accounts are maintained in accordance with the Statement of Recommended Practice Accounting (FRS 102).

2. Reserves Policy

Purpose

SLEAP is Charitable Incorporated Organisation (CIO) managed by the Trustees, and its management accounts are maintained in accordance with the Statement of Recommended Practice Accounting (FRS 102).

Scope

The Trustees of SLEAP have considered the following points in developing the

Reserves Policy:

- Our responsibility as an organisation and as Trustees to provide good stewardship and active financial management
- Strategic planning and future vision of SLEAP, responding to the needs of the beneficiaries
- Budget setting and whether reserves require building up or drawing down
- The ability to respond to and manage any unforeseen financial difficulties
- Building resilience and capacity by identifying in advance any uncertainty in future income streams
- Levels of potential redundancy amounts in the event of major loss of funding

Definitions

Unrestricted or free reserves

These are funds which have been received without any conditions attached and are therefore able to be spent as SLEAP sees fit to meet the mission and needs of the organisation and the beneficiaries

Restricted funds

Funds which have been received with specific conditions attached. The money can only be spent for the stated purposes.

Designated funds

Funds which have been set aside by SLEAP for a specific purpose. This may include long-term saving to acquire or replace a capital item of high value, or the development of a new service or pilot project

Aims

a. To provide sound financial management of SLEAP and reduce risk
b. To enable the organisation to grow, develop and respond to the needs of beneficiaries
c. To enable diversification of income streams
d. In the event of loss of income that requires SLEAP to close, to ensure good support is given to beneficiaries. This includes allowing sufficient time for case loads to be handed over to other organisations or support brought to a close in an empowering and timetabled way.
e. To enable staff to seek additional and replacement funding
f. To support staff well in the event of redundancy notice being given, assisting in exploring options and in their search for alternative employment.
g. To be able to respond to funding opportunities by ensuring sufficient funds to invest in staff time in carrying this out.

In order to meet the aims set out above the Trustees of SLEAP have resolved:

- SLEAP will aim to hold 25% of annual costs as unrestricted reserves. This is equivalent to 3 months expenditure.
- Where unrestricted reserves are higher than this level the development needs of the organisation, one-off capital expenditure and potential new or increased service levels for beneficiaries will be the priorities when drawing down these funds. The long-term impact of any draw down, the financial, political, social and funding environment at the time and foreseeable future will also be major factors in supporting these decisions.
- Trustees have the ability to designate funds for development and growth at any point.
- Where unrestricted reserves are below the agreed level, SLEAP will aim to bring these in line over a period of time as agreed by the Trustees.
- Funds to cover redundancy costs will not be included in the calculation of the unrestricted reserves.

The Reserves Policy will be reviewed on an annual basis, including the level of unrestricted funds and the potential level of redundancy costs.

Redundancy costs are calculated based on the coming financial year. SLEAP pays any redundancy in line with statutory redundancy levels.

3. Reporting Method

The accounts presented in this report have been prepared using the Receipts and Payments method, which is permitted for Charities with an annual turn-over that does not exceed £250,000. This means that:

a. Income is recognised when the money is received by the Charity.
b. Expenditure is recorded when payment is made.
c. The 'non-financial assets' of the Charity are not included in the Financial Statements.

4. Principle Sources of Income

The SLEAP Project is funded by the National Lottery Community Fund for staffing, expenses and training.

5. Use of Leyland Premises

SLEAP now rents offices at Trafford Buildings, unit 2. However when moving, the Trustees chose not to forfeit the pre-paid rent for the premises at Leyland Baptist church, choosing to retain them for the pre-paid period as agreed.

In 2013-14 Former SLEAP (1050738) made a contribution to the costs of renovating the church building, in the form of an advance payment of rent for a 15-year period. This is shown as an asset on the balance sheet, which is depleted by a monthly charge for rent which is shown as an expense. The rent charges shown in the financial reports account for the use of office accommodation, and reducing nominal value of the asset recorded on the balance sheet, but involve no cash payments.

Statement of Assets and Liabilities (Cash Basis)

	31 Mar 23	31 Mar 22
ASSETS		
Advance Rent Paid	7,111	8,444
Other Assets	**7,111**	**8,444**
Petty Cash	25	20
Current Account	67,204	70,245
Savings Account	32,303	27,252
Retail Vouchers	4,958	0
Cash at bank and in hand	**104,490**	**97,517**
Total Assets	**111,601**	**105,961**
LIABILITIES		
Payroll Liabilities	(2,172)	(2,405)
Current Liabilities	**(2,172)**	**(2,405)**
Total Liabilities	**(2,172)**	**(2,405)**
NET ASSETS	**109,429**	**103,556**
CAPITAL AND RESERVES		
Retained Surplus / (deficit)	103,556	80,765
Surplus/ (Deficit) for the year	5,873	22,791
Total Capital and Reserves	**109,429**	**103,556**

Statement of Receipts and Payments (Cash Basis)

For the Period from 01/04/2022 to 31/03/2023

	Restricted National Lottery	**Restricted** Employment Support	**Restricted** Supported Accommodation	**Restricted** Household Support Fund	**Restricted** Beaverbrooks Office Refit	**Restricted** Groundwork	**Designated** Emergency Accommodation	**Designated** Redundancy	**Un-restricted**	**Total**
Receipts										
Accommodation Income			11,698							**11,698**
Grants	110,416			22,500						**132,916**
Donations (inc Gift Aid)		2,989			4,750		2,100		14,320	**24,159**
Fundraising									160	**160**
Bank Interest									52	**52**
Total Receipts	**110,416**	**2,989**	**11,698**	**22,500**	**4,750**		**2,100**		**14,532**	**168,985**
Expenses										
Compliance Costs	4,983									**4,983**
General Running Expenses	21,535				4,189				1,363	**27,087**
Salaries	96,746									**96,746**
Accountancy	1,341									**1,341**
Promotion	536									**536**
Service Delivery	782									**782**
Training	961									**961**
Accommodation Outgoings		2,049	10,789							**12,838**
Household Support				15,251					252	**15,503**
Groundworks						248				**248**
Travel	1,465									**1,465**
Young People	622									**622**
Total Expenses	**128,971**	**2,049**	**10,789**	**15,251**	**4,189**	**248**	**0**	**0**	**1,615**	**163,112**
Surplus/(Loss) for the year	**(18,555)**	**940**	**909**	**7,249**	**561**	**(248)**	**2,100**	**0**	**12,917**	**5,873**
Transfer of funds	*8,265*							*5,000*	*(13,265)*	***0***
Brought forward from prior years	***10,290***	***2,685***	***(2,030)***	***0***	***0***	***500***	***19,171***	***11,000***	***50,386***	***92,002***
Surplus to carry forward	***0***	***3,625***	***(1,121)***	***7,249***	***561***	***252***	***21,271***	***16,000***	***50,038***	***97,875***

Note

Advance Rent balance transferred in from former charity (No Cash)	11,554
Reconciles to Balance sheet	**109,429**

Notes

1. Accountancy includes the payroll service charge.
2. Rent for new offices at £1,200 pcm included in General running costs (£14,400 in total)
3. For the budget of 23/24 there is already a commitment of £10,000 for registration with the Department of Education, which brings the reserves to the level suggested in the Reserves Policy.

Consolidated Receipts and Payments

	Apr 22 to Mar 23	Apr 21 to Mar 22
Receipts		
Housing Benefit - Other	11,698	6,705
Grants	132,916	110,275
Donations (inc Gift Aid)	24,159	11,625
Fundraising	160	4,763
Bank Interest	52	3
Total Receipts	**168,985**	**133,371**
Expenses		
Compliance Costs	4,983	2,902
General Running Expenses	27,087	10,471
Salaries	96,746	86,206
Accountancy	1,341	318
Promotion	536	938
Service Delivery	782	869
Training	961	1,064
Accommodation Outgoings	12,838	10,135
Household Support	15,503	-
Groundworks	248	-
Travel	1,465	1,240
Young People	622	437
Total Expenses	**163,112**	**114,580**
Surplus/ (Loss) for the year	**5,873**	**18,791**

Independent examiner's report to the trustees of SLEAP, Leyland

I report to the trustees on my examination of the accounts of SLEAP (Registered Charity 1184663) for the year to 31st March 2023.

Responsibilities and basis of report

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 statement

My examination was carried out in accordance with 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 material matters have come to my attention which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did 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 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.

Emily Miller (CGMA, ACMA)
My Clear Accounts Limited
39 Fieldside Avenue
Euxton
Chorley
PR7 6JF

7th September 2023

SLEAP

England & Wales - Charity number 1184663

Accounts

SLEAP

SUPPORT & LODGINGS FOR YOUNG PEOPLE

Annual Report 2021-22

PROVIDING A SAFE HOME WITH A HELPING HAND FOR A CONFIDENT FUTURE

Registered Charity 1184663

Unit 2 Trafford Buildings | East Street | Leyland PR25 3NJ

A word from the Chair

Welcome to the latest Annual Report for SLEAP. As you will read in the pages of this report SLEAP has continued to be busy regardless of external events and restrictions. New services, new staff, new Trustees and a new focus arising from a day of collaboration between Trustees and staff. Throughout it all, our staff have demonstrated and given so much dedication, passion and commitment. As Acting Chair for the period, and on behalf of the Trustees, I want to acknowledge and thank them for all that they do, and do so willingly. This is a vocation for them, not simply a job.

It has been a pleasure to welcome new trustees bringing new skills and experience to the table and I look forward to working with them to ensure a secure, stable and impactful future for SLEAP. My thanks go to all the Trustees, new or not, for their time and commitment to SLEAP. As volunteers this is not always an easy role or one that fits effortlessly around other commitments. We welcomed a new admin volunteer during the year to take minutes of meetings and assist with other admin duties in the office. She has been a real blessing both to the Trustees and the rest of the staff.

SLEAP cannot carry out its vital work without the support of local companies, local people, local schools and local organisations. We are so thankful for all those who have equipped and enabled us to deliver the services our young adults need, whether acting as a host family, donating money, or collecting items for our Christmas appeal. Thank you.

As we look to the year ahead we have much to anticipate; a new and larger office space, a new database able to hold and report on the services and outcomes of our work, new opportunities for services.

Finally, I thank God for his continued care and guidance for SLEAP, providing the resources, skills and experience the organisation needs.

Liz Hamilton, Vice Chair of Trustees

On behalf of the Chair

A year of new beginnings

This year began on a promising note. There were talks of covid restrictions starting to ease off and everyone was wondering what the next months would bring. Although a time of joy for some, there was still a lot of hurt, apprehension and anxiety for many others. The impact of the pandemic on our work continued to be felt in different ways throughout the year. At SLEAP we were starting our new three years Reaching Communities grant, but work had never stopped and we were as busy as ever.

We welcomed Julie O'Rourke as our Empowerment Worker in July and she got straight into visiting and renewing relationships with other agencies and partners as they started reopening for face to face visits.

This year we have also welcomed three new trustees that bring a wealth of experience and knowledge to our board, including lived experience of the problems SLEAP seeks to address.

Another new start was for Thrive, our new wellbeing service. This was developed in response to feedback and suggestions from the young people in previous years, especially in response to the effects of lockdown. Thrive builds on the principle that having someone you trust, that you can talk to openly can help you cope and build resilience to deal with what life throws at you.

Sadly, throughout these months of transition out of lockdown, we also saw an overall increase in need for practical and immediate help. Young people that came to us were often sofa surfing and struggling. In just two months we came across and helped 4 young people who were sleeping in the local park, as they did not have anywhere else to go. For the first time, we had to provide someone with a tent, sleeping bags and blankets, as well as coats and a few other items as they literally had nothing and were street homeless during the days of worst rainfall this last summer. While we worked to help these young people out of this situation and into safer, more stable accommodation, the challenges and obstacles were plenty. It felt that they were not just 'falling through the net' but actually being 'pushed off the net'.

Just before the end of the year the decision was made to sign the lease for a new property which will allow us to expand our work as well as making SLEAP more easily accessible. As we prepare to move, we're already planning lots of different ways to respond to suggestions from the young people and to make our support available at a time that works best for them. We are excited about what the next year will bring.

Stela Stansfield

Chief Executive



The SLEAP staff team getting ready for the year ahead.

Our services and activities

SLEAP works with 16 to 25 years old in South Ribble, Chorley and Preston. We provide **S**upport, **L**odgings, **E**mergency **A**ccommodation and **P**revention work in order to combat homelessness, promote safe accommodation, build social resilience and encourage young people to thrive. We promote a relational support approach and strive to develop trauma informed practice. SLEAP is there to support, nurture and empower so that young adults can move on as confident and independent members of the community.



We have continued to help young people avoid sofa surfing or street homelessness through our supported lodgings scheme. When staying in **supported lodgings** young people have their own bedroom within a family home. This means that although they're independent, there is always someone around to talk to. The host family provides support with practical skills like cooking and using a washing machine as well as becoming 'encouragers,' supporting the young person's physical and mental wellbeing.

This year some host families have retired from SLEAP due to ill health or moving area. However, we have also recruited new host families and the number of available placements has grown. The recruitment and induction processes have been reviewed, ensuring a robust introduction to hosting with SLEAP.



Moving 4ward is part of our non-residential services and it aims to help prevent homelessness through early intervention. It is about providing information and the practical support young people need to build up their skills, knowledge and confidence so that they can succeed as independent young adults. In practice, this work varies depending on the individual and their priorities, as we work alongside the young person to enable them to address whatever issues affect

them. Some young people asked us for help with understanding bills and setting up payments, others needed to access funding for furniture items, finding accommodation, help finding and accessing services that could help them with substance misuse or mental health. For other young people it was about helping them understand forms and to communicate with other professionals or agencies.



As the year progressed, the number of referrals and young people getting in touch from the Preston area kept increasing. In order to become more accessible for them, we started a brand new weekly drop-in in a community centre in Preston. This became another great opportunity to work in partnership with other organisations and the community in the Plungington area of Preston.



Thrive, the new wellbeing service, offers a range of different sessions for young people to choose what best suits them. There are wellbeing sessions, which are an informal opportunity to chat to someone about how things are going. This might be just going for a walk, meeting for a coffee or having a chat over the phone. We offer formal counselling within a safe and trauma informed setting. This has been particularly welcomed by those accessing it. Young people often report that besides very long waiting lists for counselling, in previous experiences, with other services, they felt disappointed due to their circumstances not being understood. The group sessions provide both peer support and an opportunity to learn strategies for coping, to build resilience and to thrive. This service is being developed and led by a qualified counsellor with many years of experience working with young adults.



We want young people to be buzzing with life and excited about their future however, when dealing with so many issues life can feel far from exciting. **SLEAP Buzz** is about bringing our young people together to have fun, get involved in the community, learn new skills, grow, make new friends and feel good about life. These activities and the relationships formed are key in combating isolation and improving physical and mental health & wellbeing. They are also great opportunities for fun, fresh air, exercise and friendship.



Together with Active Lancashire we ran several sessions through the year where different sports and games could be tried, from cycling to badminton and rounders.

In December with the young people we hosted a 'pop-up shop' with a difference. Buying presents or clothes can be a real challenge when you are struggling to pay your bills. Yet, as we know, it's not only receiving gifts at Christmas that makes us feel good but also giving them to those we care about. Saddly, not all young people are in a financial position to be able to do this, thus the idea was born. Using a system of 'vouchers', our young people were able to come in and choose some gifts so they could give them to others. There was a selection of gifts, clothes, toiletries and toys to choose from. They also had the chance to pick up some clothing items for themselves, whilst enjoying drinks and mince pies.



Here are Mike and Maggie sorting through clothes donations to get ready for the pop-up shop.

This was a very positive experience and the young people who came thought it was a great idea. There was Christmas music playing and even a present wrapping station.



A little bit of practical help when things get tough can make all the difference. We have a bank of food, toiletries blankets and some clothing items for when people are going through a period of **crisis**.



The need for this practical support has continued throughout the year and alongside the usual items we usually provide, we have had to also help with sleeping bags, tents and bedding.

" thank you so much for that food parcel the little gifts made me feel so happy 😊"

Crisis Support

A little bit of practical help when things get tough can make all the difference. We can help with things like...

Toiletries

Clothes

Food Parcels

...or try to help you find what you need

"SLEAP has helped me by ensuring I have food in my cupboards and knowing I have someone to ring when I have nothing and no one will judge me"

Cycling 4 Fun has been growing with more bikes having been donated by members of the community. This service evolved as young people who wanted to apply for certain warehouse jobs, couldn't take them because there was no suitable public transport. Since then, the bikes have been borrowed by young people to attend appointments, go to college or just for fun.

Cycling 4 Fun

Cycling can be a great way to get around, go to college, job interview, work or exercise and meet up with friends.



If you would like to borrow a bike from us, just get in touch. SLEAP has a few bikes that have been donated by people in the community and that we make available for those who might like to use them.



The difference we're making

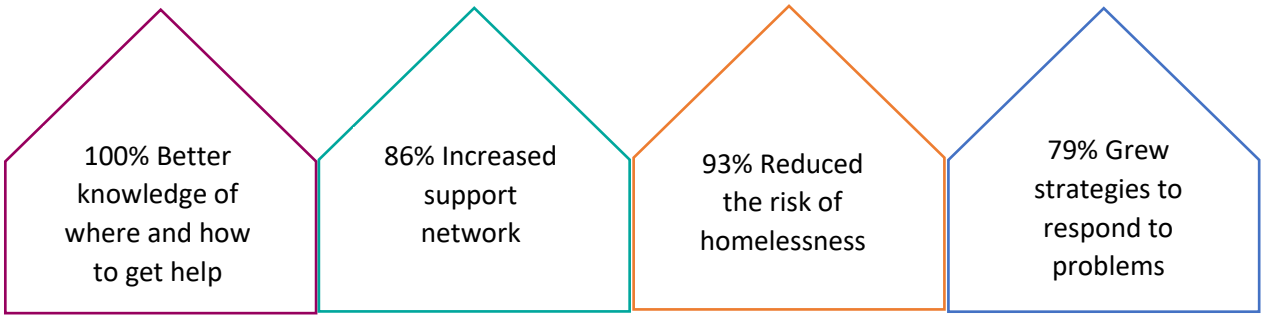
SLEAP directly supported 51 young people this year. In many cases, alongside the young person, we also supported their families - partners, children or other relatives – as they play such a key role in the young person's life, wellbeing and journey to independence. Due to the long-term aspect of our work, some young people may stay involved with SLEAP, accessing different services for longer periods of time, some over several years.

In addition, we also supported another 15 people that fall outside our age group. We are often approached by people over 25 years old and we always try to signpost them to the appropriate organisations. However there are different situations in which we help in practical ways or with accessing the services they require. Sadly, a comment we hear too often is about the difficulty many have in even getting to 'the front door' of services.

"You were the first ones talking to me. Nobody else even rang back. Thanks for helping."

This year 55% of everyone we worked with had self-referred. They had heard of SLEAP through word of mouth or online/social media. 51% were female and, of those who chose to disclose, one third of considered to have one or more disabilities.

Here are some of the recorded outcomes for those we formally supported through the year:



"just wanted to say thank you for everything. It means a lot and you have helped more than you will ever know"

It's the real stories, what the numbers look like in practice, that really tell us about the differences made and so many 'gains' that cannot be told in numbers. It's about the young person that got the job at Morrisons and the other that is joining Amazon, and the one working at McDonald's, or the other that completed their level 2 course.

"I completed a Level 2 course in Joinery and Carpentry. I enjoyed learning new skills and meeting new people. I would like to continue studying and I'm hoping to find a level 3 apprenticeship in Joinery. I would love to set up my own business in Joinery. Being on SLEAP has given me somewhere safe to live with support, this has meant that I can do my studying and get out of my comfort zone by trying new things."

The difference is also about the young person who was on supported lodgings and after some time, was able to move back to her hometown. She told us how much she'd enjoyed staying on supported lodgings and how it was a lot better then she was expecting it to be! After travelling a long way to escape problems at home, she had been so scared about moving in with strangers. However, she told us how SLEAP were really helpful. It gave her time to sort things out and how it definitely made things a lot easier for her.

"100% recommend SLEAP to a friend."

The difference made is also about those who have left us some time earlier and now tell us about how we helped.

"I remember meeting my support worker for the first time and feeling terrified. I was a bit unsure about Supported Lodgings because of the uncertainty of what it would be like. At first it was scary because I've never really had a nice person offer me a roof over my head. Living with a host family and having a home made me feel human again. After the initial couple of weeks, it felt more like being with an actual family rather than a host family."

Making a difference is not just about how we help but also about what was behind the help being needed in the first place.

C self-referred after finding SLEAP online. She had been kicked out from home after arguments about her sexuality. C was from out of area and had exhausted all friends she could stay with. She had contacted the Council but they were unable to help. She was temporarily staying with one last friend but had a week to find somewhere else and was desperate and had no one else to turn to.

C moved in with a host family and settled in quickly gaining employment in the local area. She made friends and started new relationships. Eventually, while being settled and happy, she was able to restore her relationship with her grandparents and to arrange to return and move in with them. C was so grateful for the help SLEAP gave her when she had felt that no one else would help.

Because our support is not imposed, it is lead by the young person, at their pace, each story can be different and trust can take time to be built – but what a difference it makes when you find people you can trust.

M self-referred to the service as she had been given one week by her family to find somewhere else to live. We supported her through 'Moving 4ward' as she was reluctant to take up the offer of supported lodgings. M thought she would feel uncomfortable staying with another family and just wanted her own place. M was a full time student in college but her situation was affecting her studies. She was also working part time. In the meantime, she found accommodation above a local pub in exchange for working in their various bars, covering some shifts for no pay in lieu of rent. She was working so many shifts until the early hours of the morning that it affected her attendance at college and she fell behind with her course work. She felt caught in a vicious cycle, 'owing' her time to the 'kindness' of the landlord that was letting her stay for 'free'. College advised she should re-enrol again once she had sorted out her accommodation, as she couldn't continue whilst she was homeless. M's accommodation was unsuitable and would not have passed any tests for payment of housing benefit and she had no tenancy or licence agreement. The accommodation had no privacy as staff had 24hr access to her room from the bar. Towards the end of her stay she had no electrics or heating and due to a leak in the roof, part of the ceiling had collapsed. Finally M felt that she could leave. M moved in with a host family. She settled in very quickly and tells us all is going really well. She has a new job and is finally restarting her studies after the summer. M cannot believe how different life can be now that she realises how it should have been from the start.

However, it is not only in the lives of the young people that we make a difference. One of our host families told us this, so that we could share it with new families joining SLEAP:

"Working with SLEAP as a host provider has in many ways been personally fulfilling and rewarding. Seeing young people move on and pick up their lives is so rewarding. Yes, it comes with challenges and not every story is always so positive but SLEAP are there to provide quality support and continued help for both the host and young person."

Working in and with the community

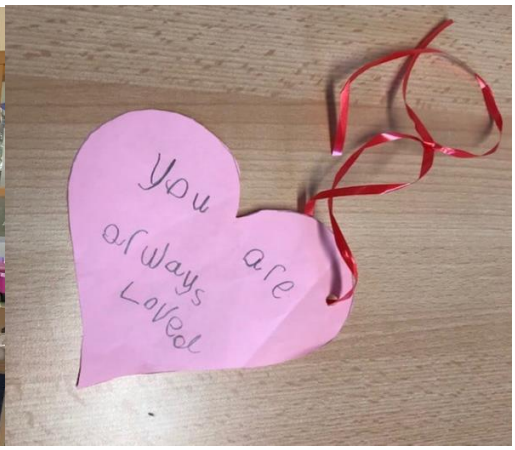
SLEAP is a community charity and as such, from trustees to host families, volunteers, partners, local people and local organisations, the community is part of what we do, why and how we do it. We are proactive in seeking to increase representation at governance level of people with lived experience and also other underrepresented groups. SLEAP is all about the community getting involved. Our dispersed accommodation model is based on bedrooms in the homes of individuals and families. Volunteers are an important part our work and many community members and businesses, schools and churches get involved throughout the year. We want to act as a catalyst for action, by bringing together those who need help with those in the community who want to help.

One example was when, Archbishop Temple Church of England High School took a food collection as they celebrated and learnt about the meaning of Harvest to donate to SLEAP's work.



Another example, was when the year 6 pupils from Bretherton Endowed Primary School decided that they wanted to make a difference on Valentines. They got in touch and invited us to visit so they could find out more about the work of SLEAP, the challenges young people face and how they could get involved. Then they ran a campaign to get the whole school and local community to donate food and toiletries for our young people. They wrote personal encouraging messages to go out with the food parcels. Those messages were the best and really cheered us all up.





At Christmas we ran a campaign, the 12 days of Christmas, when we encouraged people to donate specific foods. This was also an opportunity to raise awareness within the wider community of some of the difficulties faced by many young people who are still in temporary accommodation. Young people were keen for others to understand that cooking can be a challenge when you only have access to a microwave or a kettle, or when life feels overwhelming, and cooking feels like another obstacle to overcome.



The response from the community was amazing, with individuals, organisations and businesses generously responding with donations and in many practical ways.















These donations are a very practical way in which members of the community feel that they can directly get involved and support the local young people that may be struggling. They also help to build relationships and create new opportunities as people become better informed about what goes on in their community and how they can be part of making it a healthier, safer and more positive place for all.

Still celebrating the links between SLEAP and the local community, this year we had the opportunity to acknowledge and thank some individuals for their long service to supporting young people through SLEAP. We have an amazing team at SLEAP that grows and changes

with time. However, there are a few people that have been involved and working hard with us for so many years. They believe in what SLEAP stands for and have a heart to see local young people thriving in their community. So, we had a great party and the Mayor joined us to present awards. The awards were given to a Trustee who has been involved right from the start, a member of staff with 22 years of service and to two host families who have been welcoming young people into their homes for over 17 years.



Also, as part of our involvement in the community, the SLEAP team regularly speak with community groups, in schools, churches and different organisations. This is another way of raising the awareness in the community of the issues and difficulties some people are still facing and what can be done to address this. This is an important aspect of the work that helps to combat myths and stereotypes whilst generating a better understanding across different generations and people from different backgrounds.

"**I would just like to pass on my thanks to you both for coming along yesterday evening and explaining about the work of S.L.E.A.P. It was so interesting and informative and a great surprise to many of the members that such work, and indeed the need for it, was happening in our area. You both opened our eyes and now so many more people are aware of all the great work you are doing.**

It was especially poignant to listen to … painful story of his early years and a total joy to see and learn how this brave young man has overcome his early years and grown into a fine individual. His joy in the positive experiences through S.L.E.A.P. and love shown through his host family were a living example of the fine work you are doing."

Reflecting and learning at the end of another year

The core of our work is preventing homelessness and supporting young people moving on. Moving on from the risk of becoming homeless, moving on from unstable or unsuitable accommodation and all those issues and problems associated with it. However, this year we have come across a growing number of enquiries for emergency accommodation. These have been self-referrals, families calling on behalf of someone they care about or a friend, and through other agencies. Often, young people are from 'out of area' and increasingly they are in employment. This rules out being accommodated in temporary accommodation for priority need by the Council due to unaffordability. The weekly cost in a local hostel providing emergency accommodation locally is very high. Housing Benefit may cover some of the rent but not all. If people work, they are responsible for paying that rent. This results in many people having to make a choice between finding accommodation or looking for employment.

The latest young person to move into our supported lodgings was in this situation. He said **"you were the only ones who I contacted that were willing to help."** Two of the young people on supported lodgings are completing apprenticeships and others are working. The reason why they can stay with us and receive the support they need is because we are funded by the National Lottery Reaching Communities and also because we are prepared to take on some of the cost ourselves, supplementing their rent through our own fundraising for our 'Employment Fund'.

The decisions in the last few years to question Supported Lodgings right to be paid through Housing Benefit, also cause great challenges for the future. As most schemes become dependent on local authority funding, they restrict their referral criteria. In consequence, an increasing number of young people fall through the net as they do not qualify for any kind of financial support for accommodation.

This year has also been a year of learning about ourselves as an organisation. SLEAP has continued to build on the work initiated pre-lockdown with the public consultation and review of our values and mission. Building on our strong foundation and experience of nearly 30 years of work in this field, we identified strategic priorities to guide us through the next three years in the life of SLEAP.



Funding

The breakdown of this year's funding and spending is presented in the Annual Accounts Report.



We are very grateful to all our donors. We acknowledge the faithful group of individuals who regularly donate to SLEAP and have done so for years. Similarly we want to thank all those, individuals, companies or churches who donated so generously this year. We are privileged and very grateful to receive the support of New Day Homes and Hope Charity Shop and their regular donations.

Likewise, the donations in kind received through the year are a key part of enabling our work. From food, to the use of rooms for group work, or for counselling, training for volunteers, equipment and furniture. We are very grateful to all those organisations and individuals that have so generously contributed to work.

Despite these wonderful donations, our main source of income continues to be the grant from The National Lottery Community Fund – Reaching Communities North West for which we are very grateful. Our goal for the future continues to be that we diversify further our sources of funding as we develop and expand our work.

On behalf of all those who have benefited from the work of SLEAP, we thank you all for making it possible. The difference this makes will continue to impact people's lives for a very long time.

SLEAP is a Charitable Incorporated Organisation (CIO) and it is controlled by its constitution adopted in July 2019.

The organisation's only voting members are its charity trustees who constitute the Trustee Board and are responsible for the administration of the charity.

Where there is a requirement for new trustees, they are identified by the existing trustees with due regard to the skills and experience needed and appointed at the AGM or a trustee meeting. The Chair and other officers are elected by the Trustee Board and come up for re-election in every year of their holding office.

Purpose and mission:

SLEAP's purpose as set out in the objects contained in its Constitution:

- The relief of poverty of young persons in Lancashire who are in conditions of need, hardship and distress by the provision of temporary accommodation.
- The expression of the Christian faith through care, compassion and relevant practical and spiritual help as the trustees may from time to time think fit.

Mission:



WWW.SLEAP.CO.UK

The trustees have considered the Charity Commission's guidance on public benefit.

Trustees for 2021/22

Emma Foxall – Chair

Mike Neill – Treasurer

Tim Grose

Tom Wilson

Liz Hamilton

Anthony Matthews

Daniel Williams

Barbara Coulton

Independent Examiner

Emily Miller

The trustees declare that they have approved the Annual Trustees Report above.

Signed on behalf of SLEAP's trustees

Signature –

Full name –

Position –

Date -

SLEAP

Financial Report and Accounts

April 2021 – March 2022

Unit 2 Trafford Buildings

East Street

Leyland

PR25 3NJ

Registered Charity Number 1184663

Notes Applicable to the accounts

1. Financial Management

SLEAP is Charitable Incorporated Organisation (CIO) managed by the Trustees, and its management accounts are maintained in accordance with the Statement of Recommended Practice Accounting (FRS 102).

2. Reserves Policy

Purpose

SLEAP is Charitable Incorporated Organisation (CIO) managed by the Trustees, and its management accounts are maintained in accordance with the Statement of Recommended Practice Accounting (FRS 102).

Scope

The Trustees of SLEAP have considered the following points in developing the

Reserves Policy:

- Our responsibility as an organisation and as Trustees to provide good stewardship and active financial management
- Strategic planning and future vision of SLEAP, responding to the needs of the beneficiaries
- Budget setting and whether reserves require building up or drawing down
- The ability to respond to and manage any unforeseen financial difficulties
- Building resilience and capacity by identifying in advance any uncertainty in future income streams
- Levels of potential redundancy amounts in the event of major loss of funding

Definitions

Unrestricted or free reserves

These are funds which have been received without any conditions attached and are therefore able to be spent as SLEAP sees fit to meet the mission and needs of the organisation and the beneficiaries

Restricted funds

Funds which have been received with specific conditions attached. The money can only be spent for the stated purposes.

Designated funds

Funds which have been set aside by SLEAP for a specific purpose. This may include long-term saving to acquire or replace a capital item of high value, or the development of a new service or pilot project

Aims

a. To provide sound financial management of SLEAP and reduce risk
b. To enable the organisation to grow, develop and respond to the needs of beneficiaries
c. To enable diversification of income streams
d. In the event of loss of income that requires SLEAP to close, to ensure good support is given to beneficiaries. This includes allowing sufficient time for case loads to be handed over to other organisations or support brought to a close in an empowering and timetabled way.
e. To enable staff to seek additional and replacement funding
f. To support staff well in the event of redundancy notice being given, assisting in exploring options and in their search for alternative employment.
g. To be able to respond to funding opportunities by ensuring sufficient funds to invest in staff time in carrying this out.

In order to meet the aims set out above the Trustees of SLEAP have resolved:

- SLEAP will aim to hold 25% of annual costs as unrestricted reserves. This is equivalent to 3 months expenditure.
- Where unrestricted reserves are higher than this level the development needs of the organisation, one-off capital expenditure and potential new or increased service levels for beneficiaries will be the priorities when drawing down these funds. The long-term impact of any draw down, the financial, political, social and funding environment at the time and foreseeable future will also be major factors in supporting these decisions.
- Trustees have the ability to designate funds for development and growth at any point.
- Where unrestricted reserves are below the agreed level, SLEAP will aim to bring these in line over a period of time as agreed by the Trustees.
- Funds to cover redundancy costs will not be included in the calculation of the unrestricted reserves.

The Reserves Policy will be reviewed on an annual basis, including the level of unrestricted funds and the potential level of redundancy costs.

Redundancy costs are calculated based on the coming financial year. SLEAP pays any redundancy in line with statutory redundancy levels.

3. Reporting Method

The accounts presented in this report have been prepared using the Receipts and Payments method, which is permitted for Charities with an annual turn-over that does not exceed £250,000. This means that:

a. Income is recognised when the money is received by the Charity.
b. Expenditure is recorded when payment is made.
c. The 'non-financial assets' of the Charity are not included in the Financial Statements.

4. Principle Sources of Income

The SLEAP Project is funded by the National Lottery Community Fund for staffing, expenses and training.

5. Use of Leyland Baptist Church

The project rents office accommodation in the Leyland Baptist church.

In 2013-14 Former SLEAP (1050738) made a contribution to the costs of renovating the church building, in the form of an advance payment of rent for a 15-year period. This is shown as an asset on the balance sheet, which is depleted by a monthly charge for rent which is shown as an expense. The rent charges shown in the financial reports account for the use of office accommodation, and reducing nominal value of the asset recorded on the balance sheet, but involve no cash payments.

Statement of Assets and Liabilities (Cash Basis)

	31 Mar 22	31 Mar 21
ASSETS		
Advance Rent Paid	8,444	9,778
Other Assets	**8,444**	**9,778**
Petty Cash	20	25
Current Account	70,245	46,820
Savings Account	27,252	26,111
Cash at bank and in hand	**97,517**	**72,956**
Total Assets	**105,961**	**82,734**
LIABILITIES		
Payroll Liabilities	(2,405)	(1,969)
Current Liabilities	**(2,405)**	**(1,969)**
Total Liabilities	**(2,405)**	**(1,969)**
NET ASSETS	**103,556**	**80,765**
CAPITAL AND RESERVES		
Assets received from former charity		104
Retained Surplus / (deficit)	80,765	69,056
Surplus/ (Deficit) for the year	22,791	11,605
Total Capital and Reserves	**103,556**	**80,765**

Statement of Receipts and Payments (Cash Basis)

For the Period from 01/04/2021 to 31/03/2022

	Restricted National Lottery	**Restricted** Employment Support	**Restricted** Supported Accommodation	**Restricted** Groundwork	**Designated** Pilot Fund	**Designated** Redundancy	**Un-restricted**	**Total**
Receipts								
Accommodation Income			6.705					**6,705**
Grants	109,775			500				**110,275**
Donations (inc Gift Aid)		1,000			2,909		7,716	**11,625**
Fundraising					13		4,750	**4,763**
Bank Interest							3	**3**
Total Receipts	**109,775**	**1,000**	**6,705**	**500**	**2,922**	**0**	**12,469**	**133,371**
Expenses								
Compliance Costs	2,902							**2,902**
General Running Expenses	5,511						4,960	**10,471**
Salaries	86,206							**86,206**
Accountancy	318							**318**
Promotion	938							**938**
Service Delivery	869							**869**
Training	1,064							**1,064**
Accommodation Outgoings		1,625	8,450				60	**10,135**
Travel	1,240							**1,240**
Young People	437							**437**
Total Expenses	**99,485**	**1,625**	**8,450**	**0**	**0**	**0**	**5,020**	**114,580**
Surplus/(Loss) for the year	**10,290**	**(625)**	**(1,745)**	**500**	**2,922**	**0**	**7,449**	**18,791**
Prior year adjustment – Employment Allowance Claimed						*0*	*4,000*	***4,000***
Brought forward from prior years	***0***	***3,310***	***(285)***	***0***	***16,249***	***11,000***	***38,937***	***69,211***
Surplus to carry forward	***10,290***	***2,685***	***(2,030)***	***500***	***19,171***	***11,000***	***50,386***	***92,002***

Note

Advance Rent balance transferred in from former charity (No Cash)	11,554
Reconciles to Balance sheet	**103,556**

Notes

1. Accountancy includes the payroll service charge.
2. The previous payroll provider failed to claim the Employer National Insurance Allowance of £4,000 for tax year 2020/21, this refund from HMRC has been recognised in 2021/22 accounts when it was received.
3. Within Accountancy costs, £879 was paid in advanced for year ending 31/03/2022 in the prior year accounts, therefore in 2021/22 accounts only the payroll services are showing as a cost.

Consolidated Receipts and Payments

	Apr 21 to Mar 22	Apr 20 to Mar 21
Receipts		
YP's Housing Contribution		
Housing Benefit - Other	6,705	7,395
Grants	110,275	107,594
Donations (inc Gift Aid)	11,625	17,221
Fundraising	4,763	15
Bank Interest	3	6
Total Receipts	**133,371**	**132,231**
Expenses		
Compliance Costs	2,902	2,104
General Running Expenses	10,471	12,474
Salaries	86,206	87,803
Accountancy	318	2,470
Promotion	938	2,958
Service Delivery	869	1,268
Training	1,064	2,196
Accommodation Outgoings	10,135	7,470
Travel	1,240	863
Young People	437	1,020
Total Expenses	**114,580**	**120,626**
Surplus/ (Loss) for the year	**18,791**	**11,605**

Independent examiner's report to the trustees of SLEAP, Leyland

I report to the trustees on my examination of the accounts of SLEAP (Registered Charity 1184663) for the year to 31st March 2022.

Responsibilities and basis of report

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 statement

My examination was carried out in accordance with 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 material matters have come to my attention which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did 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 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.



Emily Miller (CGMA, ACMA)
My Clear Accounts Limited
39 Fieldside Avenue
Euxton
Chorley
PR7 6JF

11th November 2022

SLEAP

England & Wales - Charity number 1184663

Accounts

SLEAP

SUPPORT & LODGINGS FOR YOUNG PEOPLE

DO SOMETHING AMAZING

Annual Report 2020-21

25 YEARS

Registered charity 1184663

247 Leyland Lane

Leyland PR25 1XL

A word from the Chair

Like the rest of the world, the past year has been very different and presented new challenges that SLEAP has had to respond. Yet the SLEAP team rose to the challenge and continued to deliver an excellent service. The Board of Trustees is thankful for the commitment, energy and innovation that Stela, Rebecca, Maggie and Lorna have given all year. They always work very hard but this past year have really risen to the challenge. We say farewell to Lorna after many years of service and wish her well with her future plans. She will be missed and we thank her for all her work.

Thanks also go to the families and householders who open their homes to the young adults and welcome them with support and encouragement. We know how much of a difference this makes to the lives of those SLEAP work with.

The support of the local community, churches and businesses has been a source of ongoing encouragement. We also extend our thanks to all those who have supported the work of SLEAP with financial donations, food donations for those in crisis and at Christmas, and donations of clothing, toiletries and other items required.

The Board of Trustees are all volunteers who bring a diverse wealth of knowledge, experience and skills to overseeing the work of SLEAP and give up their time willingly. Thank you to all the Trustees for their time and commitment.

SLEAP celebrated 25 years during the year, and we celebrate the successes we, together with all those who have supported us, have achieved during that time. The fact that SLEAP is still so very needed after all those years is a sad reflection on the society we live in. However, we move forward with purpose and determination to continue supporting those young adults who need SLEAP. That support is underpinned by the Christian ethos which gave birth to SLEAP. It is a Christian response of love and a practical way of demonstrating God's love to young adults experiencing homelessness in our local community.

My personal thanks go to Emma Foxall, Chair of SLEAP, for her leadership and commitment. I am honoured to deputise for her in writing this introduction to the Annual Report, which she is unable to write due to ill health.

Liz Hamilton

Interim Chair of Trustees

A year like no other

April 2020 to March 2021 was a year we will all remember for a very long time! The Pandemic and lockdown seemed to overshadow and influence everything that happened or did not happen. It halted all plans for the year, closed the office and resulted in all tender and funding applications being frozen or stopped altogether. Suddenly, instead of a year of promise, we were faced with a year of challenge and a real threat of no income, even having to contemplate the potential closure of the charity.

However, this was also a year of promise, resilience, creativity and determination. This year we have had a lot to celebrate. We have learnt and achieved much.

We learnt about our resilience as an organisation and as individuals. We saw in practice how SLEAP, as a small organisation, was able to be agile and flexible in times of unexpected change and risk. We were able to adapt to the circumstances and also to the changes in need and to respond effectively and appropriately. Not only we maintained service delivery, reviewed and developed practice and systems, we also succeeded in securing funding for the period of crisis and for the continuation, growth and expansion of services.

In 2020 SLEAP celebrated 25 years as a charity. We had many plans for all kinds of celebrations which were halted. In true SLEAP fashion, we were not fazed when faced with cancelations and restrictions but we adapted and came up with fun and different ways to still celebrate this milestone.

Nevertheless, the best way in which we have marked our anniversary was by not putting everything on hold, but focusing on our beneficiaries and continuing to work and celebrate their successes throughout the different phases of lockdown.

Stela Stansfield

SLEAP Manager



The SLEAP team looking very tired in yet another online meeting

Our services and activities

SLEAP supports young people up to 25 years old in South Ribble, Chorley and Preston. We provide them with somewhere safe to live and enable them to tackle issues, gain knowledge and develop skills that are not just preventing further homelessness but promoting growth, confidence and the chance to thrive. SLEAP is there to support, nurture and empower so that young adults can move on as confident and independent members of the community.

Having been set up by local people who wanted to do something about a local problem, SLEAP is all about the community getting involved. Our dispersed accommodation model is based on bedrooms in the homes of individuals and families. Volunteers are an important part our work and many community members and businesses, schools and churches get involved throughout the year. We want to act as a catalyst for action, by bringing together those who need help with those in the community who want to help.



We have continued to help young people avoid sofa surfing or rough sleeping through our supported lodgings scheme. When staying in **supported lodgings** young people have their own bedroom within a family home. This means that although they're independent, there is always someone around to talk to. The host family provides support with practical skills like cooking and using a washing machine as well as becoming 'encouragers,' supporting the young person's physical and mental wellbeing. When lockdown was announced we had to risk assess the different placements we had and to make decisions about what was safe and right for both the young people and the host families. One young person moved to live with a new host family due to the need to shield the original family they were staying with. This was done jointly with the young person to minimise disruption and to ensure a smooth continuation of support. **As the young people are part of the household they live in, life went on in the same way as for all other households across the country.**

Naturally, our host families were also impacted on by the Pandemic and the lockdown. Some lost their jobs, some were key workers and some had to shield. For us it was important to care for them too and continue to support them, whether they had young people living with them or not. Here is a message we received from one of them:

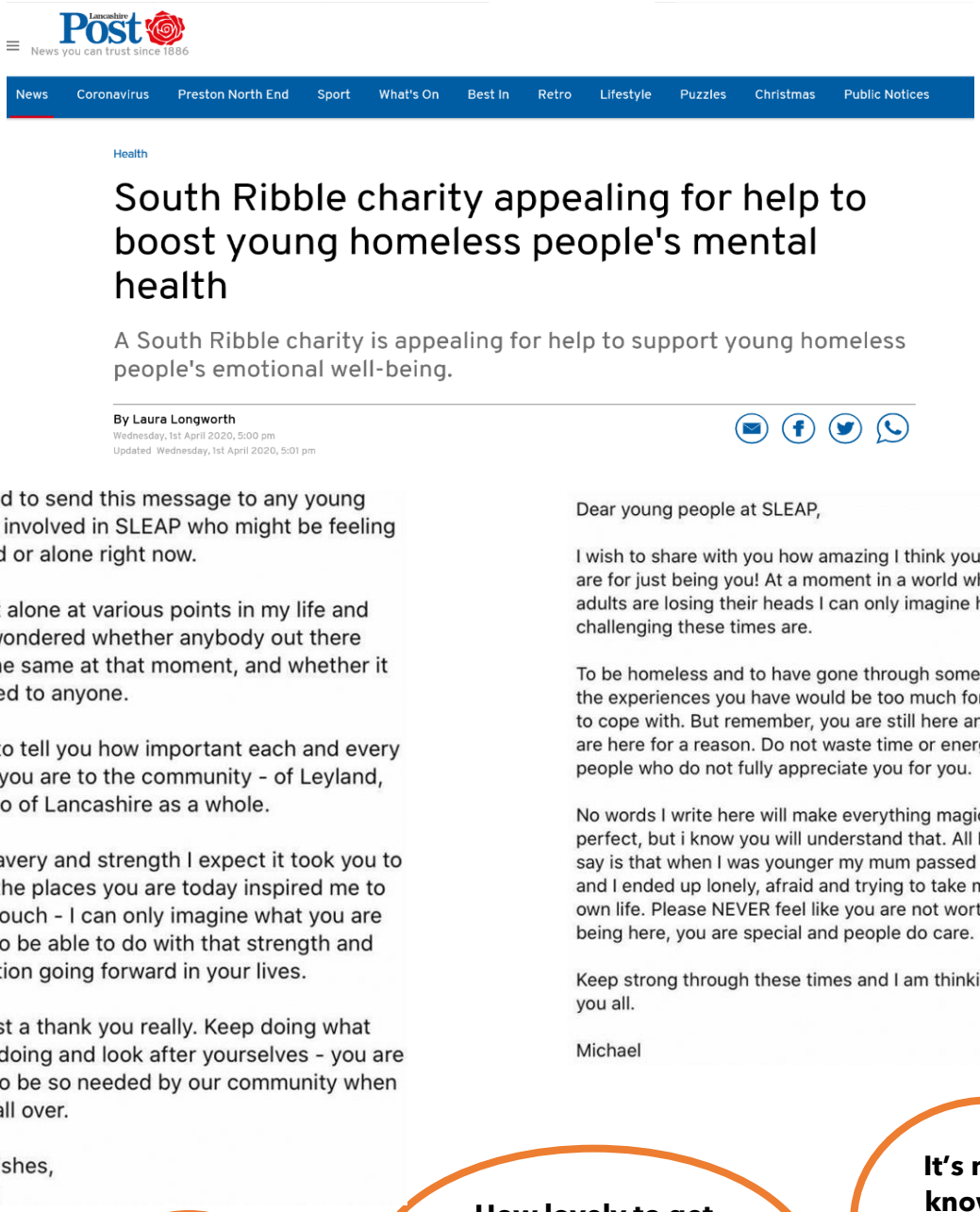
"Because of the COVID-19 pandemic, my work situation has been a struggle. However, … has supported me in updating my CV and sends me details of any job vacancies she comes across which she thinks might interest me. Throughout the pandemic she has continued to support me through wellbeing checks and monthly supervisions over the phone. I have received food donations each week which has helped enormously with my ongoing situation. I know if I have got any problems or if I'm feeling a bit down, I can ring her at any point and she is always super supportive and understanding"

Moving 4ward is part of our non-residential services and it aims to help prevent homelessness through early intervention. It is about providing information and the support young people need to build up their skills, knowledge and confidence so that they can succeed as independent young adults. This work always varies depending on the individual and this year it varied even more as **we had to get creative to overcome the obstacles of supporting young people whilst socially distancing.** We met young people in parks, in front gardens, on many social media platforms, by phone, text and email. We attended online meetings to advocate for them or to support them. We tackled complex benefits and debt repayment forms on broken phone screens, supported young people getting access to medical care, helped filling housing applications and trying to find jobs in a world with new words like furlough and lockdown.

Wellbeing checks became more important than ever as young people's increasing sense of isolation and uncertainty took its toll on levels of anxiety and fragile mental health. Many young people we support have a history of poor mental health, self-harm, sometimes even suicidal thoughts or attempts. This is not unusual when you are facing homelessness and everything else that comes with it. Therefore, keeping in touch regularly, ensuring people are doing ok, helping them find ways to cope, to care for themselves, to feel connected became an essential part of our work. We promoted and shared many free courses and opportunities that were made available during this period, encouraging young people to get involved. We focused in particular on sharing practical ways that could help boost wellbeing and promoting self-care.



Together with the Lancashire Evening Post we raised awareness of the impact the lockdown was having on the mental health of these young adults and their families. The public responded and we received some lovely, encouraging messages to share with our young people that they really appreciated and enjoyed receiving. It cheered them up and gave them a boost knowing that people in the community cared about them and valued them.



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Health

South Ribble charity appealing for help to boost young homeless people's mental health

A South Ribble charity is appealing for help to support young homeless people's emotional well-being.

By Laura Longworth
Wednesday, 1st April 2020, 5:00 pm
Updated Wednesday, 1st April 2020, 5:01 pm

I wanted to send this message to any young person involved in SLEAP who might be feeling isolated or alone right now.

I've felt alone at various points in my life and often wondered whether anybody out there feels the same at that moment, and whether it mattered to anyone.

I want to tell you how important each and every one of you are to the community - of Leyland, and also of Lancashire as a whole.

The bravery and strength I expect it took you to get to the places you are today inspired me to get in touch - I can only imagine what you are going to be able to do with that strength and inspiration going forward in your lives.

So - just a thank you really. Keep doing what you're doing and look after yourselves - you are going to be so needed by our community when this is all over.

Best wishes,
Angela

Dear young people at SLEAP,

I wish to share with you how amazing I think you all are for just being you! At a moment in a world where adults are losing their heads I can only imagine how challenging these times are.

To be homeless and to have gone through some of the experiences you have would be too much for most to cope with. But remember, you are still here and you are here for a reason. Do not waste time or energy on people who do not fully appreciate you for you.

No words I write here will make everything magically perfect, but i know you will understand that. All I can say is that when I was younger my mum passed away and I ended up lonely, afraid and trying to take my own life. Please NEVER feel like you are not worth being here, you are special and people do care.

Keep strong through these times and I am thinking of you all.

Michael

Aww that's lovely

How lovely to get these messages, this really cheered me up x

It's nice to know that people care

Thanks for the messages, they're really good

You don't know how much that means! It really does

That made me smile 😊

We want young people to be buzzing with life and excited about their future however, when dealing with so many issues life can feel far from exciting. **SLEAP Buzz** is about bringing our young people together to have fun, get involved in the community, learn new skills, grow, make new friends and feel good about life. These activities and the relationships formed are key in combating isolation and improving physical and mental health & wellbeing. They are also great opportunities for fun, fresh air, exercise and friendship. Activities vary but they usually include picnics and games in the park, trips out to the cinema, climbing, canoeing, trying different sports, group sessions, exploring different topics, training, serving the community by helping another charity or group of people… The point of these being that we are bringing them together. Clearly this was a challenge throughout this year with all the restrictions imposed due to the pandemic.

With the lockdown we began online group sessions using apps like House Party and Zoom. These were a good way to keep in touch and still have fun together. We also had cooking lessons and baking competitions.



"Thank you so much for the help and support you guys all do for us all. Don't think we say that enough to you lot so thank you for being there."

Nevertheless, only a smaller group engaged with these. Digital exclusion was a serious issue this year. Online group sessions are difficult when you do not have access to laptops or tablets or if you have limited data and no Wi-Fi. Add to this a lack of confidence because you are feeling low and craving face-to-face contact, and it is hard to see the appeal in online sessions.

As soon as we were able, we began organising some face to face opportunities in the park, playing games and even running an Easter egg hunt.

A little bit of practical help when things get tough can make all the difference. We have a bank of food, toiletries blankets and some clothing items that we regularly distribute to those who may be going through a period of **crisis**.

Normally a very small part of what we do at SLEAP, this suddenly became a key part of our work. The 'crisis' was national and the need for immediate support widespread. Helping out with food, basic items (toilet paper, toiletries, cleaning products) and face masks/hand gel became an integral part of the holistic support approach. As activities were suspended, the food we receive weekly from Neighbourly and that would have been used for the community lunch we support at Leyland Baptist Church, became a lifeline for many young people. As part of our welfare checks, parcels of food and other essentials were distributed from April onwards. Some young people lost their jobs, others were furloughed.



Some could not understand or cope with the new rules and queues in supermarkets. For those with autism this was a real challenge, and they would rather go hungry than go shopping.

"Thank you for all the food parcels, bedding, help and advice. U are a much appreciated"

The bikes we have for young people to borrow were popular during the lockdown as they provided some young people with the chance to exercise and get fresh air.

"Thank you so much you have made a massive difference to us the last few months and made Christmas great xx"

Making a difference

Between April 2020 and March 2021, and despite of the impact the lockdown had on new referrals and access to services, **we directly supported 37 young people**. In addition, we supported **a further 71 people** (parents, children, relatives) who would not fall within our core age group but who's needs directly impact on the young people's wellbeing. We also provided **410 food parcels**, each with a wellbeing check and a supportive smile. Once the restrictions started to ease up, we made sure direct, personal work was again a priority and so in the last 6 months of the year alone (between October and March) **we engaged in 190 face to face support sessions.**

Nevertheless this work is worth it, not because of numbers, but because of the impact it has and the difference it makes in people's lives and in our community. We see those differences happening every day, with each obstacle overcome and each small victory. Because we understand the benefit and value of long-term positive and safe relationships, our work with some young people can at times stretch over several years. Not everyone responds or is ready to engage with short term, quick interventions requiring immediate results. When life seems chaotic and it is hard to know where to start and whom to trust, a lot of little things, over a long time with persistent and intentional care and safeguarding are what it takes to achieve long-lasting change.

"I really want to thank SLEAP for all their help. Staff have been there for me when nobody else has and I am just so grateful "

"We need more SLEAPs everywhere so other people can be helped like what you do here, like you help me. Like I'm doing so well now and others need this too."

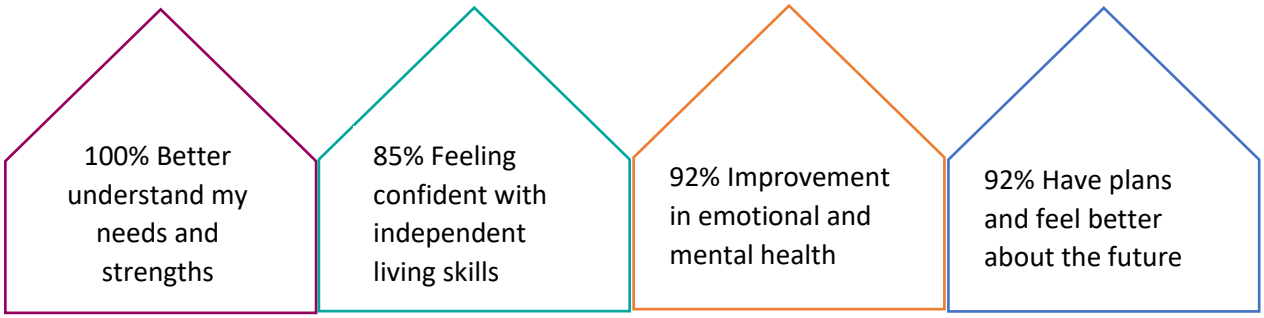
We were struck this year by the high percentage (69%) of people declaring to have one or more disabilities and also the variety of disabilities identified. We saw how these disabilities contribute towards many of the difficulties young people then face when trying to access services and succeed on their own. This is something that we are reflecting on in order to improve our knowledge, our service and the awareness of this matter for those around us.

Nevertheless, and despite the added challenges of this year, we were happy to witness many success stories and to join with young people as they celebrated their achievements – even during lockdown:

Some good news worth celebrating! During lockdown two young people started care jobs and both have become key workers within the community. A young person secured a major full-time volunteering role with a national organisation, with the aim of eradicating youth homelessness in England. One young person moved on into independent living and is successfully sustaining their own tenancy. Several young people managed to reduce their debts substantially by setting up affordable repayment plans. One person successfully found an apprenticeship in the field of his dreams. Several young people have resolved relationship issues and are now reunited with their families. Three young people have had babies and all are doing well. Some young people got the assessments they needed and are now receiving the specialist support to help them achieve their potential. One young person has even managed to have a week's holiday in a caravan in the countryside.

Since then, one young person finished his apprenticeship and another completed 6 weeks of the Princes Trust course. This was something that he would have never considered doing before and despite the sessions being online, he has made new friends, is growing in confidence and is learning new skills. One young man who was rough sleeping last year has got a flat, a job and is very settled now.

Here are some of the recorded outcomes for those we formally supported through the year:



Some highlights from this year

It would be a shame if the Corona pandemic and the lockdown were to overshadow all that was achieved this year. This was a busy year and as per our values, we are an organisation that **"... always seeks to improve what we do"**. So we continued to build on the review and developments from the previous year to improve our practice and our engagement and interaction with those around us.



Following the success of the newsletter, this year we relaunched our website which soon resulted in self-referrals from young people or their families asking for help. The website has been a useful tool as well for those wanting to find out what services there are in the area.

We have also updated and increased our social media reach. This has helped to raise the awareness within the community of our work and services available. The response has been incredible, with people approaching us to volunteer with us or to make donations.



In fact, this year, more than ever, we have been overwhelmed by the generosity of those who have donated to SLEAP. From individuals to organisations and companies, the donations in kind and cash have been a definite highlight for the year. Christmas was a particular time where this generosity and willingness to help was strongly felt. The response to our first Christmas campaign was a huge success with people choosing to reverse their advent calendars by putting away an item to give rather than taking the traditional chocolate for themselves.



One other highlight for this year was the success we had with securing two grants from The National Lottery Community Fund. As previously mentioned, funding applications were frozen at a time when we were coming to the end of our main funding grant. This situation created some concern and tension. However, we were able to secure a six months Coronavirus Community Support Fund grant. As this financial year approached the end, we received news of a positive decision for our application to a new three years grant, which would allow us to continue to support our group of beneficiaries and to expand the service by adding specific support for emotional wellbeing and mental health, including counselling sessions.

Celebrating 25 years as a charity

It was in 1992 that plans for SLEAP started in response to youth homelessness. A network of safe homes within the community where young people could stay for the night, get a meal and some help towards finding more permanent solutions was established in Leyland. However it was in 1995 that SLEAP officially became a charity and this is what we have celebrated this year.

As we began plans for the celebrations, we identified that in this period we had directly supported over 1,000 young people. We felt this was worth celebrating. We wanted to create something visual that helped people consider how many lives that really means for a relatively small community. We decided to create bunting with 1,000 paper people. They would all be different and unique, just like the many young people we supported through the years. Several local schools helped colouring them, after school clubs, children and adults from all over the community got involved, and even children of our 'young people' of years past.



In the end, the bunting was over 100 meters long and we were really excited to show it to the Mayor of South Ribble, Jane Bell! Jane had been one of the founding members of SLEAP, she was a host family and a trustee for many years. Now, as Mayor, she chose SLEAP as one of her charities for the year.



The anniversary and the bunting attracted a lot media attention, with interviews and reports on BBC Radio Lancashire, Radio Leyland and the Lancashire Evening Post.

'I owe my life to them': Man speaks of his past as Leyland homeless charity that helped him celebrates milestone

A young man who slept in the woods for two years was one of the 1,000 homeless people helped by Leyland charity SLEAP, supporting young people for 25 years.

By James Holt

Thursday, 24th December 2020, 3:45 pm LEP



Something else we did to mark this anniversary, was to bury a time capsule in a secret location, to be dug up sometime in the future. It has a lot of fun items and messages for the people of the future. It also contains a speech about the year 2020, newspaper articles, messages, poems, a song and pictures about the lockdown. The song chosen was 'Sing' by Gary Barlow. The reason for choice was because of the line "And see a thousand voices celebrate." We recognise that SLEAP has helped over a thousand young people during the past 25 years and it is as if they were celebrating with us! Talk about finding alternative ways to celebrate a 25th anniversary in a lockdown year!







With the increased awareness on social media and the publicity generated by the anniversary, we received a great number of messages from people who years before had been supported by SLEAP. This is the true legacy of our work and evidence of public benefit.

"I just wanted to write a quick message to thank SLEAP for all the help and support they gave me throughout my teenage years. It's been nearly 10 years since I was on the SLEAP program and if it wasn't for you guys I wouldn't be where I am today"



"Hi I was on SLEAP quite a few years ago, I'm not sure if any of you would remember me but I never got the chance to thank you all for helping me so much. Not only did you keep me off the streets, you helped me overcome a lot of bad times in my life and I've been in my home for 5 years now, so thank you"



"At 15 my relationships with my family began breaking down. I stopped at different friends houses every night. At 16 I found myself completely homeless with nowhere else to go so I went to a hostel. I hated it and I had no support and I had been so isolated from my friends in Leyland. I heard about SLEAP off a friends mum and I thought it was too good to be true. I put my application in and hoped for the best.

I then met 2 of the brilliant support workers at the time for an emergency meeting. They had wanted to help me so much that we immediately arranged a meeting at Tesco car park! Automatically I felt like they understood, they didn't judge my situation at all and they really understood! I felt so much lighter just after the first meeting.

I then got a placement with a lovely, lovely lady who was amazing! I then moved to another lady, who was equally as wonderful and had a brilliant family. Both ladies really included me into their family life but allowed me to do it at my own pace. All along I had tenancy support and help from my workers and they really supported me to turn the negative situation into a positive one for myself. They made me gain the skills I needed to live independently! They also referred me to Bay6 which is a hostel and supported living charity. Because of all the work they did with me, this made me able to go straight into the supported living flats without going into the hostel first as I had covered most of the work they provided there.

I am now almost 25 and I have my very own little boy! Me and my sons dad live in a house which is perfect for our family! I am so grateful that at such a bad time in my life I got to meet such wonderful people, who care so much and is clearly more than a job for them! They are wonderful! Thank you to every single one of you at SLEAP! "



Our partnerships and connections with the community

SLEAP continues to work in partnership with other organisations, both statutory, voluntary and private. This is an integral part of our approach and essential to the best interest of our beneficiaries. This year we were nominated to the BBC Radio Lancashire 'Make a Difference Award' at the request of a community member and without our prior knowledge.

Here's a sample of messages received this year:

"It was a real treat to be involved in your celebrations. It really is a significant milestone for SLEAP and I'm so glad we've been able to play a small part in marking it. This comes with our thanks and prayerful support for all that you and your staff are doing this Christmas to care for some of the most vulnerable in our community."

David Whitehouse, Vicar of the Parish Church



"I would like to congratulate SLEAP on 25 amazing years.

"The work they have done to help young people in Leyland, South Ribble, Chorley and Preston is just incredible. We owe them a massive debt of gratitude as they have done so much work to tackle homelessness.

"I want to pay tribute to all 158 local people who have welcomed young people into their homes to ensure they have a place to live. You are the real stars here and from the bottom of our hearts, we say a massive thank you."

The Leader of South Ribble Borough Council, Paul Foster



Reflecting and learning at the end of another year

After such an unusual year, it makes sense to reflect and record some of the lessons we have learnt so that we can build on them and grow from our experience.

We learnt that as an organisation we are flexible and agile and therefore, we were able to adapt quickly to a sudden and unprecedented change in circumstances. Our size may have contributed to it but definitely, it was our organisational culture and professional attitude that stepped in. Being sure of our values, helped us not to loose site of our purpose. Being 'beneficiary-focused' made it easier to identify changes in need and to adapt to new ways of working. We did not furlough staff because it was essential to maintain and increase levels of support for young people who were not coping.

We observed first-hand how the impact of a national crisis is felt more acutely by those who are already struggling and experiencing poverty. For example, as everyone was struggling

with isolation, being at home and not being able to go out, so many opportunities were made available online – free training courses, virtual museum tours, shows… However, if all you have is a phone, often with broken screen, no laptop or you have limited wi-fi access or you actually depend on public places with free wi-fi, then you find yourself once again excluded from these opportunities. Digital exclusion is just one of the many faces of poverty. Now add to this the high percentage of young people who already struggled with poor mental health due to the challenges they were already facing. The cycle of poverty feeds itself. Our role in chipping away at this in order to interrupt this cycle and empower people to set a new course, is more needed than ever.

Through the years, we have become increasingly aware of the 'secondary beneficiaries' that we often do not get to report on. These are the families (parents, partners, children…) of the young people we support and that benefit from our support by association. They are another layer of the lives of our young people and form an important element on their journey to independence and success.

And finally, as the year came to an end, our Young People Support Worker left this message as she left SLEAP

"This is a great place to work! There are so many reasons why this is the case but here are some of them: there is a strong supportive culture that fosters mutual support amongst staff and trustees, there is a culture of trust and staff are encouraged to know that their work is meaningful; there is a clear and communicated vision in the work environment; even although the staff team is small, professional growth is a priority and staff are encouraged to develop new skills andtry out new ideas; trustees and staff actually care for each other, for the host families and the young people. And last but not least, there is a very generous annual leave allowance 😊"

Funding



The breakdown of this year's funding and spending is presented in the Annual Accounts Report.

We are very grateful to all our donors. We acknowledge the faithful group who regularly donate to SLEAP and have done so for years. Similarly we want to thank all those, individuals, companies or churches who donated so generously this year. We are privileged and very grateful to receive the support of New Day Homes and Hope Charity Shop and their regular donations. Nevertheless, despite these wonderful donations, our main source of income remains the grants from The National Lottery Community Fund to whom we thank for their positive decisions. Our goal for the future continues to be that we diversify further our sources of funding as we develop and expand our work. On behalf of all those who have benefited from the work of SLEAP, we thank you all for making it possible. The difference this makes will continue to impact people's lives for a very long time.

SLEAP is a Charitable Incorporated Organisation (CIO) and it is controlled by its constitution adopted in July 2019.

The organisation's only voting members are its charity trustees who constitute the Trustee Board and are responsible for the administration of the charity.

Where there is a requirement for new trustees, they are identified by the existing trustees with due regard to the skills and experience needed and appointed at the AGM or a trustee meeting. The Chair and other officers are elected by the Trustee Board and come up for re-election in every year of their holding office.

Purpose and mission:

SLEAP's purpose as set out in the objects contained in its Constitution:

- The relief of poverty of young persons in Lancashire who are in conditions of need, hardship and distress by the provision of temporary accommodation.
- The expression of the Christian faith through care, compassion and relevant practical and spiritual help as the trustees may from time to time think fit.

Mission:

PROVIDING A SAFE HOME
WITH A HELPING HAND
FOR A CONFIDENT FUTURE

The trustees have considered the Charity Commission's guidance on public benefit.

Trustees for 2020/21

Emma Foxall – Chair

Mike Neill – Treasurer

Tim Grose

Tom Wilson

Liz Hamilton

Independent Examiner

Emily Miller

The trustees declare that they have approved the Annual Trustees Report above.

Signed on behalf of SLEAP's trustees

Signature –

Full name –

Position –

Date -

SLEAP

Financial Report and Accounts

April 2020 – March 2021

247 Leyland Lane

Leyland

PR25 1XL

Registered Charity Number 1184663

Notes Applicable to the accounts

1. Financial Management

SLEAP is Charitable Incorporated Organisation (CIO) managed by the Trustees, and its management accounts are maintained in accordance with the Statement of Recommended Practice Accounting (FRS 102).

2. Reserves Policy

Purpose

SLEAP is Charitable Incorporated Organisation (CIO) managed by the Trustees, and its management accounts are maintained in accordance with the Statement of Recommended Practice Accounting (FRS 102).

Scope

The Trustees of SLEAP have considered the following points in developing the

Reserves Policy:

- Our responsibility as an organisation and as Trustees to provide good stewardship and active financial management
- Strategic planning and future vision of SLEAP, responding to the needs of the beneficiaries
- Budget setting and whether reserves require building up or drawing down
- The ability to respond to and manage any unforeseen financial difficulties
- Building resilience and capacity by identifying in advance any uncertainty in
  future income streams
- Levels of potential redundancy amounts in the event of major loss of funding

Definitions

Unrestricted or free reserves

SLEAP is Charitable Incorporated Organisation (CIO) managed by the Trustees, and its management accounts are maintained in accordance with the Statement of Recommended Practice Accounting (FRS 102).

Restricted funds

SLEAP is Charitable Incorporated Organisation (CIO) managed by the Trustees, and its management accounts are maintained in accordance with the Statement of Recommended Practice Accounting (FRS 102).

Designated funds

SLEAP is Charitable Incorporated Organisation (CIO) managed by the Trustees, and its management accounts are maintained in accordance with the Statement of Recommended Practice Accounting (FRS 102).

Aims

a. To provide sound financial management of SLEAP and reduce risk
b. To enable the organisation to grow, develop and respond to the needs of beneficiaries
c. To enable diversification of income streams
d. In the event of loss of income that requires SLEAP to close, to ensure good support is given to beneficiaries. This includes allowing sufficient time for case loads to be handed over to other organisations or support brought to a close in an empowering and timetabled way.
e. To enable staff to seek additional and replacement funding
f. To support staff well in the event of redundancy notice being given, assisting in exploring options and in their search for alternative employment.
g. To be able to respond to funding opportunities by ensuring sufficient funds to invest in staff time in carrying this out.

In order to meet the aims set out above the Trustees of SLEAP have resolved:

- SLEAP will aim to hold 25% of annual costs as unrestricted reserves. This is equivalent to 3 months expenditure.
- Where unrestricted reserves are higher than this level the development needs of the organisation, one-off capital expenditure and potential new or increased service levels for beneficiaries will be the priorities when drawing down these funds. The long-term impact of any draw down, the financial, political, social and funding environment at the time and foreseeable future will also be major factors in supporting these decisions.
- Trustees have the ability to designate funds for development and growth at any point.
- Where unrestricted reserves are below the agreed level, SLEAP will aim to bring these in line over a period of time as agreed by the Trustees.
- Funds to cover redundancy costs will not be included in the calculation of the unrestricted reserves.

SLEAP is Charitable Incorporated Organisation (CIO) managed by the Trustees, and its management accounts are maintained in accordance with the Statement of Recommended Practice Accounting (FRS 102).

3. Reporting Method

The accounts presented in this report have been prepared using the Receipts and Payments method, which is permitted for Charities with an annual turn-over that does not exceed £250,000. This means that:

a. Income is recognised when the money is received by the Charity.
b. Expenditure is recorded when payment is made.

c. The 'non-financial assets' of the Charity are not included in the Financial Statements.

4. Principle Sources of Income

The SLEAP Project is funded by the National Lottery Community Fund for staffing, expenses and training.

5. Use of Leyland Baptist Church

The project rents office accommodation in the Leyland Baptist church.

In 2013-14 Former SLEAP (1050738) made a contribution to the costs of renovating the church building, in the form of an advance payment of rent for a 15-year period. This is shown as an asset on the balance sheet, which is depleted by a monthly charge for rent which is shown as an expense. The rent charges shown in the financial reports account for the use of office accommodation, and reducing nominal value of the asset recorded on the balance sheet, but involve no cash payments. This asset has been transferred to this new CIO.

Statement of Assets and Liabilities (Cash Basis)

	31 Mar 21	31 Mar 20
ASSETS		
Advance Rent Paid	9,778	11,111
Other Assets	**9,778**	**11,111**
Petty Cash	25	100
Current Account	46,820	45,578
Savings Account	26,111	14,105
Cash at bank and in hand	**72,956**	**59,783**
Total Assets	**82,734**	**70,894**
LIABILITIES		
Payroll Liabilities	(1,969)	(1,838)
Current Liabilities	**(1,969)**	**(1,838)**
Total Liabilities	**(1,969)**	**(1,838)**
NET ASSETS	**80,765**	**69,056**
CAPITAL AND RESERVES		
Assets received from former charity	104	97,869
Retained Surplus / (deficit)	69,056	0
Surplus/ (Deficit) for the year	11,605	(28,813)
Total Capital and Reserves	**80,765**	**69,056**

Statement of Receipts and Payments (Cash Basis)

For the Period from 01/04/2020 to 31/03/2021

	Restricted National Lottery	**Restricted** Community Fund Covid 19	**Restricted** Employment Support	**Restricted** Supported Accommodation	**Designated** Pilot Fund	**Designated** Redundancy	**Un-restricted**	**Total**
Receipts								
Accommodation Income				7,395				**7,395**
Grants	49,084	58,510						**107,594**
Donations (inc Gift Aid)			1,100		4,249		11,872	**17,221**
Fundraising							15	**15**
Bank Interest							6	**6**
Total Receipts	**49,084**	**58,510**	**1,100**	**7,395**	**4,249**	**0**	**11,893**	**132,231**
Expenses								
Compliance Costs	183	1,921						**2,104**
General Running Expenses	4,338	6,494					1,642	**12,474**
Salaries	43,902	43,901						**87,803**
Accountancy	625	1,845						**2,470**
Promotion	2,823	49					86	**2,958**
Service Delivery	131	1,098					39	**1,268**
Training		2,196						**2,196**
Accommodation Outgoings				7,470				**7,470**
Travel	563	300						**863**
Young People	275	706					39	**1,020**
Total Expenses	**52,840**	**58,510**		**7,470**	**0**	**0**	**1,806**	**120,626**
Surplus/(Loss) for the year	**(3,756)**	**0**	**1,100**	**(75)**	**4,249**	**0**	**10,087**	**11,605**
Prior year adjustment – misallocation of cash	*(8,610)*	*0*	*0*			*0*	*8,610*	***0***
Cash transferred in from former charity							*105*	***105***
Reallocation of funds	*91*					*11,000*	*(11,091)*	***0***
Brought forward from prior years	***12,275***	*0*	*2,210*	*(210)*	*12,000*	*0*	*31,226*	***57,501***
Surplus to carry forward	***0***	***0***	***3,310***	***(285)***	***16,249***	***11,000***	***38,937***	***69,211***

Note

Advance Rent balance transferred in from former charity (No Cash)	11,554
Reconciles to Balance sheet	**80,765**

Notes

1. The £4,249 in the Pilot Fund was a donation from Hesketh Bank Christian Fellowship (£3550) and The Leyland Project £699
2. Specifically for Young People is now within Unrestricted, prior year was restricted.
3. Accountancy includes the payroll service charge.

4. The payroll provider failed to claim the Employer National Insurance Allowance of £4,000 for tax year 2020/21, this refund from HMRC will be recognised in 2021/22 accounts when it will be received.
5. Within Accountancy costs, £300 related to year ending 31/03/2020 (prior year accounts) and £879 was paid in advanced for year ending 31/03/2022.

Consolidated Receipts and Payments

Please note there is no comparison to prior year for this charity. However, this is a comparison with the former charity in which the assets have been transferred into this new CIO to continue the charities activities

	Apr 20 to Mar 21	**Apr 19 to Mar 20**		
	CIO	**CIO** (1184663)	**Former Charity** (1050738)	**Total**
Receipts				
YP's Housing Contribution		500	1,170	**1,670**
Housing Benefit - Other	7,395	3,570	10,335	**13,905**
Grants	107,594	0	97,370	**97,370**
Donations (inc Gift Aid)	17,221	15,730	6,196	**21,926**
Fundraising	15	1,218	0	**1,218**
Bank Interest	6	2	4	**6**
Total Receipts	**132,231**	**21,020**	**115,075**	**136,095**
Expenses				
Compliance Costs	2,104	1,194	1,632	**2,826**
General Running Expenses	12,474	2,088	8,835	**10,923**
Salaries	87,803	36,388	44,911	**81,299**
Accountancy	2,470	420	983	**1,403**
Promotion	2,958	336	177	**513**
Service Delivery	8,738	6,048	10,428	**16,476**
Training	2,196	1,786	60	**1,846**
Travel	863	1,223	870	**2,093**
Young People	1,020	348	1,312	**1,660**
Total Expenses	**120,626**	**49,831**	**69,208**	**119,039**
Surplus/ (Loss) for the year	**11,605**	**(28,813)**	**45,867**	**17,054**

Independent examiner's report to the trustees of SLEAP, Leyland

I report to the trustees on my examination of the accounts of SLEAP (Registered Charity 1184663) for the year to 31st March 2021.

Responsibilities and basis of report

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 statement

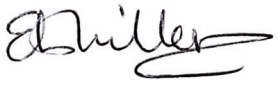
My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures 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 material matters have come to my attention which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did 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 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.



Emily Miller (CGMA, ACMA)
My Clear Accounts Limited
39 Fieldside Avenue
Euxton
Chorley
PR7 6JF

23rd November 2021