

# SHINE YOUTH

England & Wales · Charity number 1185452

## Details

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**Status** Registered

**Legal form** CIO

**Registered** 2019-09-23

**Register** [View on the Charity Commission register](#)

## Contact

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Shirley  
Solihull  
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**Website** [www.shineyouth.org.uk](http://www.shineyouth.org.uk)

## Activities

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**Objects:** THE OBJECT(S) OF THE CIO ARE: TO PRESERVE AND PROTECT THE POSITIVE MENTAL HEALTH OF CHILDREN AND YOUNG PEOPLE WHO ARE EXPERIENCING EMOTIONAL AND BEHAVIOURAL DIFFICULTIES PARTICULARLY BUT NOT EXCLUSIVELY RELATED TO EXPERIENCES OF GRIEF AND LOSS; LOW MOOD, LOW SELF-ESTEEM; ANGER; STRESS AND ANXIETY; CHILDHOOD TRAUMA; DOMESTIC VIOLENCE; EATING DISORDERS AND SELF-HARM. TO ACHIEVE THIS AIM FOR THE PUBLIC BENEFIT THE ACTIVITIES OF THE CHARITY ARE FOCUSED ON PROVIDING: (1) PSYCHOLOGICAL INFORMATION ABOUT HOW THESE ISSUES AFFECT CHILDREN AND YOUNG PEOPLE TO THESE INDIVIDUALS AND THEIR PARENTS/CARERS, TEACHERS AND OTHERS WORKING WITH THEM TO INCREASE THEIR KNOWLEDGE AND CAPACITY TO RESPOND IN WAYS THAT ARE MENTAL HEALTH- AND TRAUMA-INFORMED; AND (2) 1:1 PASTORAL MENTORING AND BESPOKE INDIVIDUAL AND GROUP COURSES TO CHILDREN AND YOUNG PEOPLE WHICH EMPLOY COUNSELLING SKILLS; CREATIVE ACTIVITIES; AND SOLUTION FOCUSED AND COGNITIVE-BEHAVIOURAL STRATEGIES TO RELIEVE THEIR DISTRESS; ADVANCE THEIR SOCIAL AND EMOTIONAL SKILLS; AND FACILITATE THE GROWTH OF THEIR RESILIENCE. THE CHARITY OFFERS ITS ACTIVITIES TO ALL PEOPLE OF ANY FAITH OR NONE AND DOES SO IN ACCORDANCE WITH CHRISTIAN PRINCIPLES AND UNCONDITIONAL POSITIVE REGARD, RESPECT AND EMPATHY. THE CHARITY UNDERTAKES THESE ACTIVITIES AS PART OF ITS SUPPORT TO SCHOOLS AND THE LOCAL COMMUNITY IN SOLIHULL, THE WEST MIDLANDS AND IN SUCH OTHER PARTS OF THE UK OR THE WORLD AS THE TRUSTEES THINK FIT AND TO FULFIL SUCH PURPOSES WHICH ARE EXCLUSIVELY CHARITABLE ACCORDING TO THE LAW OF ENGLAND AND WALES, FOR THE PUBLIC BENEFIT OF CHILDREN, YOUNG PEOPLE, THEIR FAMILIES AND THOSE WORKING WITH THEM. NOTHING IN THIS CONSTITUTION SHALL AUTHORISE AN APPLICATION OF THE PROPERTY OF THE CIO FOR THE PURPOSES WHICH ARE NOT CHARITABLE IN ACCORDANCE WITH SECTION 7 OF THE CHARITIES AND TRUSTEE INVESTMENT (SCOTLAND) ACT 2005 AND SECTION 2 OF THE CHARITIES ACT (NORTHERN IRELAND) 2008.

**Activities:** We provide 1:1 pastoral mentoring, group courses and a Wellbeing Cafe for young people which promote their positive self-esteem, mental health and identity in order that they can thrive educationally and in family, community and work life. This includes young people who are coping with loss experienced as a result of bereavement and family breakdown and those who are at risk of school exclusion.

## Classification

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- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives
- **Who:** Children/young People

## Geography

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- Throughout England And Wales

## Finances

Period end	Income	Expenditure	Assets	Employees
2025-08-31	£72,215	£92,528	-	-
2024-08-31	£81,199	£74,055	-	-
2023-08-31	£84,409	£80,327	-	-
2022-07-31	£41,759	£63,467	-	-
2021-07-31	£70,989	£46,974	-	-

## Trustees

Name	Role	Appointed
Cheryl Louise Hawkins		2019-08-07
Jennifer Whitehill		2020-02-10
Zoe Nicole Wallis		2019-08-07

**SHINE YOUTH**

England & Wales - Charity number 1185452

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# Accounts

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**SHINE YOUTH**

*restoring hope*

# *Annual Report*

**2024 - 2025**





# *Annual Report*

for the Year Ending 31 August 2025

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## Reference & Administrative Information

Charity Registration Number	1185452
Date of Registration	23/09/2019
Start of Financial Year	01/09/2024
End of Financial Year	31/08/2025
Trustees who served during the year	Jennifer Whitehill (appointed 10/02/2020) Zoe Wallis (appointed 17/07/2019) Cheryl Hawkins (appointed 17/07/2019)
Registered Address	70 Yoxall Road, Shirley, Solihull, B90 3RP
Governing Document	Charitable Incorporated Organisation 'Foundation Model'
Bankers	Natwest, 12 Broad Street, Hereford, HP4 9AH
Independent Examiner	Ian English

## *Background*

SHINE YOUTH was founded after the youth charity the founder was working for announced at the end of June 2019 that it was going to close. The founder was the Director of the Pastoral Mentoring work and was asked by all of the schools where the mentoring services were being delivered to continue that service delivery. The schools said there was no other provision able to meet the needs of their vulnerable students in the same timely and effective way. When the other staff and existing volunteers committed to continue the work, the founder setup SHINE YOUTH immediately so that young people had no break in the support they were receiving. SHINE YOUTH was registered as a Charitable Incorporated Organisation (CIO) by the Charity Commission on 23 September 2019.

## *Objectives*

The purpose of the Charity as set out in its Governing Document is to promote and protect the positive mental health and emotional wellbeing of young people aged 11-18 years who are experiencing mental health and emotional difficulties related to experiences of grief and loss; low mood, low self-esteem; anger; stress and anxiety; childhood trauma; domestic violence and self-harm.

The Charity does this through providing:

- 1:1 Pastoral Mentoring & Counselling and Wellbeing Group courses for young people to reduce their distress; advance their self-care, social and emotional skills; and facilitate the growth of their positive mental health, self-identity, resilience and self-esteem.
- Psycho-education and evidence-based tools and strategies to young people and their parents/ carers, teachers, youth workers and others so that young people are supported in mental health- and trauma-informed ways.

In so doing, the Charity's work supports young people to build their resilience and fulfil their potential to flourish in their relationships, education, community and future work and family life.

## *Public Benefit*

The Trustees have regard to the guidance from the Charity Commission on reporting on Public Benefit and are committed to ensuring the Charity delivers public benefit as it fulfills its objectives.

The Charity offers its activities to all people of any faith or none and does so in accordance with Christian principles and unconditional positive regard, respect and empathy.

## *Vision*

SHINE YOUTH is passionately committed to ensuring that Young People:

- experience Care, Connection, increased Confidence and positive Change when they are in need of mental health and emotional support;

- are not left waiting without support;
- can access a range of support with in-school options (where the majority spend the majority of their time) and options in their local community, particularly if they are not attending school or that is not their preferred or most suitable setting to access personalised support; and
- feel seen, heard, involved and are able to shape the support on offer to them.

SHINE YOUTH envisions a landscape where all 11 -18 year olds are able to easily access the Right Support for their need, at the Right Time, in the Right Way.

## Strategy

Recognising the scale of the mental health crisis amongst those aged 11 - 18 years, our approach seeks to deliver innovative, responsive and integrated provision. This provision is graduated and targeted to deliver prevention, early intervention, and more specialist support in settings which young people find comfortable and easily accessible.

It requires us to go DEEP & WIDE to provide 3 skilled, evidence-based programmes alongside Training and Youth Voice groups to have a robust positive impact on improving the mental and emotional wellbeing of this age group in Solihull: 1:1 Mentoring & Counselling, Wellbeing Groups and Youth Wellbeing Cafes (Relational Activity Spaces with wellbeing themes, workshops and activities).

### DEEP & WIDE



- ✓ **1:1 Pastoral Mentoring & Counselling** which works with the depth of specific stories, strengths and difficulties of individuals.
- ✓ **Wellbeing Groups** which deliver psycho-education and self-help tools and also utilise peer support to build greater resilience.
- ✓ **Youth Wellbeing Cafes (Relational Activity Spaces)** which offer holistic wellbeing activities: bringing physical and spiritual elements alongside the 1:1 and group elements listed above, and which provide larger communities of Care, Connection, Confidence-building and Celebration **& Training** to assist parents/carers, school staff and others to support young people's mental and emotional wellbeing.

All built on the foundation of our commitment to keeping young people at the centre of all we do by providing the Right Support, at the Right Time, in the Right Way & by convening and facilitating:

— **Youth Voice groups** where young people who have received the support of our programmes can be engaged to HIGHLIGHT, INFORM and SHAPE the work that we deliver and the mental health services on offer to them.

# Achievements & Performance

This year SHINE YOUTH has supported 501 young people aged 11-18 years through the delivery of:

- weekly 1:1 Pastoral Mentoring & Counselling to young people who are experiencing a range of mental health and emotional wellbeing difficulties (12+ sessions);
- 8 Wellbeing Group courses (6/7 sessions each);
- Peer Mentoring and Youth Voice groups;
- Year 7 Transition Support; and
- a weekly Youth Wellbeing Cafe.

## 501 Beneficiaries



300	Attended Transition Support
96	Wellbeing Group courses (6 or 7 sessions)
44	Peer Mentoring & Youth Voice groups
33	1:1 Pastoral Mentoring or Counselling (12+ sessions)
28	Youth Wellbeing Cafe (weekly)

## 1:1 Mentoring & Counselling - 33 young people / 648 hours of support

SHINE YOUTH delivered 648 sessions / hours of 1:1 support to 33 young people this year. Some of the many positive comments that young people gave in their feedback at the end of their mentoring or counselling support included:

“ Thank you for all the support you have given me during our time together. I was so overwhelmed with anxiety that I could never image I would be where I am now. Your encouragement and enthusiasm installed confidence in me to use the skills I learnt to tackle my anxiety head on. ”

“ The sessions have boosted me so much and have given me the courage to face my problems with a positive mindset. I am taking on new challenges and enjoying life so much more. ”

# Our Impact in 2024-2025

501

9

young people were supported through 8 Wellbeing Group Courses (6-7 sessions)



84% meaningful improvement in wellbeing (average)

300

young people in Year 7 received transition support



28

young people attended the weekly Youth Wellbeing Cafe



33

young people were supported through Counselling and Pastoral Mentoring



10.6 point reduction in distress (average)



44

young people participated in the Peer Mentoring & Youth Voice Projects



It's important that young people are able to voice their opinions. Then they can be more understood!



Eddie (not his real name or photo) has Autism Spectrum Condition (ASC) and had been experiencing severe anxiety which had resulted in Emotionally-Based School Non-Attendance (EBSNA). He was referred to SHINE YOUTH after refusing to attend school for 6 weeks and withdrawing socially.

Eddie received 1:1 Mentoring, came to the SHINE Youth Wellbeing Cafe and joined the BREATHE Overcoming Anxiety course that his Mentor was leading, where he learnt breathing techniques, cognitive behavioural strategies and coping skills. He was also supported to build friendships and increase his confidence through regular social interaction playing games and completing arts, team building and walking and talking park sessions.

After 6 weeks Eddie agreed to attend some school lessons supported by his SHINE YOUTH mentor. His Mentor stayed in school and available to Eddie for regular Check-ins. At the Check-ins they practiced emotional co-regulation and Eddie’s mentor prompted Eddie’s use of the coping strategies he knew. Eddie attended more lessons over a 6 week period. The Check-ins then tapered down over a 4 week period.

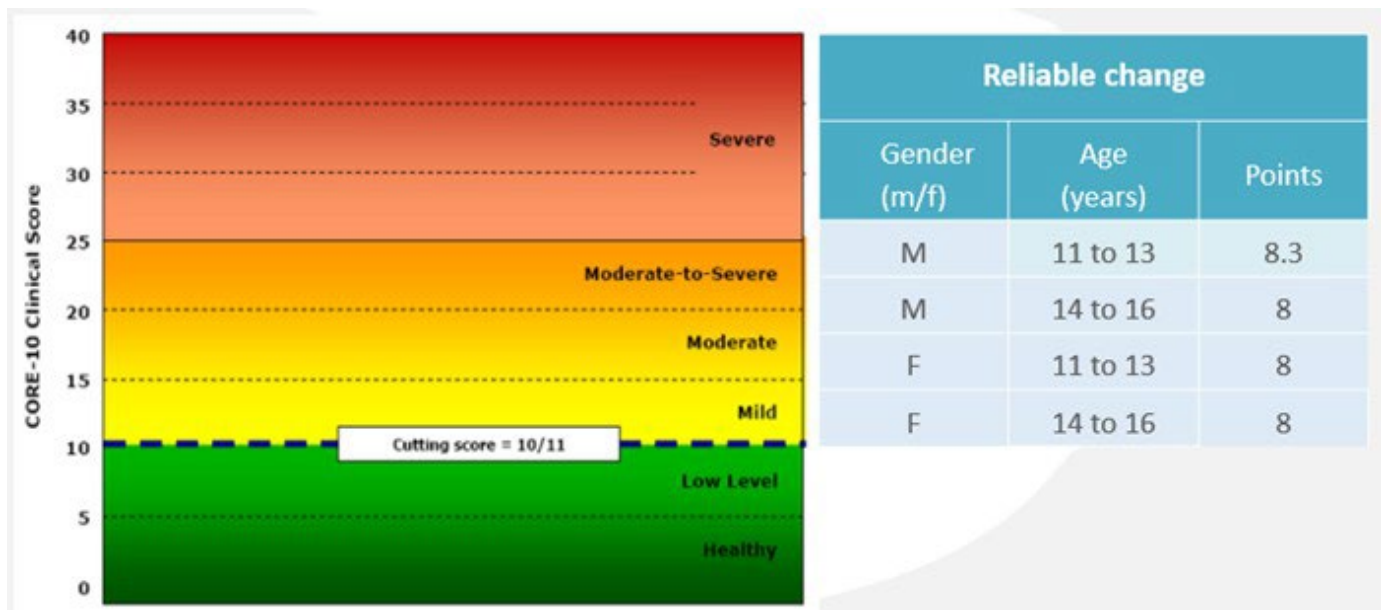
Eddie’s mother reported a visible improvement in her son's mood and self-esteem, stating: "I can't believe the difference in his confidence."



Eddie said, “When I'm having a bad day, I know I can come to the Youth Wellbeing Cafe and see my mentor and feel better.”

**Outcomes:**

The ‘Young Persons Clinical Outcomes in Routine Evaluation (YP-CORE)’ is used to measure the effectiveness of the Charity’s 1:1 provision. It is a robust measure of psychological distress in young people aged 11-18 years old with inbuilt measures of ‘reliable’ and ‘clinical’ change.



This quantitative outcome measures demonstrated that our work achieved an average decrease of **9.8 points decrease in emotional distress of all the young people worked with** in the 2024-25 academic year (YP-Core). This equates to a significant 'reliable change' reduction young people's distress reducing from the 'Severe' range to the 'Moderate' range, or from the 'Moderate-to-Severe' range to the 'Mild' range.

## Wellbeing Groups - 96 young people

BREATHE (Overcoming Anxiety) and CREATED (Building Confidence & Self-esteem) Wellbeing Group courses have flourished and been in high demand this year. Despite recruiting an additional youth worker for one day /week we have been unable to deliver courses to all who requested them.

Our clinical measure reported that those who received the group support saw an average **84% "meaningful improvement" in their wellbeing** (Warwick-Edinburgh Mental Wellbeing Scale) and young people's feedback was very positive:

“ We hear a lot about mental health, but often it's just talk, it doesn't tell us what to do to cope. This has given us ideas of how to help ourselves to cope better. ”

“ It was great making the CALM boxes as it reminded me of all the different things that help to keep me calm! ”

“ This session allowed me to show how I feel and also how to recognise anxiety. ”

“ I've learned how to deal with stress. ”

“ I've learned several breathing techniques to use when I feel anxious. ”


“ I really enjoyed making the calm bottles in the session today and learning some breathing techniques. ”

“ I really enjoyed making the mood board about the things that I enjoy. I learned in this session about the things that I can and can't control. ”

“ I've learned that anxiety is normal and that it's ok to be stressed. ”


“ Writing ways to help our friends when they feel stressed was helpful. ”

**BREATHE Anxiety hacks**



Anxiety can feel like a wave. Allowing the wave to pass (rather than avoiding it) is helpful.

This can feel very uncomfortable so using your favourite breathing strategy, a grounding focus, a positive affirmation or a soothing activity will help you 'surf the wave!'



- **This week:**
- Using the CALM Breathe Bubble on YouTube, practise slow breathing each day.
- Make a calming playlist of your favourite music to listen to. You might even want to add soundtracks from nature.
- Keep using one of the breathing strategies.

“ These sessions have helped me to learn more about myself. ”

“ I’ve realised that I can put limits on the things that drain my emotional battery...and do more of the things that help me to feel good. ”

“ This course has made me think about my worth and value. ”

“ I’ve learned that I can be myself with my own strengths and not compare myself with others. ”

“ I’ve been able to think about my strengths and how I can use them. ”

“ This has made me think about being more confident in myself. ”

“ Today’s session made me realise that trusted relationships help us feel valued and happy. ”

“ I had time to think about my purpose and what I might want to do in the future. ”

“ I’ve started to think about who I am and what I will be. ”

“ I’ve learned that I’m a life bringer when I use my strengths, and that everyone is special and unique! ”

“ I learned about what I find joyful and how to let my emotions thrive. ”

“ I’ve learned in this session about how to use my voice to express what I think and feel. ”


**CREATED to belong!**

 We all belong somewhere! When we feel we belong, we feel we matter and have a valuable contribution to make.

 Belonging makes us feel confident and resilient when we face challenges.

 Feeling that we belong makes us feel good!



● Which one of your strengths could you use when you’re with other people? 

● \_\_\_\_\_

● How can you use it with others this week? 

● \_\_\_\_\_

● \_\_\_\_\_

## Peer Mentoring - 36 young people

We wrote and successfully piloted a 12-week Peer Mentor programme to equip year 12 pupils with the skills and knowledge to mentor year 7-10 pupils in their school. It taught them the skills to build rapport and a safe, solution-focused communication space; and create a SMART goal-orientated action plan with their mentee. It aimed to improve the confidence, communication, knowledge and skills in both groups of pupils, whilst developing a stronger sense of school community through increased positive cross-year interactions.

**100%** of the pupils who took part said they would **recommend the training and the programme.**

The feedback from the school said that they had seen a **“very positive benefit”** in both the mentors and the mentees who had taken part.

## Year 7 Transition Support - 300 young people

We also wrote and successfully piloted a one hour creative, interactive workshop to support year 7 pupils with the change of moving from primary to secondary school. This was centred around 'Growing through Change' and used the natural world for inspiration, reflection and activities designed to grow resilience, identify strengths and explore the science behind stress and ways to soothe their body and mind when coping with change.

12 groups of pupils took part with their teachers. The feedback was very positive and the school therapist said

**“This is excellent - a good balance of education and personal expression so students can share their experiences, learn from their peers and from SHINE YOUTH knowledge of what helps.”**



Just like we see in nature, we're built to adapt and grow through change.



Change helps us develop new strengths and become more resilient.



Discover the natural talents and abilities you already possess and how you can use these.



Like the tides, emotions rise and fall. Learn strategies to handle the emotions and challenges that come with change.

## Youth Wellbeing Cafe - 28 young people

As there are no general youth clubs in south Solihull, in response to requests from young people and as a part of our strategy to offer the Right Support, in the Right Place at the Right Time, the Youth Wellbeing Café we launched in 2023 continued to thrive in 2024-25. It provides:


- A relational space for the young people that SHINE YOUTH already engages with through its schools work to continue to be supported;
- A support space for young people who are persistently absent/not attending school and/or are waiting for NHS support;
- A setting where the Charity can offer a more holistic menu of well-being activities than it can in schools; and
- An accessible environment for all local young people to find a community of support to improve their mental and emotional well-being, resilience and social/other skills.

In 2024-25 the Youth Wellbeing Cafe has been attended by 28 young people aged 11 - 18 years every week who have Social Emotional and Mental Health (SEMH) needs. Many were referred by their schools or families as they are experiencing loneliness as well as other mental health or emotional wellbeing difficulties. They participated in a range of different games, Arts and physical activities and Wellbeing Workshops with tips and crafts to improve mental health and wellbeing, such as Learning new skills is good for the mind - darts, juggling, magic tricks; Glimmers - salt art thankfulness craft; Benefits of good sleep - making a Good Sleep Kit; Try new things (Growth mindset) - sushi making; Breathing to calm mind & body - learning new breathing techniques & calming craft; Belonging/You have Value - Me Tree activity (self-esteem building); Building trusted relationships - trust & team building games; The purpose of emotions - Graffiti Floor self-expression exercise; What do you value? - my personal safe exercise.

They also took part in Cooking Club where they cooked Fake Away healthy family meals to take home: Peri Peri Chicken, Butter Chicken, Mexican Burritos, Pizza, Chilli Beef Noodles and Chicken Gyros (with vegetarian options).

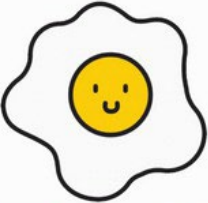
### WHAT YOU CAN EXPECT

- To be listened to
- To feel safe and welcome
- A calm environment
- To enjoy yourself



### RATE THE WEEK

- Grab a whiteboard
- Draw or write about the last week:
  - 1 thing that made you smile
  - 1 thing that was tough
  - 1 thing you are grateful for
- Share with the group!



**COOKING CLUB** AT THE **YOUTH WELLBEING CAFÉ**  
**THE FAKE-AWAY SERIES**

CREATE YOUR FAVOURITE (HEALTHY) TAKEAWAYS



**GROW YOURSELF**

FUNDED BY 

01

hello

Thought for the Week & icebreaker

02



Skills Challenge

03



Games, LEGO, Illustration



Feedback from young people:

The stress of exams can get to me, but the cafe always gives me a moment to breathe as a safe space away from it all.

Every Thursday I look forward to coming to youth club. It makes me feel happy and confident within myself and I love learning new things.

I enjoy going and look forward to the Cafe a lot, the people there are very helpful and supportive with my worries and struggles.

I am excited to interact with people for the first time and I am ok talking to them about my mental and physical wellbeing.

I enjoy coming here because it is something I look forward to each week. It's very chill. I can connect with friends and new people.

It's been great to meet new people and learn about cooking from them. The meals have been really yummy and every meal we've cooked so far has been very nutritious and healthy.

This experience has been a 10 out of 10 experience! I've really enjoyed learning how to cook recipes and taking meals home for my mum and me to enjoy.



We also asked the young people to rate the Wellbeing Café out of 5 for 2 questions:

How much has the café helped you feel more connected to others? = **4.8 / 5**

How much has the café helped you feel more able to cope? = **4.6 / 5**

### Case Study

Lola began attending the Youth Wellbeing Café as social and well-being support linked to being a young carer for a disabled parent, while also managing a health condition themselves. Lola was excited at the idea of the cooking project as it would enable her to engage in a hobby and support her mum simultaneously. While attending the Wellbeing Café Lola was also able to connect with peers she recognised from school and begin to build stronger relationships with them which had not been possible before. Lola took part in every cooking session, growing in confidence throughout regarding their cooking skills and building friendships. Lola often worked in partnership with another socially isolated young person who does not currently attend school and together they developed their communication, relational skills and confidence. Lola was delighted to be able to support their parent, grandparent and a member of extended family with the meals taken away. The staff have witnessed Lola engage with other young people of different ages from several different schools, overcoming awkwardness and loneliness in the process. This has had a great, visible impact on her self-esteem and resilience.

Her feedback questionnaire response was “This has been 10 out of 10 and I'd love to do it all again. I love cooking. I've enjoyed taking the food home for my mum and me to enjoy. I do cooking at home but when I do it here I can do it with all my new friends.”



## *Partnerships*

Throughout the year we sought to work in partnership with the new Connected Care Network (CNN) in Solihull. We were invited to be a part of this network, complete training for new areas alongside the founding youth mental health CIC and be one of the referral pathways. Unfortunately, despite our best efforts, in practice the integrated working that was promised did not happen in practice and the founding CIC agreed that they wished to be the youth mental health voluntary sector provider in the network.

When a multi-systemic therapist with extensive Child & Adolescent Mental Health Service (CAMHS) delivery and management experience joined SHINE YOUTH, a referral pathway was agreed with Solihull CAMHS for them to refer young people to the SHINE YOUTH Wellbeing Café for support whilst they waited for CAMHS services and for those who had been discharged from CAMHS provision to be referred to the Wellbeing Café for follow-on support. Unfortunately, this was not able to become fully operation due to the lack of success of SHINE YOUTH fundraising in the Spring.

## *Representing the VCFSE sector & Contributing to the development of local statutory services*

The Charity's CEO has continued to represent the VCFSE sector on the Mental Health Provider Panel within the Mental Health Provider Collaborative of the Birmingham & Solihull Integrated Care System (NHS). This role enables SHINE YOUTH to contribute to the development of better mental health and emotional wellbeing provision for children and young people in Solihull and Birmingham.

## *Financial Review*

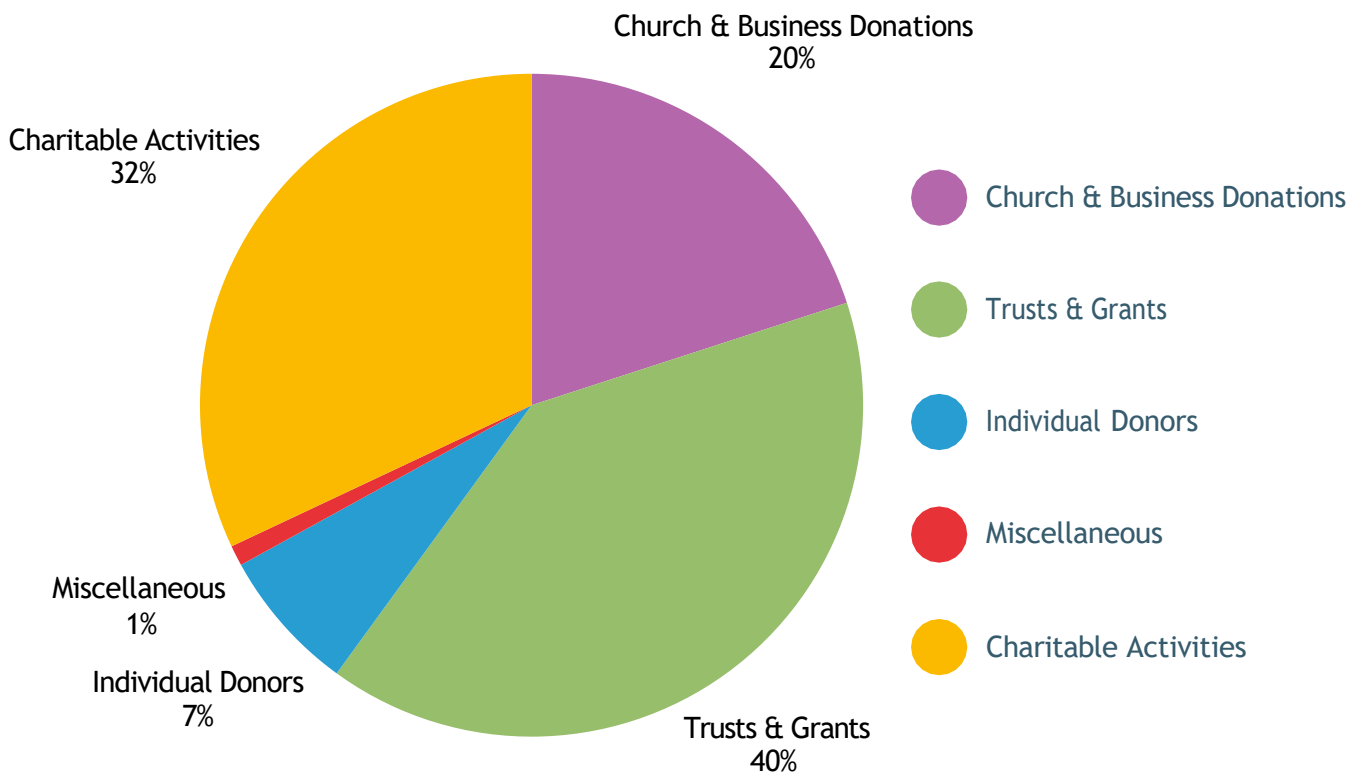
SHINE YOUTH completed its 2024-25 financial year on 31st August 2025 with a total income for the year of £72,215 and total expenditure of £90,521.

The Charity ended the year with funds of £3,919.

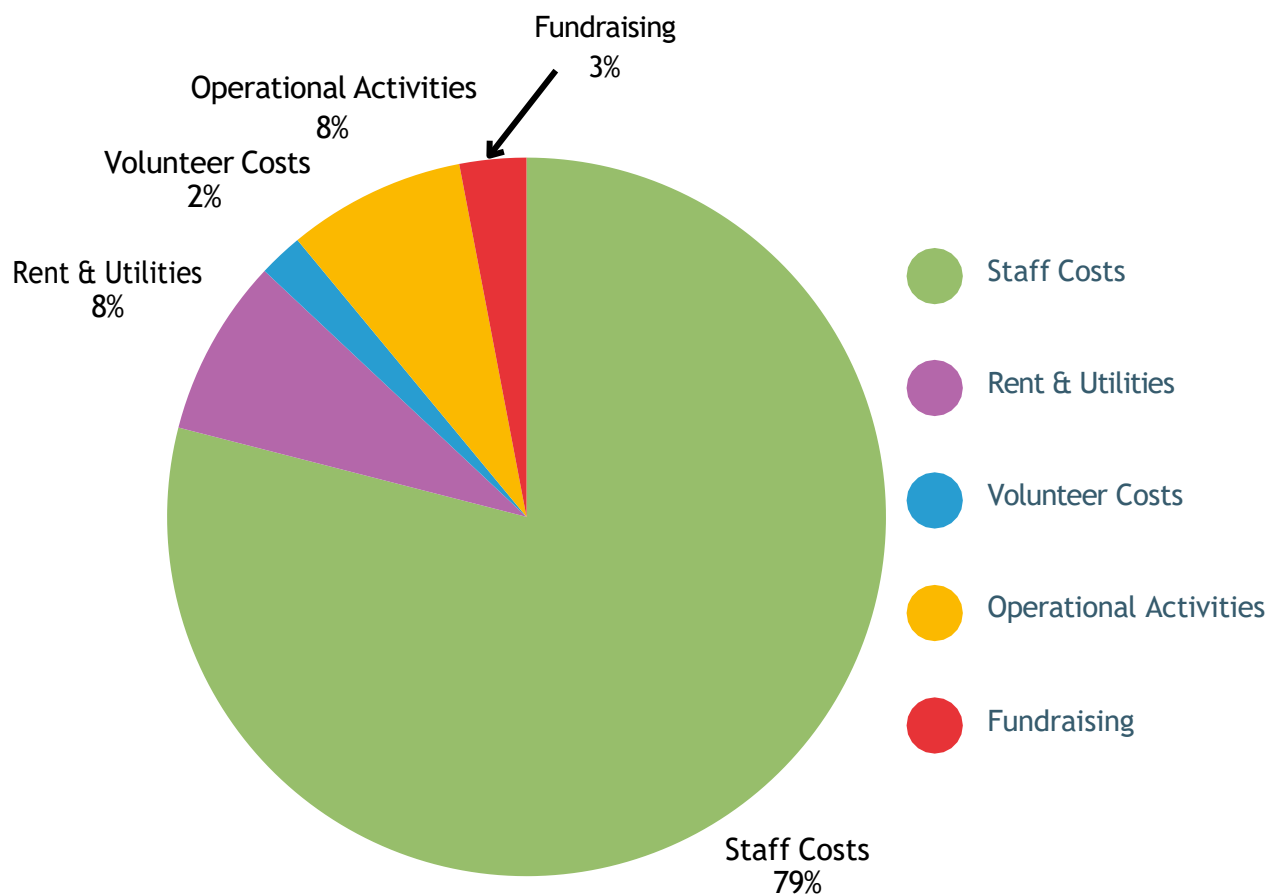
The trustees would like to express their thanks to the following who gave grants to fund the Charity's work this year: Solihull Metropolitan Borough Council, The Heart of England Community Foundation, The Trusted Executive Charitable Trust, The National Lottery and The Postcode Local Trust.

They would also like to express their huge appreciation to Philips Church Dorridge, Solihull Christian Fellowship, Dorridge Methodist Church, Knowle Parish Church and Birmingham Vineyard Church for their donations to the Charity's work this year, as well as The Café at Bentley Heath and all of the regular and one-off donors who have invested in the SHINE YOUTH's mission financially this year. We couldn't have made such a powerful difference to young people without you!

## Income



## Expenditure



## *Reserves Policy*

The Trustees set a Reserves Policy to maintain free reserves in unrestricted funds at a level which equates to 3 months of fixed overheads as they consider that this level provides sufficient funds to allow time for responses to applications for grants to be received and to ensure that support and governance costs are covered. Importantly, 3 months of Reserve funds also provides for the service delivery to be concluded over a timescale which constitutes therapeutic rather than abrupt endings of the direct work with young people.

At 31/08/25 the unrestricted funds were £3,919 and the trustees have concluded that the Charity is not a Going Concern (see below).

## *Assessment of Principal Risks and Mitigating Factors*

The Trustees continuously manage the risk environment using a risk register which assesses risks in accordance with the size, potential impact and likelihood of occurrence. This scoring methodology is used to identify key risks which are then actively managed by the Charity at both executive and Trustee level. The major risks managed include young people's safeguarding; levels of grant and fundraising income; risk of key employee loss; service delivery demand and response/ waiting times; and cash flow management. The Trustees are satisfied that all material risks have been clearly highlighted and are appropriately managed.

## *Going Concern*

Throughout the 2024-25 financial year the Trustees have reviewed the Charity's financial position and sustainability closely. Unfortunately, despite the dedication of our staff, volunteers and supporters, the Charity has been unable to secure the level of income required to continue its operations supporting young people's mental health. After careful consideration, and with deep regret, the Trustees have concluded that the charity no longer has the financial resources to continue operating as a going concern. Accordingly, the decision has been made to wind up the charity in an orderly and responsible manner. Plans were implemented to ensure that:

- all outstanding obligations to staff, suppliers, and partners were met;
- any remaining charitable funds were applied in accordance with the charity's governing document; and
- beneficiaries and stakeholders were informed and supported during the transition.

The Trustees wish to express their heartfelt thanks to everyone who has supported the charity over the years – our donors, volunteers, staff, and the communities we have served. Although this chapter is coming to a close, we are proud of what has been achieved and the positive impact SHINE YOUTH has made in helping young people access support, build resilience, and find hope for the future during the charity's lifetime.

## *Structure, Governance & Management*

The organisation is led by the Board of Trustees which oversees and monitors the work of SHINE YOUTH and makes decisions on overarching issues such as vision, strategy and both the agreement and monitoring of the budget and risk register. The Board of Trustees met 10 times during this year. The day-to-day running of SHINE YOUTH is delegated to the CEO. The Chair of Trustees supervises the CEO and the CEO provides supervision to the rest of the staff and volunteer team.

## *Recruitment, Appointment, Induction and Training of the Board of Trustees*

The Board of Trustees ensures that it takes into account potential contributions to the skills mix and the balance of the Board as a whole when making new appointments. Trustees are recruited by word of mouth and by direct approach to people who possess relevant skills and support the values of the Charity. New Trustees are provided with a Trustee Handbook and inducted to the Charity and the context within which it operates. This includes:

- The obligations of Trustee Board members;
- The main documents which set out the operational framework for the Charity including its Governing Document; Policy Handbook; Risk Register and Archived Minutes of Trustees' Meetings;
- Resourcing and the current financial position as set out in the latest published accounts;
- Future plans and objectives.

All Trustees complete Safeguarding training.



Section A

Independent Examiner's Report

Report to the trustees

Shine Youth

On accounts for the year ended

31<sup>st</sup> August 2025

Charity no (if any)

1185452

Set out on pages

10 to 27

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/08/2025.

Responsibilities and basis of report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

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

Independent examiner's statement

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

Signed:

Date:

25/03/2026

Name:

Ian English

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

Finance Manager (Retired)

Address:

38 Sambourn Close, Solihull, B91 2SA





<b>Shine Youth</b>		Charity No	<b>1185452</b>
Annual accounts for the period			
Period start date	<b>01/09/2024</b>	to	Period end date <b>31/08/2025</b>

## Section A Statement of financial activities



Recommended categories by activity	Unrestricted funds £	Restricted income funds £	Total funds £	Prior year £
	F01	F02	F04	F05
<b>Incoming resources (Note 3)</b>				
<b>Income and endowments from:</b>				
Donations and legacies	44,078	4,000	48,078	60,843
Charitable activities	22,832		22,832	17,966
Other trading activities	1,304		1,304	2,389
Investments	-	-	-	-
Separate material item of income	-	-	-	-
Other	-	-	-	-
<b>Total</b>	<b>68,215</b>	<b>4,000</b>	<b>72,215</b>	<b>81,199</b>
<b>Resources expended (Note 6)</b>				
<b>Expenditure on:</b>				
Raising funds	2,871		2,871	720
Charitable activities	70,807	18,849	89,656	73,335
Separate material item of expense	-	-	-	-
Other	-	-	-	-
<b>Total</b>	<b>73,679</b>	<b>18,849</b>	<b>92,528</b>	<b>74,055</b>
<b>Net income/(expenditure) before investment gains/(losses)</b>	<b>- 5,464</b>	<b>- 14,849</b>	<b>20,313</b>	<b>7,144</b>
Net gains/(losses) on investments	-	-	-	-
<b>Net income/(expenditure)</b>	<b>- 5,464</b>	<b>- 14,849</b>	<b>20,313</b>	<b>7,144</b>
<b>Extraordinary items</b>	-	-	-	-
<b>Transfers between funds</b>	-	-	-	-
<b>Other recognised gains/(losses):</b>				
Gains and losses on revaluation of fixed assets for the charity's own use	-	-	-	-
Other gains/(losses)	-	-	-	-
<b>Net movement in funds</b>	<b>- 5,464</b>	<b>- 14,849</b>	<b>20,313</b>	<b>7,144</b>
<b>Reconciliation of funds:</b>				
Total funds brought forward	7,377	14,849	22,226	15,082
<b>Total funds carried forward</b>	<b>1,913</b>	<b>-</b>	<b>1,913</b>	<b>22,226</b>

## Section B

## Balance sheet

	Unrestricted funds £ F01	Restricted income funds £ F02	Total this year £ F04	Total last year £ F05
<b>Fixed assets</b>				
Intangible assets	-	-	-	-
Tangible assets	-	-	-	-
Heritage assets	-	-	-	-
Investments	-	-	-	-
<b>Total fixed assets</b>	-	-	-	-
<b>Current assets</b>				
Stocks		-	-	-
Debtors (Note 9)	3,473	-	3,473	455
Investments	-	-	-	-
Cash at bank and in hand (Note 11)	2,444	-	2,444	26,391
<b>Total current assets</b>	5,917	-	5,917	26,846
<b>Creditors: amounts falling due within one year (Note 10)</b>	4,004	-	4,004	4,620
<b>Net current assets/(liabilities)</b>	1,913	-	1,913	22,226
<b>Total assets less current liabilities</b>	1,913	-	1,913	22,226
<b>Creditors: amounts falling due after one year (Note 20)</b>	-	-	-	-
Provisions for liabilities	-	-	-	-
<b>Total net assets or liabilities</b>	1,913	-	1,913	22,226
<b>Funds of the Charity</b>				
Restricted income funds (Note 12)		-	-	14,849
Unrestricted funds	3,919		3,919	7,377
<b>Total funds</b>	3,919	-	3,919	22,226

Signed by one or two trustees on behalf of all the trustees

Name	Signature	Date of approval
Zoe Wallis		03/02/25
Jennifer Whitehill		03/02/25

## Section C

## Notes to the accounts

### Note 1 Basis of preparation

#### 1.1 Basis of accounting

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

The accounts have been prepared in accordance with:

- the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014
- the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102)
- and with the Charities Act 2011.

The Charity constitutes a public benefit entity as defined by FRS 102.

#### 1.2 Going Concern

The Charity has been unable to secure the level of income required to continue its operations and after careful consideration Trustees have concluded that the charity no longer has the financial resources to continue operating as a going concern. Plans were implemented to ensure that all outstanding obligations to staff, suppliers, and partners were met; any remaining charitable funds were applied in accordance with the charity's governing document; and beneficiaries and stakeholders were informed and supported during the transition.

### Note 2 Accounting Policies

The following accounting policies have been applied by the Charity:

#### 2.1 Income

Recognition of Income	These are included in the Statement of Financial Activities (SoFA) when: <ul style="list-style-type: none"><li>• the charity becomes entitled to the resources;</li><li>• it is more likely than not that the trustees will receive the resources;</li><li>• the monetary value can be measured with sufficient reliability.</li></ul>
Offsetting	There has been no offsetting of assets and liabilities, or income and expenses, unless required or permitted by the FRS 102 SORP or FRS 102.
Grants and donations	Grants and donations are only included in the SOFA when the general income recognition criteria are met (5.10 to 5.12 FRS102 SORP). In the case of performance related grants, income must only be recognised to the extent that the charity has provided the specified goods or services as entitlement to the grant only occurs when the performance related conditions are met (5.16 FRS 102 SORP).
Legacies	Legacies are included in the SOFA when receipt is probable, that is, when there has been grant of probate, the executors have established that there are sufficient assets in the estate and any conditions attached to the legacy are either within the control of the charity or have been met.
Government grants	The charity has not received government grants in the reporting period
Tax reclaims on donations and gifts	Gift Aid receivable is included in income when there is a valid declaration from the donor. Any Gift Aid amount recovered on a donation is considered to be part of that gift and is treated as an addition to the same fund as the initial donation unless the donor or the terms of the appeal have specified

	otherwise.
Contractual income and performance related grants	This is only included in the SOFA once the charity has provided the related goods or services or met the performance related conditions.
Donated goods	Gifts in kind for use by the charity are included in the SOFA as income from donations when receivable.
Donated services and facilities	Donated services and facilities are included in the SOFA when received at the value of the gift to the charity provided the value of the gift can be measured reliably. Donated services and facilities that are consumed immediately are recognised as income with an equivalent amount recognised as an expense under the appropriate heading in the SOFA.
Support costs	The charity has incurred expenditure on support costs.
Volunteer help	The value of any voluntary help received is not included in the accounts but is described in the trustees' annual report.
Income from interest, royalties and dividends	This is included in the accounts when receipt is probable and the amount receivable can be measured reliably.

## 2.2 Expenditure and Liabilities

Liability recognition	Liabilities are recognised where it is more likely than not that there is a legal or constructive obligation committing the charity to pay out resources and the amount of the obligation can be measured with reasonable certainty.
Governance and support costs	Support costs have been allocated between governance costs and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice. Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, eg allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.
Redundancy cost	The charity made no redundancy payments during the reporting period.
Deferred income	No material item of deferred income has been included in the accounts.
Creditors	The charity has creditors which are measured at settlement amounts less any trade discounts
Provisions for liabilities	A liability is measured on recognition at its historical cost and then subsequently measured at the best estimate of the amount required to settle the obligation at the reporting date
Basic financial instruments	The charity accounts for basic financial instruments on initial recognition as per paragraph 10.7 FRS102 SORP. Subsequent measurement is as per paragraphs 11.17 to 11.19, FRS102 SORP.

## 2.3 Assets

Tangible fixed assets for use by charity	Expenditure on acquisitions of fixed assets over £1000 are capitalised at cost. Tangible fixed assets are stated at cost less depreciation. Fixed assets are depreciated at rates appropriate to their useful academic life. There are currently no fixed assets.
Debtors	Debtors (including trade debtors and loans receivable) are measured on initial recognition at settlement amount after any trade discounts or amount advanced by the charity. Subsequently, they are measured at the cash or other consideration expected to be received.

### Note 3 Analysis of Income

		Unrestricted funds	Restricted income funds	Total funds	Prior year
Analysis		£	£	£	£
<b>Donations and legacies:</b>	Grants	25,000	4,000	29,000	36,070
	Church Supporters	12,570	-	12,570	17,786
	Individual Supporters	4,054	-	4,054	4,039
	Gift Aid on Individual Supporters	809	-	809	804
	Business Supporters	1,600	-	1,600	2,145
	Miscellaneous	45	-	45	-
	<b>Total</b>	<b>44,078</b>	<b>4,000</b>	<b>48,078</b>	<b>60,843</b>
<b>Charitable activities:</b>	Service Level Agreements	19,405	-	19,405	15,785
	Panel Member payments	3,000	-	3,000	2,000
	Youth Café Contributions	427	-	427	181
	<b>Total</b>	<b>22,832</b>	<b>-</b>	<b>22,832</b>	<b>17,966</b>
	<b>Other trading activities:</b>	Fundraising Events	1,304	-	1,304
<b>Total</b>		<b>1,304</b>	<b>-</b>	<b>1,304</b>	<b>2,389</b>
<b>Total Income</b>		<b>68,215</b>	<b>4,000</b>	<b>72,215</b>	<b>81,199</b>

All income in the prior year was unrestricted except for:

£19,770	National Lottery
£10,000	Solihull Fairer Futures Fund
£1,300	Co-op Community Dividend Grant

**Note 4 Analysis of Expenditure**

Analysis	This year			Last year		
	Unrestricted funds	Restricted income funds	Total funds	Unrestricted funds	Restricted income funds	Total funds
	£	£	£	£	£	£
<b>Expenditure on raising funds:</b>						
Incurring seeking donations	-	-	-	-	-	-
Incurring seeking legacies	-	-	-	-	-	-
Incurring seeking grants	2,501	-	2,501	-	-	-
Staging fundraising events	158	-	158	720	-	720
Advertising, marketing, publicity	-	-	-	-	-	-
Allocated support costs (see Note 5)						-
Staffing	384	-	384	2,068	-	2,068
Website	-	-	-	-	-	-
Publicity	-	-	-	-	-	-
Office Utilities	-	-	-	-	-	-
Computer Equipment	-	-	-	-	-	-
Computer Software & Licences	-	-	-	-	-	-
Stationery, Printing & Postage	-	-	-	-	-	-
Accounts Preparation	-	-	-	-	-	-
<b>Total expenditure on raising funds</b>	<b>3,043</b>	<b>-</b>	<b>3,043</b>	<b>2,788</b>	<b>-</b>	<b>2,788</b>
<b>Expenditure on charitable activities:</b>						
Freelance Staff	4,550	-	4,550	-	-	-
Staff & Volunteer training & Development	1,211	100	1,310	1,439	-	1,439
Resources	2,021	2,370	4,391	1,157	2,291	3,448
Subscriptions	-	-	-	65	-	65
Insurance	639	-	639	413	-	413
Allocated support costs (see Note 5)						
Staffing	56,498	12,131	68,629	40,362	20,912	61,274
Website	192	-	192	103	-	103
Publicity	20	-	20	-	-	-
Office Rent and Utilities	3,318	4,249	7,567	1,825	1,230	3,055
Computer Equipment	181	-	181	-	-	-
Computer Software & Licences	263	-	263	302	-	302
Other Equipment	172	-	172	100	-	100
Stationery, Printing & Postage	1,416	-	1,416	970	-	970
Accounts Preparation	100	-	100	100	-	100
Miscellaneous	22	-	22	-	-	-
Legal	33	-	33	-	-	-
<b>Total expenditure on charitable activities</b>	<b>70,635</b>	<b>18,849</b>	<b>89,484</b>	<b>46,835</b>	<b>24,433</b>	<b>71,267</b>
<b>TOTAL EXPENDITURE</b>	<b>73,679</b>	<b>18,849</b>	<b>92,528</b>	<b>49,623</b>	<b>24,433</b>	<b>74,055</b>

## **Note 5 Support Costs**

This year

<b>Support cost</b>	<b>Raising funds £</b>	<b>Charitable Activities</b>	<b>Grand total £</b>	<b>Basis of allocation</b>
Salaries & Pension	384	68,629	69,013	estimation of hours by role
Website	-	192	192	100% Charitable activities
Publicity	-	20	20	by function of each item
Office Rent & Utilities	-	7,567	7,567	100% Charitable activities
Computer Equipment	-	181	181	100% Charitable activities
Computer Software & Licences	-	263	263	100% Charitable activities
Other equipment	-	172	172	by function of each item
Stationery, Printing & Postage	-	1,416	1,416	100% Charitable activities
Miscellaneous expenses	-	22	22	by function of each item
Legal	-	33	33	by function of each item
Accounts Preparation	-	100	100	100% Charitable activities
<b>Total</b>	<b>384</b>	<b>78,594</b>	<b>78,978</b>	

Last year

<b>Support cost</b>	<b>Raising funds £</b>	<b>Charitable Activities</b>	<b>Grand total £</b>	<b>Basis of allocation</b>
Salaries & Pension	2,068	61,273	63,342	estimation of hours by role
Website	-	103	103	100% Charitable activities
Publicity	-	-	-	
Office Rent & Utilities	-	3,055	3,055	100% Charitable activities
Computer Equipment	-	-	-	100% Charitable activities
Computer Software & Licences	-	238	238	100% Charitable activities
Other equipment	-	100	100	100% Charitable activities
Stationery, Printing & Postage	-	970	970	by function of each item
Miscellaneous expenses	-	64	64	by function of each item
Accounts Preparation	-	100	100	100% Charitable activities
Consultancy	-	-	-	100% Charitable activities
<b>Total</b>	<b>2,068</b>	<b>65,903</b>	<b>67,971</b>	

The apportionment of salaries is an estimation based on hours/time spent. The estimation techniques used to calculate the apportionment of other costs is the percentage of function performed by that expense for each category.

## **Note 6 Details of certain items of expenditure**

### **Fees for the examination of the accounts**

	<b>This year £</b>	<b>Last year £</b>
Independent examiner's fees	100	100
Assurance services other than audit or independent examination	-	-
Tax advisory fees	-	-
Other fees paid to the independent examiner	-	-

## Note 7 Paid employees

### 7.1 Staff Costs

	<b>This year</b>	<b>Last year</b>
	<b>£</b>	<b>£</b>
Salaries and wages	67,355	61,744
Social security costs	-	-
Pension costs (defined contribution scheme)	1,658	1,597
Other employee benefits	-	-
<b>Total staff costs</b>	<b>69,013</b>	<b>63,341</b>

	<b>This year</b>	<b>Last year</b>
Please provide details of expenditure on staff working for the charity whose contracts are with and are paid by a related party	0	0

No employees received employee benefits (excluding employer pension costs) for the reporting period of more than £60,000.

	<b>This year</b>	<b>Last year</b>
	<b>£</b>	<b>£</b>
Total amount paid to key management personnel for their services to the charity.	32,816	27,466

### 7.2 Average head count in the year

	<b>This year</b>	<b>Last year</b>
<b>The parts of the charity in which the employees work</b>		
Fundraising	-	-
Charitable Activities	2	2
Governance	-	-
Other	-	-
<b>Total</b>	<b>2</b>	<b>2</b>

This is formatted to whole numbers. Total staff is FTE 1.99, last year was FTE 2.01.

### 7.3 Redundancy payments

	<b>This year</b>	<b>Last year</b>
	<b>£</b>	<b>£</b>
Total amount of cash payments	4,764	-

The redundancy payments follow statutory law as outlined in the employment contracts. The accounting policy is based on standard UK charity accounting practice (FRS 102 & Charities SORP).

## Note 8 Defined contribution pension scheme

	<b>This year</b>	<b>Last year</b>
	<b>£</b>	<b>£</b>
Amount of contributions recognised in the SOFA as an expense	1,658	1,597

The liability and expense of defined contribution pension scheme are allocated between activities using the same rationale as apportioning staff time between activities. They are allocated between restricted and unrestricted funds according to the individual staff role.

## Note 9 Debtors and Prepayments

### Analysis of debtors

	<b>This year £</b>	<b>Last year £</b>
Trade debtors	-	-
Prepayments and accrued income	3,473	455
Other debtors	-	-
<b>Total</b>	<b>3,473</b>	<b>455</b>

## Note 10 Creditors and accruals

### Analysis of creditors

	<b>Amounts falling due within one year</b>		<b>Amounts falling due after more than one year</b>	
	<b>This year £</b>	<b>Last year £</b>	<b>This year £</b>	<b>Last year £</b>
Accruals for grants payable	-	-	-	-
Bank loans and overdrafts	-	-	-	-
Trade creditors	113	3,330	-	-
Payments received on account for contracts or performance-related grants	-	-	-	-
Accruals and deferred income	-	-	-	-
Taxation and social security	319	646	-	-
Other creditors	3,572	644	-	-
<b>Total</b>	<b>4,004</b>	<b>4,620</b>	<b>-</b>	<b>-</b>

## Note 11 Cash in bank and at hand

	<b>This year £</b>	<b>Last year £</b>
Short term cash investments (less than 3 months maturity date)	-	-
Short term deposits	-	-
Cash at bank and on hand	2,444	26,391
Other	-	-
<b>Total</b>	<b>2,444,</b>	<b>26,391</b>

## Note 12 Charity Funds

### 12.1 Details of material funds held and movements during the CURRENT reporting period

Fund name	Type	Purpose and Restrictions
General Fund	Unrestricted	General, no restrictions
Postcode Trust	Unrestricted	General, for specific postcode area
National Lottery Grant	Restricted	For office rent and Wellbeing Lead salary
Solihull Winter Support & Prevention	Restricted	For costs relating to Youth Wellbeing Cafe

Fund name	Fund balances brought forward £	Income £	Expenditure £	Transfers £	Gains and losses £	Fund balances carried forward £
General Fund	7,377	43,215	- 48,679			1,913
Postcode Trust	-	25,000	- 25,000	-	-	-
National Lottery Grant	14,849	-	- 14,849	-	-	-
Solihull Winter Support & Prevention	-	4,000	- 4,000	-	-	-
<b>Total Funds</b>	<b>22,226</b>	<b>72,215</b>	<b>- 92,528</b>	<b>-</b>	<b>-</b>	<b>1,913</b>

### 12.2 Details of material funds held and movements during the PREVIOUS reporting period

Fund name	Fund balances brought forward £	Income £	Expenditure £	Transfers £	Gains and losses £	Fund balances carried forward £
Wesleyan Foundation Grant	8,212		- 8,212	-	-	-
SMBC Fairer Futures Grant	-	10,000	- 10,000	-	-	-
National Lottery Grant	-	19,770	- 4,921	-	-	14,849
Co-op Community Dividend Fund	-	1,300	- 1,300	-	-	-
General Fund	6,871	50,129	49,623			7,377
<b>Total Funds</b>	<b>15,082</b>	<b>81,199</b>	<b>- 74,055</b>	<b>-</b>	<b>-</b>	<b>22,226</b>

### 12.3 Details of Designated funds

#### This year

Planned Use	Purpose of the designation	Amount
Postcode Trust Grant	This grant was awarded unrestricted for work delivered in the B37 postcode. The trustees therefore designated this grant to ensure it was spent on service delivery in the area specified.	<b>25,000</b>

## Note 13 Transactions with trustees and related parties

### 13.1 Trustee remuneration and benefits

This year:

Name of trustee	Legal authority	Amounts paid or benefit value				
		Remuneration	Pension contribution	Redundancy	Other	TOTAL
		£	£	£	£	£
Cheryl Hawkins	Governing Document	28,874	820	3,942-	-	33,636

Cheryl Hawkins received remuneration from employment with the Charity.

Last year:

Name of trustee	Legal authority	Amounts paid or benefit value				
		Remuneration	Pension contribution	Redundancy	Other	TOTAL
		£	£	£	£	£
Cheryl Hawkins	Governing Document	27,466	820	-	-	28,286

Cheryl Hawkins received remuneration from employment with the Charity.

### 13.2 Trustee expenses

No trustee expenses have been incurred.




### 13.3 Transactions with related parties

No transactions with related parties have occurred.

## Declaration

The Trustees declare that they have approved the Trustees' Annual Report for 2024-2025 above.

Signed on behalf of the Charity's trustees:

Name	<b>Jennifer Whitehill</b>	<b>Zoe Wallis</b>	<b>Cheryl Hawkins</b>
Position	Chairperson	Treasurer	Trustee & CEO
Signature			
Date	03/02/25	03/02/25	03/02/25

**SHINE YOUTH**

England & Wales - Charity number 1185452

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# Accounts

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# *Annual Report*

for the Year Ending 31 August 2024

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## Reference & Administrative Information

Charity Registration Number	1185452
Date of Registration	23/09/2019
Start of Financial Year	01/09/2023
End of Financial Year	31/08/2024
Trustees who served during the year	Jennifer Whitehill (appointed 10/02/2020) Zoe Wallis (appointed 17/07/2019) Cheryl Hawkins (appointed 17/07/2019)
Registered Address	70 Yoxall Road, Shirley, Solihull, B90 3RP
Governing Document	Charitable Incorporated Organisation 'Foundation Model'
Bankers	Natwest, 12 Broad Street, Hereford, HP4 9AH
Independent Examiner	Ian English

## **Background**

SHINE YOUTH was founded after the youth charity the founder was working for announced at the end of June 2019 that it was going to close. The founder was the Director of the Pastoral Mentoring work and was asked by all of the schools where the mentoring services were being delivered to continue that service delivery. The schools said there was no other provision able to meet the needs of their vulnerable students in the same timely and effective way. When the other staff and existing volunteers committed to continue the work, the founder setup SHINE YOUTH immediately so that young people had no break in the support they were receiving. SHINE YOUTH was registered as a Charitable Incorporated Organisation (CIO) by the Charity Commission on 23 September 2019.

## **Objectives**

The purpose of the Charity as set out in its Governing Document is to promote and protect the positive mental health and emotional wellbeing of young people aged 11-18 years who are experiencing mental health and emotional difficulties related to experiences of grief and loss; low mood, low self-esteem; anger; stress and anxiety; childhood trauma; domestic violence and self-harm.

The Charity does this through providing:

- 1:1 Pastoral Mentoring & Counselling and Wellbeing Group courses for young people to reduce their distress; advance their self-care, social and emotional skills; and facilitate the growth of their positive mental health, self-identity, resilience and self-esteem.
- Psycho-education and evidence-based tools and strategies to young people and their parents/carers, teachers, youth workers and others so that young people are supported in mental health- and trauma-informed ways.

In so doing, the Charity's work supports young people to build their resilience and fulfil their potential to flourish in their relationships, education, community and future work and family life.

## **Public Benefit**

The Trustees have regard to the guidance from the Charity Commission on reporting on Public Benefit and are committed to ensuring the Charity delivers public benefit as it fulfills its objectives.

The Charity offers its activities to all people of any faith or none and does so in accordance with Christian principles and unconditional positive regard, respect and empathy.

## **Vision**

SHINE YOUTH is passionately committed to ensuring that Young People:

- experience Care, Connection, increased Confidence and positive Change when they are in need of mental health and emotional support;

- are not left waiting without support;
- can access a range of support with in-school options (where the majority spend the majority of their time) and options in their local community, particularly if they are not attending school or that is not their preferred or most suitable setting to access personalised support; and
- feel seen, heard, involved and are able to shape the support on offer to them.

SHINE YOUTH envisions a landscape where all 11 -18 year olds are able to easily access the Right Support for their need, at the Right Time, in the Right Way.

## Strategy

Recognising the scale of the mental health crisis amongst those aged 11 – 18 years, our approach seeks to deliver innovative, responsive and integrated provision. This provision is graduated and targeted to deliver prevention, early intervention, and more specialist support in settings which young people find comfortable and easily accessible.

It requires us to go DEEP & WIDE to provide 3 skilled, evidence-based programmes alongside Training and Youth Voice groups to have a robust positive impact on improving the mental and emotional wellbeing of this age group in Solihull: 1:1 Mentoring & Counselling, Wellbeing Groups and Youth Wellbeing Cafes (Relational Activity Spaces with wellbeing themes, workshops and activities).

## DEEP & WIDE



✓ **1:1 Pastoral Mentoring & Counselling** which works with the depth of specific stories, strengths and difficulties of individuals.

✓ **Wellbeing Groups** which deliver psycho-education and self-help tools and also utilise peer support to build greater resilience.

✓ **Youth Wellbeing Cafes (Relational Activity Spaces)** which offer holistic wellbeing activities: bringing physical and spiritual elements alongside the 1:1 and group elements listed above, and which provide larger communities of Care, Connection, Confidence-building and Celebration **& Training** to assist parents/carers, school staff and others to support young people's mental and emotional wellbeing.

All built on the foundation of our commitment to keeping young people at the centre of all we do by providing the Right Support, at the Right Time, in the Right Way & by convening and facilitating:

■ **Youth Voice groups** where young people who have received the support of our programmes can be engaged to HIGHLIGHT, INFORM and SHAPE the work that we deliver and the mental health services on offer to them.

## Achievements & Performance

This year SHINE YOUTH has supported 231 young people aged 11-18 years through the delivery of:

- weekly 1:1 Pastoral Mentoring & Counselling to young people who are experiencing a range of mental health and emotional wellbeing difficulties (standard: 12 sessions);
- 3 different 6/7-session Wellbeing Group courses;
- Bi-monthly Youth Voice groups; and
- a weekly Youth Wellbeing Cafe.



### 231 Beneficiaries

Attended

**26** 1:1 Pastoral Mentoring or Counselling

**168** Wellbeing Group courses (6 or 7 sessions)

**25** Youth Wellbeing Cafe

**12** Youth Voice groups (bi-monthly)

### Referral Characteristics

**77%** Female

**23%** Male

**42%** Bereavement

**46%** Low Self-Esteem

**46%** Anxiety

**58%** Low Mood

**23%** Self-harm

**12%** Suicidal Thoughts

**19%** SEND

**23%** Were also referred to CAMHS

# Our Impact in 2023-2024

**231** young people benefitted from SHINE YOUTH support

**96** young people were supported through 8 Wellbeing Group Courses (6-7 sessions)

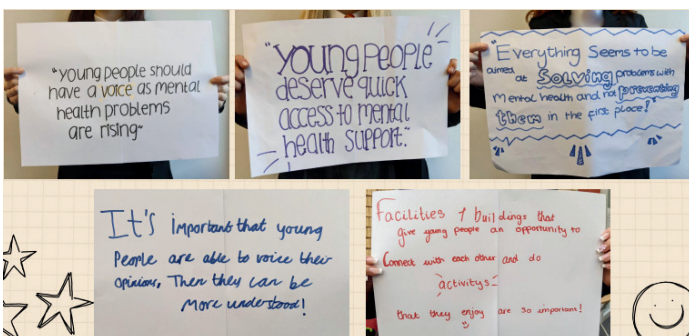
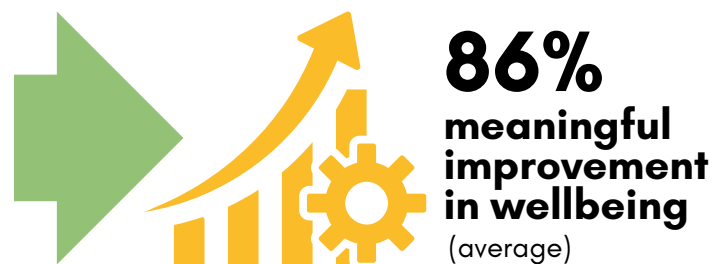


**72** young people were equipped through 6 workshops



**25** young people attended the weekly Youth Wellbeing Café

**26** young people were supported through 12 - 24 sessions of Pastoral Mentoring



**12** young people participated in the Youth Voice Project and surveyed 300 of their peers

## **1:1 Mentoring & Counselling - 26 young people / 400 hours of support**

SHINE YOUTH delivered 400 sessions / hours of 1:1 support to 26 young people this year. Some of the many positive comments that young people gave in their feedback at the end of their mentoring or counselling support included:

“

I put it into practise the things to do to have a good sleep routine and I'm able to sleep in one long block now (instead of falling asleep after school for 3 hours and then being awake until 2am). Things have been much better.

”

“

The day I feel most positive about going to school, and when I do go, is on Friday - after we've talked about it at the Wellbeing Café on Thursday.

”

We were also delighted that in their feedback at the conclusion of each student's mentoring episode, teachers' reported that:

100%

of the teenagers who had received Shine Youth's 1:1 support were exhibiting:

- improved understanding of their feelings;
- improvement in managing their emotions;
- increased confidence; and
- increased resilience.

Will (not his real name) was referred for SHINE YOUTH Pastoral Mentoring to help him understand and express his emotions and manage them better, particularly anger. His dad and his teachers described him as lacking empathy towards others and this was thought to be connected to the neglect he had experienced as a younger child, for which he had not received support. His dad reported that Will said he doesn't know how he is feeling and would not talk about the past.

The YP Core assessment completed in the first session recorded a 'severe' clinical level of emotional distress (at 27/40). It highlighted difficulties with sleep and that he had been engaging in self-harm and was often thinking about doing this. The mentoring sessions therefore explored:

1. Will's angry feelings, which he said he kept "bottled up;"

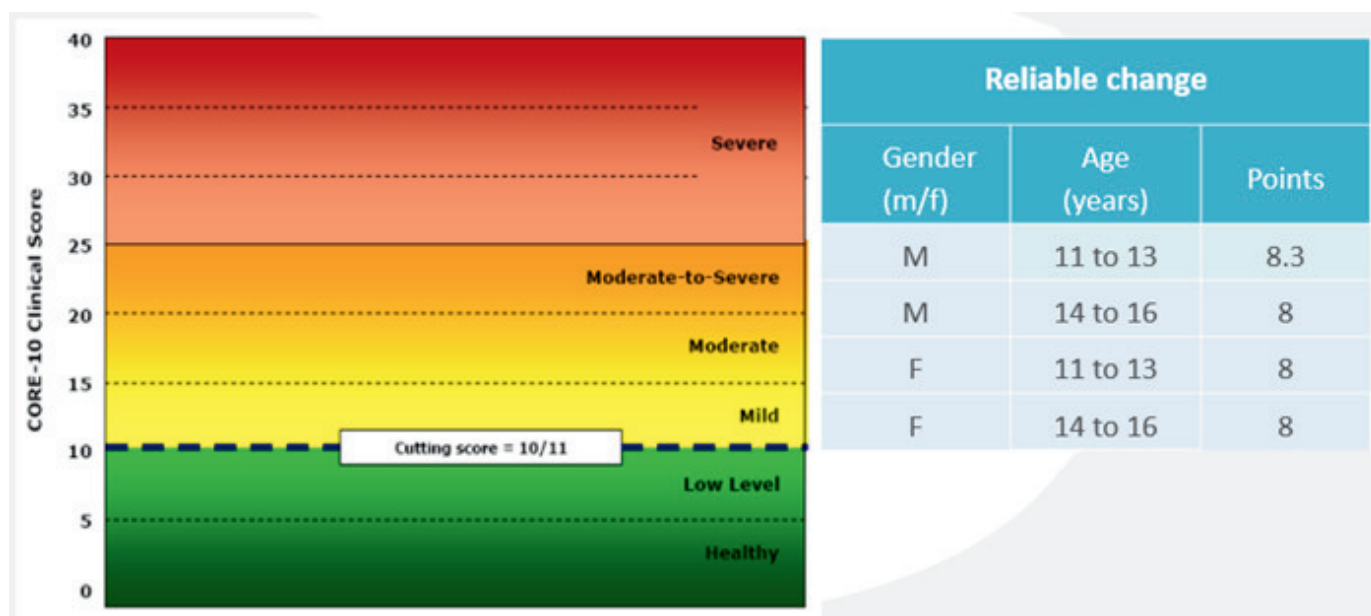


2. The ways he self-harms;
3. The triggers at those specific times;
4. The thoughts he holds;
5. His emotions following from those thoughts,;
6. Physical symptoms experienced from the self-harm; and
7. Safe strategies as alternatives to self-harm.

After 18 sessions, Will's final YP-Core measure of emotional distress was 12 (mild) and his sleep had also improved. Will said he felt more confident and more ready to talk to express his concerns or grievances.

**Outcomes:**

'The 'Young Persons Clinical Outcomes in Routine Evaluation (YP-CORE)' is used to measure the effectiveness of the Charity's 1:1 provision. It is a robust measure of psychological distress in young people aged 11-18 years old with inbuilt measures of 'reliable' and 'clinical' change.



This quantitative outcome measures demonstrated that our work achieved an average decrease of 10.10 points in the emotional distress of all the young people we worked with in the 2023-24 academic year. This equates to a significant 'reliable change' reduction young people's distress reducing from the 'Severe' range to the 'Moderate' range, or from the 'Moderate-to-Severe' range to the 'Mild' range.

**Wellbeing Groups & Workshops - 168 young people**

The Charity's Wellbeing Lead, Youth Worker and some volunteers have delivered 3 different group courses and 6 Workshops to a total of 168 young people which were very well received by the students who participated, the staff who watched some sessions and the parents/carers who reported the positive changes they had observed in the young people:

The **BREATHE** course teaches young people to understand and recognise the science, symptoms and triggers of anxiety; and to use breathing techniques, Cognitive-Behavioural Therapy (CBT) and a range of self-care strategies.

**BREATHE**  
*Controlling the controllable*



Remember your thoughts aren't facts.

You can actively practise turning negative thoughts to be more positive. Be kind to yourself.



Is the thing you're worried about in your control to make changes? If it is, make a plan. If it's not, try to let go of the worries.




**This week:**


- Be aware of your thoughts...
- When they turn negative, be kind to yourself and try turning them to be gentler and more positive.
- Try practising this.
- Imagine what you would say to a friend if they had similar thoughts.
- Keep using one of the breathing strategies.

The **CREATED** course builds young people's self-esteem by identifying signature strengths; managing comparison and self-criticism; using positive self-talk and exploring self-worth, belonging, relationships, purpose, meaning and self-care. It incorporates Cognitive-Behaviour Therapy (CBT), Positive Psychology and a strengths-focused resilience framework


**CREATED** *Unique*




You are totally unique! - there's no-one quite like you!



'Unique' things are valuable - you are priceless!



You have defining strengths that you can naturally harness. Using these strengths will help you to thrive!



**My top 3 character strengths:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



**This week, LOOK for when you use these strengths.**




The **UPBEAT** healthy male wellbeing course uses music, video and creative group activities to help boys aged 11 - 14 years develop a healthier approach to their emotional wellbeing. It explores stereotypes of male expression and body image; different emotions; negative thinking styles; friendships; resilience and a self-care toolkit.



The Warwickshire Edinburgh Mental Wellbeing Scale (WEMWBS) clinical measure was used to monitor the impact of all the courses. This questionnaire generates a score with higher scores signifying higher levels of mental wellbeing. If a participant's score increases by **+3** or more WEMWBS points from the beginning to the end of the course, **their mental wellbeing has "meaningfully improved"** over the duration of the course.

The Outcomes for the cohorts who completed the Wellbeing Groups this year were:

**BREATHE: +5** with some students finishing with a score of **+13** higher than when they began.

**CREATED: +7** with some students finishing with scores of **+16 and +17** higher than when they began.

**UPBEAT: +7.9** higher with some students finishing with scores of **+18 and +19** higher than when they began.

The young people's Feedback quotes conveyed their positive experience of the courses and the benefit they experienced:

For BREATHE:

“ I really enjoyed making the vision board and learned that I can control my emotions but some things I can't control. ”

“ This course has made it easier to talk about things than in any other course that I've done before. ”

“ I realised that people are there for you more than you think they are. ”

“ I learned that anxiety is normal. I enjoyed the crafts and learning the breathing techniques. ”

“ I really enjoyed making the Calm Box and finding out ways to feel calmer. I've enjoyed the sessions that I've had so much – 5 stars! ”

“ In today's session I learned how to control bad thoughts. The breathing techniques were helpful. ”

For CREATED:

“ The sessions have really helped me to think things through and I’m coping better. ”

“ I really enjoyed talking about the changes that we’d like to see. I learned that my voice is worth it and that I should be more confident. ”

“ I felt emotional today as it was the last session and it’s been really good for me. Mum thinks it’s been good for me too. ”

“ I now know that I can use my voice - it’s as important as anyone else’s! ”

“ The session made me think about how I can thrive and the self-care that I can use to unwind. ”

“ I’ve been able to think about things that I’ve not been able to before. ”

For UPBEAT:

“ I enjoyed the fact that I could talk to somebody who knew how to talk about it. This session gets 5 stars! ”

“ I enjoyed having space to talk. I learned about the red flags to watch out for in case someone is feeling down. ”

“ I felt scared when police came to my house. It’s better now. It was hard. I can talk to dad, to teachers and I guess to you guys. It’s best to talk it out! ”

“ I wish these sessions were going on longer - I don’t want them to end. ”

“ I really enjoyed the activities and laughs. I learned that chatting to people was good and that we should talk more and do more activities. ”

“ I learned how to do box breathing and that you don’t need to keep bad things in your head. It’s ok to talk about your feelings. ”

## ***Youth Wellbeing Cafe - 25 young people***

National surveys and the feedback from our work with young people report a prevalent sense of isolation and a lack of meeting and activity spaces for 11 – 18-year-olds, which are both detrimental to mental health and emotional well-being. Many of the young people who receive our Pastoral Mentoring or group work in schools report that they don't participate in activities outside of school and state that they wish the support they have received from SHINE YOUTH could continue. Moreover, the request from the young people surveyed in the Charity's Youth Voice project was to be able to access mental health and wellbeing support in environments that feel "familiar" and "comfortable" to them (rather than unknown and clinical) and for this advice and activities to be "a part of youth clubs." Additionally, the number of young people who are absent from school has stayed high since the Covid-19 pandemic, and we wish to have a welcoming place to support these young people, mitigate social isolation and assist their re-engagement with Education.

In response to this and as a part of our strategy to offer the Right Support, in the Right Place at the Right Time, in December 2023 we launched a Youth Wellbeing Café after school to provide:

- A relational space for the young people that SHINE YOUTH already engages with through its schools work to continue to be supported;
- A support space for young people who are persistently absent/not attending school and/or are waiting for NHS support;
- A setting where the Charity can offer a more holistic menu of well-being activities than it can in schools; and
- An accessible environment for all local young people to find a community of support to improve their mental and emotional well-being, resilience and social/other skills.

Since its launch, 13 – 25 young people aged 11 – 17 years have been attending the weekly session to engage in creative activities and games that facilitate relationship-building and support their mental and emotional resilience. Therapeutic Arts sessions have been delivered by Arts Therapies UK (registered charity 1051578) and Solihull Active ran a cycling session that was very popular. SHINE YOUTH has run Wellbeing Workshops linked to the NHS 5 Ways to Wellbeing based on the key themes of Connect, Create, Move, Give and Pause. We have also delivered our BREATHE and CREATED Wellbeing Group courses at the Cafe, which some regular attendees choose to participate in and other young people booked in to attend.

5 of those attending are neurodivergent (are on the Autistic Spectrum, ASD, or have Attention-Deficit-Hyperactivity-Disorder, ADHD) and don't find peer relationships easy. Others have been experiencing loneliness due to high anxiety or not attending school.

We have seen the relationships between, and the confidence of, the young people attending grow over the 8 months of attending. Several parents have told us that the Wellbeing Café is the only activity their child has engaged in outside of school and that they love coming. Children's Services and school staff have referred young people to the Wellbeing Cafe and we have been asked by these professionals in the north of the Solihull borough to open another Wellbeing Café in that area. We plan to do this when we have sufficient funding and staff to do so.

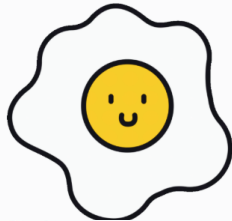
## WHAT YOU CAN EXPECT

- To be listened to
- To feel safe and welcome
- A calm environment
- To enjoy yourself



## RATE THE WEEK

- **Grab a whiteboard**
- **Draw or write about the last week:**
  - **1 thing that made you smile**
  - **1 thing that was tough**
  - **1 thing you are grateful for**
- **Share with the group!**



## GLIMMERS

What **glimmers** can you find from today?

They can be anything! Seeing a rainbow, the sunshine, fluffing a happy dog or an act of kindness that makes you smile.

Try to spot one glimmer each day and build the habit. Use all of your senses, go where the glimmers are and jot them down as you find them.

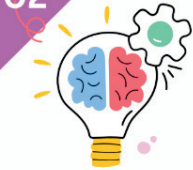


01

hello

Thought for the Week  
& Icebreaker

02



Skills Challenge

03



Games, LEGO,  
Illustration

## Mindful drawing

This is a creative activity that encourages relaxation. It isn't about skill or perfection, but about finding a moment of peace and creativity.



## Gratitude

What are you thankful and grateful for this week?

You can express gratitude towards other people as well as towards yourself.

**Write or draw at least three things**



## Shredding

We all have good and bad days. After a bad day, or when difficult, challenging or sad things have happened to us, often we want to forget about them quickly and move on.

**Note down something you want to forget, move on from. Shred it, as a sign that it no longer has power over your life.**

**It might be something you've done - that's okay. Maybe you need to say sorry or be forgiven**





“The stress of exams can get to me, but the cafe always gives me a moment to breathe as a safe space away from it all”

“My favourite activity has been learning new skills (Darts, Juggling, Magic tricks). It was something new and it was fun to try and persist with something hard.”

“I enjoy coming to the Cafe and look forward to it a lot, the people there are very helpful and supportive with my worries and struggles.”

“I found the Glimmers workshop helpful for improving my well-being, it made me start writing down the stuff that made my day and sharing it with others”

“Every Thursday I look forward to coming to youth club. It makes me feel happy and confident within myself and I love learning new things.”

“I am excited to interact with people for the first time and I am ok talking to them about my mental and physical wellbeing.”

“I enjoy coming here because it is something I look forward to each week. It’s very chill. I can connect with friends and new people.”

## ***Youth Voice Groups - 12 young people***

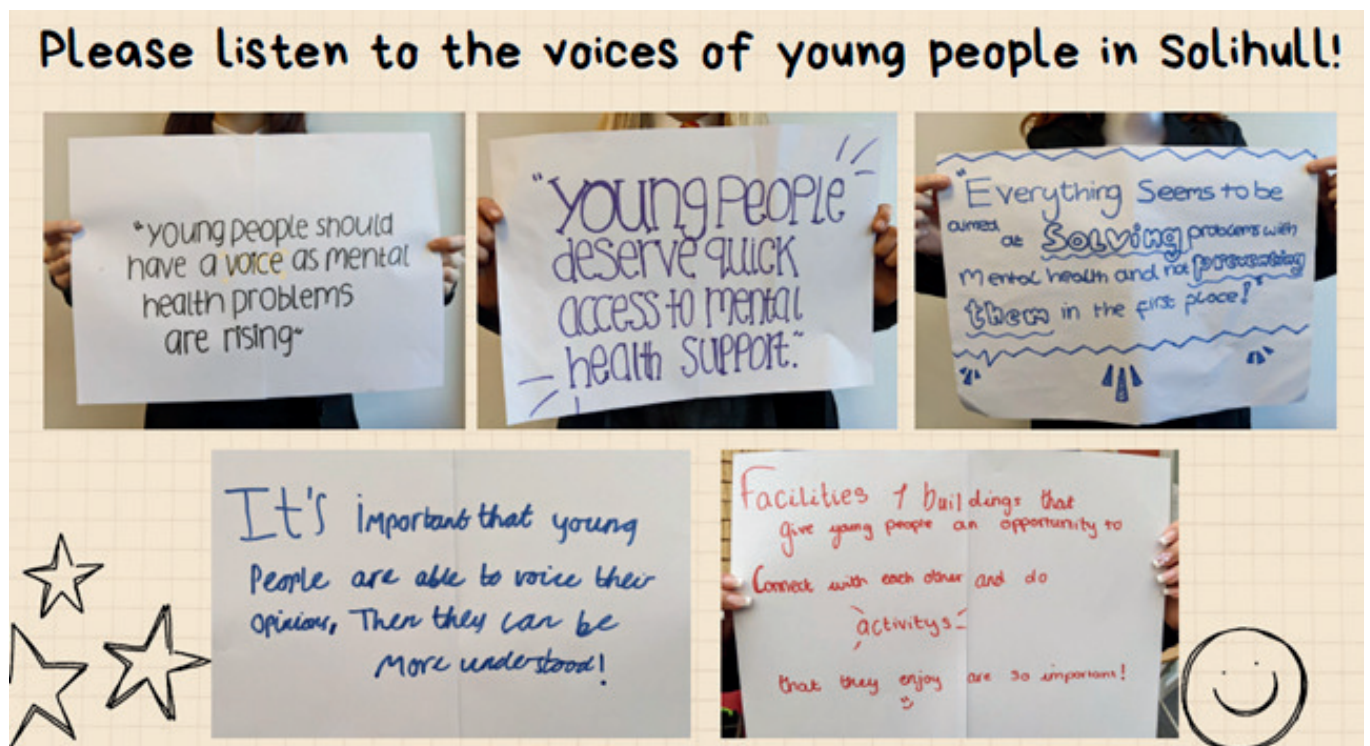
The Charity’s Wellbeing Lead and Schools & Community Youth Worker also ran a Youth Voice project in a north and a south Solihull secondary school with groups of students who had received SHINE YOUTH Pastoral Mentoring or attended a Wellbeing Group course (have lived experience of mental health and emotional wellbeing difficulties).

The purpose was to engage and amplify their voices to Highlight, Inform and Shape the mental health services on offer to them. They created a survey for their schools’ pupil populations to find out their ideas about the mental health and wellbeing provision they would like to be able to access; analysed its feedback; shared and sought feedback on the findings from key people in the Council and local NHS services; and presented the project and its feedback to their school Senior Leadership Teams.



The project also connected to the Birmingham & Solihull NHS Children & Young People's Mental Health Transformation Programme and the students attended one of the Ideas Forums in this programme where they communicated their views and ideas to a group of practitioners and decision-makers. The students were then invited to continue to participate in the programme and be part of shaping the new mental health provision to be rolled out across the borough of Solihull in 2025 to ensure that young people's voices are heard.

WE RESEARCHED	WE DESIGNED A SURVEY	WE ANALYSED THE DATA	WE DESIGNED A PRESENTATION	WE GOT FEEDBACK!
<ul style="list-style-type: none"> <li>• We looked at the what mental health support already exists in Solihull</li> <li>• We talked and imagined how this support could be improved.</li> </ul>	<ul style="list-style-type: none"> <li>• We studied a range of survey types and learned how to write the 'best' questions</li> <li>• We designed a Google Form survey which was completed by one class in each year group.</li> </ul> <p>*Give survey handout to SLT</p>	<ul style="list-style-type: none"> <li>• Using the data from the 150 student survey responses, we looked at the main themes and selected the most <b>important</b> information.</li> </ul>	<ul style="list-style-type: none"> <li>• Our presentation included our survey results with strong quotes from St Peter's students!</li> <li>• We emailed important mental health decision makers our presentation and asked for their feedback.</li> </ul>	<ul style="list-style-type: none"> <li>• We received some AMAZING feedback from important decision makers!</li> <li>• Our presentation is going to be used to inform the Birmingham and Solihull NHS Transformation Programme</li> </ul>



## YOUR VOICE HAS BEEN HEARD!



*"We'll be using this piece of work to inform our children's and young people's mental health transformation work going forward, so this is incredibly timely. It's a great piece of work - and we will look at how we share this further across our network."*

Lesa Kingham  
Commissioner Manager -  
Birmingham and Solihull Mental  
Health NHS Foundation Trust

### ***Representing the Voluntary, Community, Faith & Social Enterprise sector & Contributing to the development of local statutory services***

The Charity's CEO has continued to represent the VCFSE sector on the Mental Health Provider Panel within the Mental Health Provider Collaborative of the Integrated Care System (new NHS structure). This role enable SHINE YOUTH to contribute to the development of better mental health and emotional wellbeing provision for children and young people in Solihull and Birmingham.

# Financial Review

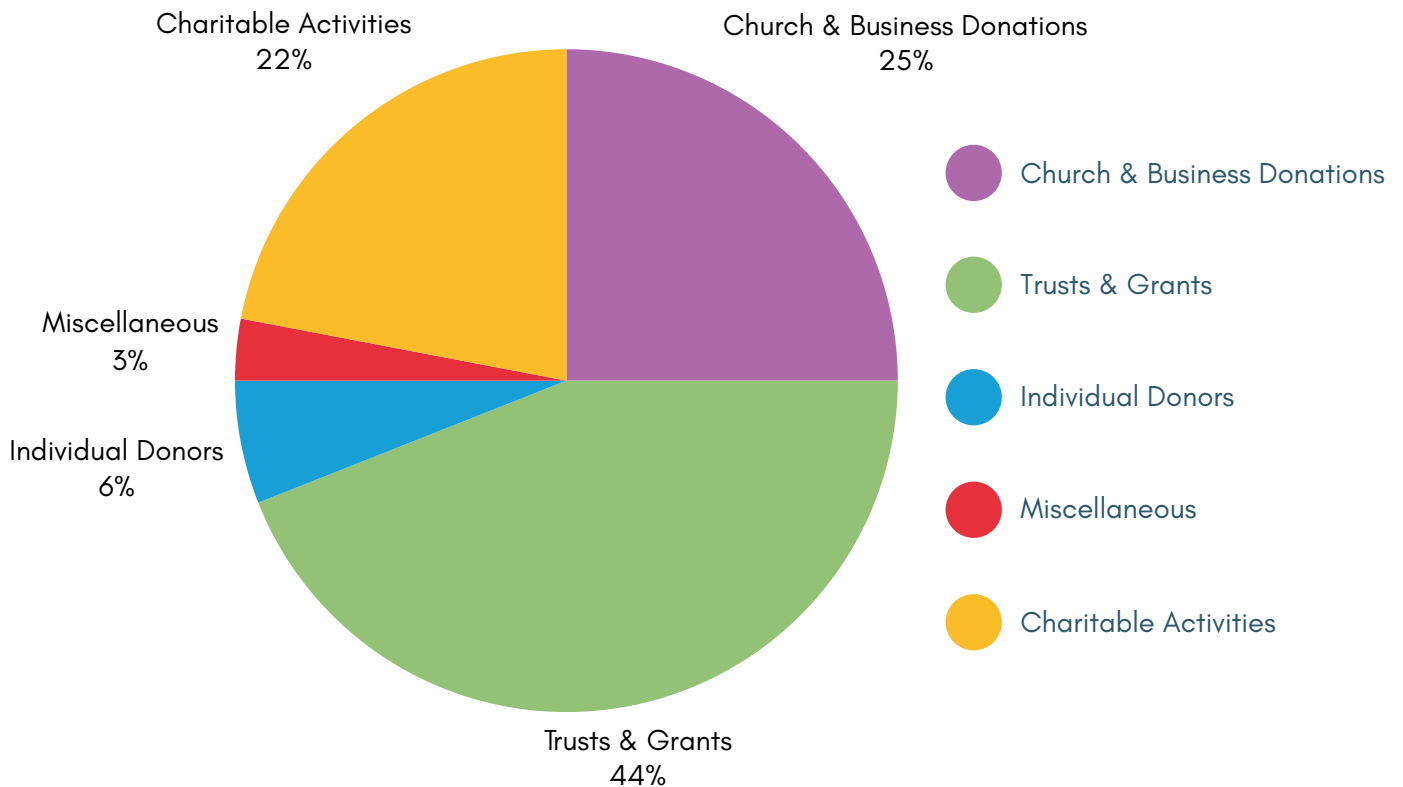
SHINE YOUTH completed its 2023-24 financial year on 31st August 2024 with a total income for the year of £81,199 and total expenditure of £74,055. This was a surplus of income over expenditure of £7,144.

The Charity ended the year with funds of £26,385: £11,536 of unrestricted money and £14,849 of restricted funds. It also had £2,995 of committed income from a signed SLA for 2024-25 to be paid by 30/09/24.

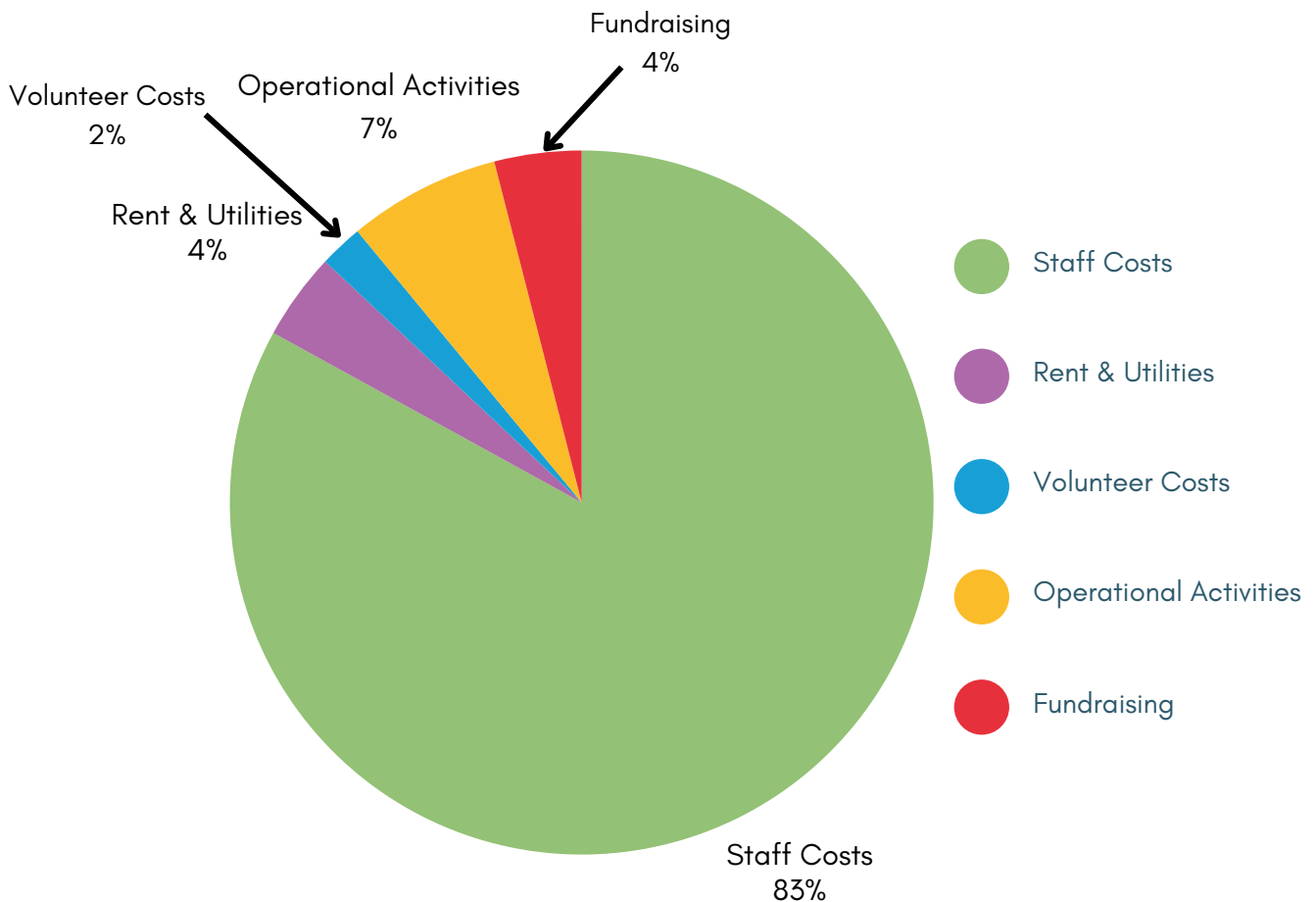
The trustees would like to express their thanks to the following who gave grants to fund the Charity's work this year: Solihull Metropolitan Borough Council, The Heart of England Community Foundation, The Trusted Executive Charitable Trust, The National Lottery and The Cooperative Bank.

They would also like to express their huge appreciation to Philips Church Dorridge, Solihull Christian Fellowship, Shirley Baptist Church, Dorridge Methodist Church, Knowle Parish Church and Birmingham Vineyard Church for their donations to the Charity's work this year, as well as The Café at Bentley Heath and all of the regular and one-off donors who have invested in the SHINE YOUTH's mission financially this year. We absolutely couldn't do it without you!

## Income



## Expenditure



## ***Reserves Policy***

The Trustees have set a Reserves Policy to maintain free reserves in unrestricted funds at a level which equates to 3 months of fixed overheads (£16,410). At 31/08/24 the unrestricted funds were £11,536, which is equivalent to 2 months of Reserves Funds. However, £3,354 of the 3 months Reserves figure is the Wellbeing Lead salary and this is funded by the £14,849 of the restricted funds held. The Trustees consider that this level provides sufficient funds to allow time for responses to applications for grants to be received and to ensure that support and governance costs are covered. Importantly, 3 months of Reserve funds also provides for the service delivery to be concluded over a timescale which constitutes therapeutic rather than abrupt endings of the direct work with young people.

## ***Assessment of Principal Risks and Mitigating Factors***

The Trustees continuously manage the risk environment using a risk register which assesses risks in accordance with the size, potential impact and likelihood of occurrence. This scoring methodology is used to identify key risks which are then actively managed by the Charity at both executive and Trustee level. The major risks managed include young people's safeguarding; levels of grant and fundraising income; risk of key employee loss; service delivery demand and response/ waiting times; and cash flow management. The Trustees are satisfied that all material risks have been clearly highlighted and are appropriately managed.

## ***Going Concern***

Having reviewed the level of available funds alongside the projected cash-flow, the Trustees have confidence that the Charity has adequate resources to continue its activities for the future. As a result, the Trustees continue to adopt the going concern basis in preparing the financial statements.

## ***Structure, Governance & Management***

The organisation is led by the Board of Trustees which oversees and monitors the work of SHINE YOUTH and makes decisions on overarching issues such as vision, strategy and both the agreement and monitoring of the budget and risk register. The Board of Trustees met 7 times during this year.

The post of CEO is also a Trustee in order to provide the Charity with a direct, effective and efficient link between its governance and operational functions. The CEO's equal responsibility and decision-making power at the highest level of the running of the charity provides direct accountability, strengthens governance and guards against the potential for disconnect between the Charity's management team and the Board.

The day-to-day running of SHINE YOUTH is delegated to the CEO. Members of the Board supervise the CEO and the CEO provides supervision to the rest of the staff and volunteer team.

## ***Recruitment, Appointment, Induction and Training of the Board of Trustees***

The Board of Trustees ensures that it takes into account potential contributions to the skills mix and the balance of the Board as a whole when making new appointments. Trustees are recruited by word of mouth and by direct approach to people who possess relevant skills and support the values of the Charity.

New Trustees are provided with a Trustee Handbook and inducted to the Charity and the context within which it operates. This includes:

- The obligations of Trustee Board members;
- The main documents which set out the operational framework for the Charity including its Governing Document; Policy Handbook; Risk Register and Archived Minutes of Trustees' Meetings;
- Resourcing and the current financial position as set out in the latest published accounts;
- Future plans and objectives.

As part of an ongoing recognition of the need to maintain quality standards throughout the Charity there is a commitment to source and recommend training for the Trustees to develop their understanding and abilities as Trustees. All Trustees complete Safeguarding training.



**Section A**

**Independent Examiner's Report**

**Report to the trustees**

Shine Youth

**On accounts for the year  
ended**

31/8/2024

**Charity no  
(if any)**

1185452

**Set out on pages**

19 - 31

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/08/2024.

**Responsibilities and  
basis of report**

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

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

**Independent  
examiner's statement**

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

**Signed:**

**Date:**

21/06/2025

**Name:**

Ian English

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

Retired Finance Manager

**Address:**

38 Sambourn Close

Solihull, B91 2SA



**CHARITY COMMISSION**  
FOR ENGLAND AND WALES

<b>Shine Youth</b>			Charity No	<b>1185452</b>
Annual accounts for the period				
Period start date	<b>01/09/2023</b>	to	Period end date	<b>31/08/2024</b>

## Section A Statement of financial activities



Recommended categories by activity	Unrestricted funds £	Restricted income funds £	Total funds £	Prior year (13 mths) £
	F01	F02	F04	F05
<b>Incoming resources (Note 3)</b>				
<b>Income and endowments from:</b>				
Donations and legacies	29,773	31,070	60,843	73,290
Charitable activities	17,966	-	17,966	10,760
Other trading activities	2,389	-	2,389	359
Investments	-	-	-	-
Separate material item of income	-	-	-	-
Other	-	-	-	-
<b>Total</b>	<b>50,129</b>	<b>31,070</b>	<b>81,199</b>	<b>84,409</b>
<b>Resources expended (Note 6)</b>				
<b>Expenditure on:</b>				
Raising funds	720	-	720	484
Charitable activities	48,903	24,433	73,335	79,843
Separate material item of expense	-	-	-	-
Other	-	-	-	-
<b>Total</b>	<b>49,623</b>	<b>24,433</b>	<b>74,055</b>	<b>80,327</b>
<b>Net income/(expenditure) before investment gains/(losses)</b>	506	6,637	7,144	4,082
Net gains/(losses) on investments	-	-	-	-
<b>Net income/(expenditure)</b>	506	6,637	7,144	4,082
<b>Extraordinary items</b>	-	-	-	-
<b>Transfers between funds</b>	-	-	-	-
<b>Other recognised gains/(losses):</b>				
Gains and losses on revaluation of fixed assets for the charity's own use	-	-	-	-
Other gains/(losses)	-	-	-	-
<b>Net movement in funds</b>	506	6,637	7,144	4,082
<b>Reconciliation of funds:</b>				
Total funds brought forward	6,871	8,212	15,082	11,001
<b>Total funds carried forward</b>	<b>7,377</b>	<b>14,849</b>	<b>22,226</b>	<b>15,082</b>

## Section B

## Balance sheet

	Unrestricted funds	Restricted income funds	Total this year	Total last year (13 mths)
	£	£	£	£
	F01	F02	F04	F05
<b>Fixed assets</b>				
Intangible assets	-	-	-	-
Tangible assets	-	-	-	-
Heritage assets	-	-	-	-
Investments	-	-	-	-
<b>Total fixed assets</b>	-	-	-	-
<b>Current assets</b>				
Stocks	-	-	-	-
Debtors (Note 9)	455	-	455	803
Investments	-	-	-	-
Cash at bank and in hand (Note 11)	11,452	14,849	26,391	24,091
<b>Total current assets</b>	<b>11,997</b>	<b>14,849</b>	<b>26,846</b>	<b>24,894</b>
<b>Creditors: amounts falling due within one year (Note 10)</b>	4,620	-	4,620	9,812
<b>Net current assets/(liabilities)</b>	<b>7,377</b>	<b>14,849</b>	<b>22,226</b>	<b>15,082</b>
<b>Total assets less current liabilities</b>	<b>7,377</b>	<b>14,849</b>	<b>22,226</b>	<b>15,082</b>
<b>Creditors: amounts falling due after one year (Note 20)</b>	-	-	-	-
Provisions for liabilities	-	-	-	-
<b>Total net assets or liabilities</b>	<b>7,377</b>	<b>14,849</b>	<b>22,226</b>	<b>15,082</b>
<b>Funds of the Charity</b>				
Restricted income funds (Note 12)	-	14,849	14,849	6,989
Unrestricted funds	7,377	-	7,377	8,094
<b>Total funds</b>	<b>7,377</b>	<b>14,849</b>	<b>22,226</b>	<b>15,082</b>

Signed by one or two trustees on behalf of all the trustees

Name	Signature	Date of approval
Zoe Wallis		12/10/2024
Jennifer Whitehill		12/10/2024

**Note 1 Basis of preparation****1.1 Basis of accounting**

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

The accounts have been prepared in accordance with:

- the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014
- the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102)
- and with the Charities Act 2011.

The Charity constitutes a public benefit entity as defined by FRS 102.

**1.2 Going Concern**

Having reviewed the level of funds available, together with the future projected cashflows, the trustees have reasonable expectation that the charity has adequate resources to continue its activities for the foreseeable future. Accordingly, they continue to adopt the going concern basis in preparing the financial statements.

**Note 2 Accounting Policies**

The following accounting policies have been applied by the Charity:

**2.1 Income**

Recognition of Income	These are included in the Statement of Financial Activities (SoFA) when: <ul style="list-style-type: none"> <li>● the charity becomes entitled to the resources;</li> <li>● it is more likely than not that the trustees will receive the resources;</li> <li>● the monetary value can be measured with sufficient reliability.</li> </ul>
Offsetting	There has been no offsetting of assets and liabilities, or income and expenses, unless required or permitted by the FRS 102 SORP or FRS 102.
Grants and donations	Grants and donations are only included in the SOFA when the general income recognition criteria are met (5.10 to 5.12 FRS102 SORP). In the case of performance related grants, income must only be recognised to the extent that the charity has provided the specified goods or services as entitlement to the grant only occurs when the performance related conditions are met (5.16 FRS 102 SORP).
Legacies	Legacies are included in the SOFA when receipt is probable, that is, when there has been grant of probate, the executors have established that there are sufficient assets in the estate and any conditions attached to the legacy are either within the control of the charity or have been met.
Government grants	The charity has not received government grants in the reporting period
Tax reclaims on donations and gifts	Gift Aid receivable is included in income when there is a valid declaration from the donor. Any Gift Aid amount recovered on a donation is considered to be part of that gift and is treated as an addition to the same fund as the initial donation unless the donor or the terms of the appeal have specified otherwise.

Contractual income and performance related grants	This is only included in the SOFA once the charity has provided the related goods or services or met the performance related conditions.
Donated goods	Gifts in kind for use by the charity are included in the SOFA as income from donations when receivable.
Donated services and facilities	Donated services and facilities are included in the SOFA when received at the value of the gift to the charity provided the value of the gift can be measured reliably. Donated services and facilities that are consumed immediately are recognised as income with an equivalent amount recognised as an expense under the appropriate heading in the SOFA.
Support costs	The charity has incurred expenditure on support costs.
Volunteer help	The value of any voluntary help received is not included in the accounts but is described in the trustees' annual report.
Income from interest, royalties and dividends	This is included in the accounts when receipt is probable and the amount receivable can be measured reliably.

## 2.2 Expenditure and Liabilities

Liability recognition	Liabilities are recognised where it is more likely than not that there is a legal or constructive obligation committing the charity to pay out resources and the amount of the obligation can be measured with reasonable certainty.
Governance and support costs	Support costs have been allocated between governance costs and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice. Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, eg allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.
Redundancy cost	The charity made no redundancy payments during the reporting period.
Deferred income	No material item of deferred income has been included in the accounts.
Creditors	The charity has creditors which are measured at settlement amounts less any trade discounts
Provisions for liabilities	A liability is measured on recognition at its historical cost and then subsequently measured at the best estimate of the amount required to settle the obligation at the reporting date
Basic financial instruments	The charity accounts for basic financial instruments on initial recognition as per paragraph 10.7 FRS102 SORP. Subsequent measurement is as per paragraphs 11.17 to 11.19, FRS102 SORP.

## 2.3 Assets

Tangible fixed assets for use by charity	Expenditure on acquisitions of fixed assets over £1000 are capitalised at cost. Tangible fixed assets are stated at cost less depreciation. Fixed assets are depreciated at rates appropriate to their useful academic life. There are currently no fixed assets.
Debtors	Debtors (including trade debtors and loans receivable) are measured on initial recognition at settlement amount after any trade discounts or amount advanced by the charity. Subsequently, they are measured at the cash or other consideration expected to be received.

**Note 3 Analysis of Income**

	Unrestricted funds £	Restricted income funds £	Total funds £	Prior year (13 mths) £
<b>Analysis</b>				
<b>Donations and legacies:</b>				
Grants	5,000	31,070	36,070	50,812
Church Supporters	17,786	-	17,786	7,900
Individual Supporters	4,039	-	4,039	7,967
Gift Aid on Individual Supporters	804	-	804	1,677
Business Supporters	2,145	-	2,145	4,550
School Supporters	-	-	-	348
Miscellaneous	-	-	-	37
<b>Total</b>	<b>29,773</b>	<b>31,070</b>	<b>60,843</b>	<b>73,290</b>
<b>Charitable activities:</b>				
Service Level Agreements	15,785	-	15,785	10,760
Panel Member payments	2,000	-	2,000	-
Youth Café Contributions	181	-	181	-
<b>Total</b>	<b>17,966</b>	<b>-</b>	<b>17,966</b>	<b>10,760</b>
<b>Other trading activities:</b>				
Fundraising Events	2,389	-	2,389	359
<b>Total</b>	<b>2,389</b>	<b>-</b>	<b>2,389</b>	<b>359</b>
<b>Total Income</b>	<b>50,129</b>	<b>31,070</b>	<b>81,199</b>	<b>84,409</b>

All income in the prior year was unrestricted except for:

£12,812	Wesleyan Foundation Grant
£5,000	Solihull Wellbeing Grant

#### Note 4 Analysis of Expenditure

Analysis	This year			Last year (13 months)		
	Unrestricted funds	Restricted income funds	Total funds	Unrestricted funds	Restricted income funds	Total funds
	£	£	£	£	£	£
<b>Expenditure on raising funds:</b>						
Incurring seeking donations	-	-	-	-	-	-
Incurring seeking legacies	-	-	-	-	-	-
Incurring seeking grants	-	-	-	-	-	-
Staging fundraising events	720	-	720	69	-	69
Advertising, marketing, direct mail and publicity	-	-	-	180	-	180
Allocated support costs (see Note 5)						
Staffing	2,068	-	2,068	728	-	728
Website	-	-	-	-	-	-
Publicity	-	-	-	-	-	-
Office Utilities	-	-	-	-	-	-
Computer Equipment	-	-	-	-	-	-
Computer Software & Licences	-	-	-	-	-	-
Stationery, Printing & Postage	-	-	-	-	-	-
Accounts Preparation	-	-	-	-	-	-
<b>Total expenditure on raising funds</b>	<b>2,788</b>	<b>-</b>	<b>2,788</b>	<b>977</b>	<b>-</b>	<b>977</b>
<b>Expenditure on charitable activities:</b>						
Staff & Volunteer training & Development	1,439	-	1,439	1,021	169	1,190
Resources	1,157	2,291	3,488	145	1,447	1,592
Subscriptions	65	-	65	55	-	55
Insurance	413	-	413	440	-	440
Allocated support costs (see Note 5)						
Staffing	40,362	20,912	61,274	51,073	12,189	63,262
Website	103	-	103	235	-	235
Publicity	-	-	-	-	-	-
Office Rent and Utilities	1,825	1,230	3,055	8,846	-	8,846
Computer Equipment	-	-	-	157	500	657
Computer Software & Licences	302	-	302	795	-	795
Other Equipment	100	-	100	86	-	86
Stationery, Printing & Postage	970	-	970	344	-	344
Accounts Preparation	100	-	100	100	-	100
Consultancy	-	-	-	1,750	-	1,750
<b>Total expenditure on charitable activities</b>	<b>46,835</b>	<b>24,433</b>	<b>71,267</b>	<b>65,046</b>	<b>14,304</b>	<b>79,350</b>
<b>TOTAL EXPENDITURE</b>	<b>49,623</b>	<b>24,433</b>	<b>74,055</b>	<b>66,023</b>	<b>14,304</b>	<b>80,327</b>

## Note 5 Support Costs

This year

Support cost	Raising funds £	Charitable Activities	Grand total £	Basis of allocation
Salaries & Pension	2,068	61,273	63,342	estimation of hours by role
Website	-	103	103	100% Charitable activities
Publicity	-	-	-	
Office Rent & Utilities	-	3,055	3,055	100% Charitable activities
Computer Equipment	-	-	-	100% Charitable activities
Computer Software & Licences	-	238	238	100% Charitable activities
Other equipment	-	100	100	100% Charitable activities
Stationery, Printing & Postage	-	970	970	by function of each item
Miscellaneous expenses	-	64	64	by function of each item
Accounts Preparation	-	100	100	100% Charitable activities
Consultancy	-	-	-	100% Charitable activities
<b>Total</b>	<b>2,068</b>	<b>65,903</b>	<b>67,971</b>	

Last year (13 months)

Support cost	Raising funds £	Charitable Activities	Grand total £	Basis of allocation
Salaries & Pension	728	63,262	63,990	estimation of hours by role
Website	-	235	235	100% Charitable activities
Publicity	-	-	-	
Office Rent & Utilities	-	8,846	8,846	100% Charitable activities
Computer Equipment	-	657	657	100% Charitable activities
Computer Software & Licences	-	795	795	100% Charitable activities
Other equipment	-	86	86	100% Charitable activities
Stationery, Printing & Postage	-	116	116	by function of each item
Miscellaneous expenses	-	53	53	by function of each item
Accounts Preparation	-	100	100	100% Charitable activities
Consultancy	-	1,750	1,750	100% Charitable activities
<b>Total</b>	<b>728</b>	<b>75,899</b>	<b>76,627</b>	

The apportionment of salaries is an estimation based on hours/time spent. The estimation techniques used to calculate the apportionment of other costs is the percentage of function performed by that expense for each category.

## Note 6 Details of certain items of expenditure

### Fees for the examination of the accounts

Independent examiner's fees  
Assurance services other than audit or independent examination  
Tax advisory fees

This year £	Last year £
100	100
-	-
-	-

## **Note 7 Paid employees**

### **7.1 Staff Costs**

	<b>This year £</b>	<b>Last year (13 mths)</b>
Salaries and wages	61,744	62,291
Social security costs	-	-
Pension costs (defined contribution scheme)	1,597	1,698
Other employee benefits	-	-
<b>Total staff costs</b>	<b>63,341</b>	<b>63,989</b>

	<b>This year</b>	<b>Last year</b>
Please provide details of expenditure on staff working for the charity whose contracts are with and are paid by a related party	0	0

No employees received employee benefits (excluding employer pension costs) for the reporting period of more than £60,000.

	<b>This year £</b>	<b>Last year £</b>
Total amount paid to key management personnel for their services to the charity.	27,466	27,532

### **7.2 Average head count in the year**

	<b>This year</b>	<b>Last year</b>
<b>The parts of the charity in which the employees work</b>	Fundraising	-
	Charitable Activities	2
	Governance	-
	Other	-
	<b>Total</b>	<b>2</b>

This is formatted to whole numbers. Total staff is FTE 2.01, last year was FTE 1.99.

## **Note 8 Defined contribution pension scheme**

	<b>This year £</b>	<b>Last year (13 mths) £</b>
Amount of contributions recognised in the SOFA as an expense	1,597	1,698

The liability and expense of defined contribution pension scheme are allocated between activities using the same rationale as apportioning staff time between activities. They are allocated between restricted and unrestricted funds according to the individual staff role.

## Note 9 Debtors and Prepayments

### Analysis of debtors

	<b>This year £</b>	<b>Last year £</b>
Trade debtors	-	-
Prepayments and accrued income	455	803
Other debtors	-	-
<b>Total</b>	<b>455</b>	<b>803</b>

## Note 10 Creditors and accruals

### Analysis of creditors

	<b>Amounts falling due within one year</b>		<b>Amounts falling due after more than one year</b>	
	<b>This year £</b>	<b>Last year £</b>	<b>This year £</b>	<b>Last year £</b>
Accruals for grants payable	-	-	-	-
Bank loans and overdrafts	-	-	-	-
Trade creditors	3,330	8,325	-	-
Payments received on account for contracts or performance-related grants	-	-	-	-
Accruals and deferred income	-	-	-	-
Taxation and social security	646	775	-	-
Other creditors	644	712	-	-
<b>Total</b>	<b>4,620</b>	<b>9,812</b>	<b>-</b>	<b>-</b>

## Note 11 Cash in bank and at hand

	<b>This year £</b>	<b>Last year £</b>
Short term cash investments (less than 3 months maturity date)	-	-
Short term deposits	-	-
Cash at bank and on hand	26,391	15,082
Other	-	-
<b>Total</b>	<b>26,391</b>	<b>15,082</b>

## Note 12 Charity Funds

### 12.1 Details of material funds held and movements during the CURRENT reporting period

Fund name	Type	Purpose and Restrictions
Wesleyan Foundation Grant	Restricted	For Wellbeing Groups including Wellbeing Lead salary and materials
SMBC Fairer Futures Grant	Restricted	For staff time and room hire for Youth Wellbeing Hub
National Lottery Grant	Restricted	For office rent and Wellbeing Lead salary
Co-op Community Dividend Fund	Restricted	For resources for Youth Wellbeing Hub

Fund name	Fund balances brought forward £	Income £	Expenditure £	Transfers £	Gains and losses £	Fund balances carried forward £
Wesleyan Foundation Grant	8,212		- 8,212	-	-	-
SMBC Fairer Futures Grant	-	10,000	- 10,000	-	-	-
National Lottery Grant	-	19,770	- 4,921	-	-	14,849
Co-op Community Dividend Fund	-	1,300	- 1,300	-	-	-
<b>Total Funds</b>	<b>8,212</b>	<b>31,070</b>	<b>- 24,433</b>	<b>-</b>	<b>-</b>	<b>14,849</b>

### 12.2 Details of material funds held and movements during the PREVIOUS reporting period

Fund name	Fund balances brought forward £	Income £	Expenditure £	Transfers £	Gains and losses £	Fund balances carried forward £
Wesleyan Foundation Grant	-	12,812	- 4,600	-	-	8,212
Training and Development Manager	4,204	-	- 4,204	-	-	-
Solihull Wellbeing Grant	-	5,000	- 5,000	-	-	-
IT Fund	500	-	- 500	-	-	-
<b>Total Funds</b>	<b>4,704</b>	<b>17,812</b>	<b>- 14,304</b>	<b>-</b>	<b>-</b>	<b>8,212</b>

## Note 13 Transactions with trustees and related parties

### 13.1 Trustee remuneration and benefits

This year:

Name of trustee	Legal authority	Amounts paid or benefit value				
		Remuneration	Pension contribution	Redundancy	Other	TOTAL
		£	£	£	£	£
Cheryl Hawkins	Governing Document	27,466	820	-	-	28,286

Cheryl Hawkins received remuneration from employment with the Charity.

Last year:

Name of trustee	Legal authority	Amounts paid or benefit value				
		Remuneration	Pension contribution	Redundancy	Other	TOTAL
		£	£	£	£	£
Cheryl Hawkins	Governing Document	27,533	888	-	-	28,421

Cheryl Hawkins received remuneration from employment with the Charity.

### 13.2 Trustee expenses

No trustee expenses have been incurred.




### 13.3 Transactions with related parties

No transactions with related parties have occurred.

## Declaration

The Trustees declare that they have approved the Trustees' Annual Report for 2023-2024 above.

Signed on behalf of the Charity's trustees:

Name	Jennifer Whitehill	Zoe Wallis	Cheryl Hawkins
Position	Chairperson	Treasurer	Trustee & CEO
Signature			
Date	19/11/2024	19/11/2024	19/11/2024

**SHINE YOUTH**

England & Wales - Charity number 1185452

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# Accounts

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**SHINE YOUTH**

*restoring hope*

***Annual Report***

**2022 - 2023**





# *Annual Report*

for the Year Ending 31 August 2023

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## Reference & Administrative Information

Charity Registration Number	1185452
Date of Registration	23/09/2019
Start of Financial Year	01/08/2022
End of Financial Year	31/08/2023
Trustees who served during the year	Jennifer Whitehill (appointed 10/02/2020) Zoe Wallis (appointed 17/07/2019) Cheryl Hawkins (appointed 17/07/2019)
Registered Address	The Bridge, 234 Stratford Road, Shirley, Solihull, B90 2AG
Governing Document	Charitable Incorporated Organisation 'Foundation Model'
Bankers	Natwest, 12 Broad Street, Hereford, HP4 9AH
Independent Examiner	Ian English

## **Background**

SHINE YOUTH was founded after the youth charity the founder was working for announced at the end of June 2019 that it was going to close. The founder was the Director of the Pastoral Mentoring work and was asked by all of the schools where the mentoring services were being delivered to continue that service delivery. The schools said there was no other provision able to meet the needs of their vulnerable students in the same timely and effective way. When the other staff and existing volunteers committed to continue the work, the founder setup SHINE YOUTH immediately so that young people had no break in the support they were receiving. SHINE YOUTH was registered as a Charitable Incorporated Organisation (CIO) by the Charity Commission on 23 September 2019.

## **Objectives**

The purpose of the Charity as set out in its Governing Document is to promote and protect the positive mental health and emotional wellbeing of young people aged 11-18 years who are experiencing mental health and emotional difficulties related to experiences of grief and loss; low mood, low self-esteem; anger; stress and anxiety; childhood trauma; domestic violence and self-harm.

The Charity does this through providing:

- 1:1 Pastoral Mentoring and Counselling & Wellbeing Group courses for young people which all relieves their distress; advances their self-care, social and emotional skills; and facilitates the growth of their positive mental health, self-identity, resilience and self-esteem.
- Psycho-education and evidence-based tools and strategies to young people and their parents/ carers, teachers, youth workers and others so that young people are supported in mental health- and trauma-informed ways.

In so doing, the Charity's work supports young people to build their resilience and fulfil their potential to flourish in their relationships, education, community and future work and family life.

## **Public Benefit**

The Trustees have regard to the guidance from the Charity Commission on reporting on Public Benefit and are committed to ensuring the Charity delivers public benefit as it fulfills its objectives.

The Charity offers its activities to all people of any faith or none and does so in accordance with Christian principles and unconditional positive regard, respect and empathy.

## **Vision**

SHINE YOUTH is passionately committed to ensuring that Young People:

- experience Care, Connection, increased Confidence and positive Change when they are in need of mental health and emotional support;

- are not left waiting without support;
- can access a range of support with in-school options (where the majority spend the majority of their time) and options in their local community, particularly if they are not attending school or that is not their preferred or most suitable setting to access personalised support; and
- feel seen, heard, involved and are able to shape the support on offer to them.

SHINE YOUTH envisions a landscape where all 11 -18 year olds are able to easily access the Right Support for their need, at the Right Time, in the Right Way.

## Strategy

Recognising the scale of the mental health crisis amongst those aged 11 – 18 years, our approach seeks to deliver innovative, responsive and integrated provision. This provision is graduated and targeted to deliver prevention, early intervention, and more specialist support in settings which young people find comfortable and easily accessible.

It requires us to go DEEP & WIDE to provide 3 skilled, evidence-based programmes alongside Training and Youth Voice groups to have a robust positive impact on improving the mental and emotional wellbeing of this age group in Solihull: 1:1 Mentoring & Counselling, Wellbeing Groups and Youth Wellbeing Cafes (Relational Activity Spaces with wellbeing themes, workshops and activities).

## DEEP & WIDE



All built on the foundation of our commitment to keeping young people at the centre of all we do by providing the Right Support, at the Right Time, in the Right Way & by convening and facilitating:

- ✓ **1:1 Pastoral Mentoring & Counselling** which works with the depth of specific stories, strengths and difficulties of individuals.
- ✓ **Wellbeing Groups** which deliver psycho-education and self-help tools and also utilise peer support to build greater resilience.
- ✓ **Youth Wellbeing Cafes (Relational Activity Spaces)** which offer holistic wellbeing activities: bringing physical and spiritual elements alongside the 1:1 and group elements listed above, and which provide larger communities of Care, Connection, Confidence-building and Celebration **& Training** to assist parents/carers, school staff and others to support young people's mental and emotional wellbeing.

■ **Youth Voice groups** where young people who have received the support of our programmes can be engaged to HIGHLIGHT, INFORM and SHAPE the work that we deliver and the mental health services on offer to them.

# Achievements & Performance

This year SHINE YOUTH has supported 189 beneficiaries through:

- continuing to deliver 1:1 Pastoral Mentoring & Counselling to 11 -18 year olds who are experiencing a range of mental health and emotional wellbeing difficulties;
- increasing its capacity to support a larger number of young people through the development and delivery of 3 new Wellbeing Groups;
- writing and delivering training to parent/carers and school staff; and
- introducing Youth Voice groups.

## 189 Beneficiaries



Attended	
<b>47</b>	<b>1:1 Pastoral Mentoring &amp; Counselling</b> (received 12 - 25 sessions)
<b>72</b>	<b>Wellbeing Group courses</b> (6 or 7 sessions)
<b>27</b>	<b>Youth Voice groups</b> (bi-monthly sessions)
<b>43</b>	<b>Training for parent/carers &amp; school staff</b> (half-day workshops)

## Referral Characteristics

(the majority had dual features)

<b>26</b> Bereavement	<b>36</b> Low Self-Esteem
<b>43</b> Anxiety	<b>23</b> Low Mood
<b>12</b> Anger	<b>10</b> Self-Harm

Those referred who have **SEND**

<b>11%</b>	1:1 Pastoral Mentoring
<b>43%</b>	Wellbeing Group courses

## **1:1 Mentoring & Counselling - 47 young people / 773 hours of support**

SHINE YOUTH delivered 773 sessions / hours of 1:1 support to 47 young people this year. Due to the enduring impact of the Covid-19 pandemic 45% of the teenagers referred required more than our standard 12 sessions of support and 10% received between 20 and 25 sessions as their situations were complex and/or they needed more encouragement to build and recognise their own resilience. Some of the many positive comments that young people gave in their feedback at the end of their mentoring support included:



We were also delighted that in their feedback at the conclusion of each student's mentoring episode, teachers' reported that:

**100%**

of the teenagers who had received Shine Youth Mentoring were exhibiting:

- improved understanding of their feelings;
- improvement in managing their emotions;
- increased confidence; and
- increased resilience.

Caleb (not his real name) was referred for SHINE YOUTH mentoring a year after his father had died during the Covid-19 pandemic. He was regularly thinking about and missing his dad, was low in his mood, was very subdued and described himself as "just getting through days really." His mum had searched for counselling through their GP and privately but had been unable to find any support he could access.

At the beginning of the mentoring sessions Caleb only spoke with a few words, but over a few weeks he began to say more until he could talk freely about his memories of his dad and the anger he felt at not being able to be with him and say goodbye when he died. He made a memory jar of his strongest memories that connected him to his dad. He was also helped to think of emotions as being like icebergs - where things look quite small on the surface but there are a lot of big feelings under the surface. A lot of time was spent helping him to unpack his feelings.



Caleb engaged really well in his sessions and made an anger management plan with 3 goals and strategies. At the start of the sessions he rated his progress on these goals at 4, 1 and 0 on a ten point scale. By the end of the mentoring he re-scored them at 7, 9, and 6 (functional improvements of +3, +8 and +6). His YP-Core score of emotional distress had also reduced from 23 in mentoring session 1 to 13 in his last session. At the end his reflection was:

“ I have learnt how to deal with my anger and talk about my Dad. Mentoring has helped me to understand my anger and deal with my stress by breathing techniques and tensing and releasing my muscles when I'm mad ”



When Teigan (not her real name) was referred she was living with her dad and there had been previous safeguarding concerns about her mum's new partner. She was referred for mentoring to help her process the fact her mum had stopped all contact and communication with Teigan following these concerns. She had also been referred to CAMHS by her GP but had not engaged with the support they offered.

Teigan initially presented at her mentoring sessions in a stressed and anxious state. She opened up about some of her story and her difficult experiences with her mum and mum's partner, which had obviously been a traumatic time for her. She was particularly worried about continuing to see her mum in their local community and the possibility of being made to live with her mum again, which she did not want.

Her mentor was able to listen and be present for Teigan to unburden herself of her worries each week and to explain the statutory and legal framework which made it highly unlikely that she would be made to live with her mum against her will.

Teigan's mentor helped her to explore her feelings of loss as a result of her mum not protecting her previously and of not having the ideal mum in her life that she wished for. Part of this work also built her self-esteem by making her aware of her great worth, her strengths and that what had occurred had not been her fault. Teigan was able to identify the many good things in her life and start to find more joy in the things she loved doing. At the end of her sessions Teigan said she felt

“ much happier and more confident about the future ”

## **Wellbeing Groups - 72 young people / 6 courses**

As the number of young people referred to SHINE YOUTH for 1:1 Mentoring was higher than the number it had capacity to mentor, the Wellbeing Lead and Training Manager (Mental Health nurse) wrote group material this year which would enable the Charity to support a higher number of young people than it could through 1:1 work:

- a 7 sessions course called **CREATED** to raise self-esteem and
- a 6 session course called **BREATHE** to support and equip participants to overcome anxiety.

The Wellbeing Lead and volunteer youth work team then delivered 6 courses to 72 young people in schools. These courses were very well received by the students who participated and the staff who observed some sessions (Deputy Headteacher, Head of Year and Teacher Assistants).

The **BREATHE** course teaches young people to understand and recognise the science, symptoms and triggers of anxiety; and to use breathing techniques, Cognitive-Behavioural Therapy (CBT) and a range of self-care strategies.

**BREATHE**  
*Controlling the controllable*



Remember your thoughts aren't facts.

You can actively practise turning negative thoughts to be more positive. Be kind to yourself.



Is the thing you're worried about in your control to make changes? If it is, make a plan. If it's not, try to let go of the worries.




**This week:**

- Be aware of your thoughts...
- When they turn negative, be kind to yourself and try turning them to be gentler and more positive.
- Try practising this.
- Imagine what you would say to a friend if they had similar thoughts.
- Keep using one of the breathing strategies.

The **CREATED** course builds young people's self-esteem by identifying signature strengths; managing comparison and self-criticism; using positive self-talk and exploring self-worth, belonging, relationships, purpose, meaning and self-care. It incorporates Cognitive-Behaviour Therapy (CBT), Positive Psychology and a strengths-focused resilience framework

**CREATED** *Unique*




You are totally *unique!* - there's no-one quite like you!



'Unique' things are valuable - you are priceless!



You have defining strengths that you can naturally harness. Using these strengths will help you to thrive!



**My top 3 character strengths:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_





This week, **LOOK** for when you use these strengths.

We also delivered a 6 session course concentrating on healthy male wellbeing called **UPBEAT**.

This programme uses music, video and creative group activities to help boys aged 11 - 14 years develop a healthier approach to their emotional wellbeing. It explores stereotypes of male expression and body image; different emotions; negative thinking styles; friendships; resilience and a self-care toolkit.



The Warwickshire Edinburgh Mental Wellbeing Scale (WEMWBS) clinical measure was used to monitor the impact of all the courses. This questionnaire generates a score with higher scores signifying higher levels of mental wellbeing. If a participant's score increases by **+3** or more WEMWBS points from the beginning to the end of the course, **their mental wellbeing has "meaningfully improved"** over the duration of the course.

The Outcomes for the cohorts who completed the Wellbeing Groups this year were:

**BREATHE: +5.15** with some students finishing with a score of **+10** higher than when they began.

**CREATED: +3.12** with some students finishing with scores of **+13, +14 and +15** higher than when they began.

**UPBEAT: +3.33** higher with some students finishing with scores of **+9, +12 and +14** higher than when they began.

The young people's quotes conveyed their positive experience of the courses and the benefit they experienced:

- I have really enjoyed the course. It's helped me a lot to know how to control anxiety. The strategies are helpful and useful.
- I've learnt there are things that I can't control and that I shouldn't be blaming myself.
- The more I come here, the more relaxed I feel. I've found the breathing exercises helpful to slow down my breathing when I'm anxious.
- I've learned that I can persevere and chase my goals and dreams.
- I've learnt to feel confident in myself and my strengths. I've found out some strengths that I didn't know I had before.
- I'm loving the group! This lesson was fun and made me trust a lot more people. The words you say are really kind and encourage us.
- It's been good to have a chance to talk about stuff openly with a group.
- In the past year, my parents separated. it was very stressful and money was tight as both mum and dad had to find somewhere to live. It made me feel sad and stressed. But I've learned that you're not on your own, there is always someone there to talk to so don't bottle it up!
- I've realised that other people feel the same emotions as me, so I can talk to people I trust about my emotions. It's ok to be sad.

## ***Parent/Carer/Staff Training - 43 attended***

The Training & Development Manager also developed some training sessions for teachers and for parent / carers to inform them of key knowledge and practical tools to assist their young people to regulate their emotions and improve their mental health:

- Surviving to Thriving: Understanding & Responding to Anxiety;
- A CBT Approach to Anxiety;
- A Person-Centred Approach to Anxiety;
- Understanding Self-Harm & How to Help.

All of the 38 feedback sheets completed by those who participated reported that they had found the sessions 'useful' or 'very useful.'

## ***Youth Voice Groups - 3 schools, 27 young people***

The Wellbeing Lead also introduced a Youth Voice project in 3 secondary schools with groups of teenagers who have received Shine Youth Pastoral Mentoring or attended a Wellbeing Group course (and so have lived experience of mental health and emotional wellbeing difficulties).

These groups are scheduled to meet 4 times throughout the academic year and their purpose is to engage and amplify the students' voices to Highlight, Inform and Shape the mental health services on offer to them and others.

These young people will be able to develop a range of skills and also act as SHINE YOUTH ambassadors and raise the Charity's profile in their school and local community as they:

- share their knowledge and experience of teenage mental health and wellbeing;
- learn more and raise awareness through a marketing campaign;
- survey the knowledge and experiences of their peers;
- provide feedback to their school staff, Solihull Council and Birmingham & Solihull NHS; and
- help shape the provision of our charity and (potentially) the mental health provision across the borough of Solihull so that young people's voices are heard.



## ***Representing the Voluntary, Community, Faith & Social Enterprise sector & Contributing to the development of local statutory services***

In April the Charity's CEO was elected to the Mental Health Provider Panel to represent the VCFSE sector within the Mental Health Provider Collaborative of the Integrated Care System (new NHS structure) for 2022 - 2024. This influential role will enable the SHINE YOUTH team to contribute meaningfully to developing better mental health and emotional wellbeing provision for children and young people in Solihull and Birmingham.

# Financial Review

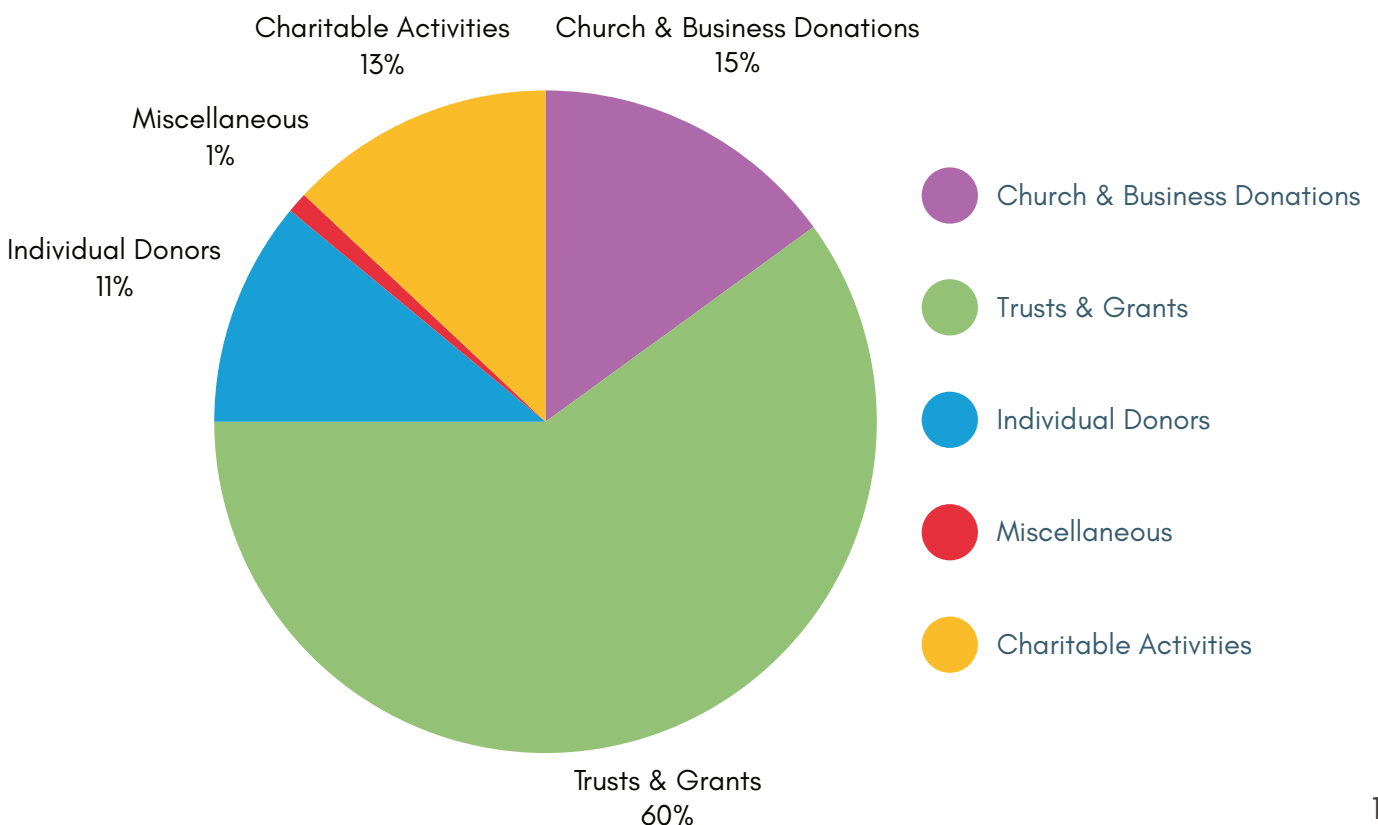
As the Charity's Service Level Agreements are with local schools and services run from September to July, this year the trustees took the decision to adjust the Charity's financial year end so that it is aligned with the Academic year, beginning on 01 September. As a result, this Financial Year and accounts cover a 13-month rather than a 12-month period (01/08/22 - 31/08/23).

SHINE YOUTH completed its 2022-23 financial year on 31st August 2023 with a net profit of £4,082 where the total income for the year was £84,409 and total expenditure was £80,327. The Charity ended the year with funds of £15,083: £6,871 of unrestricted money and £8,212 in restricted funds. It also held £8,325 of SLA income prepaid for the 2023-24 financial year and had £4,560 of committed income from additional signed SLAs to be paid by 30/09/23.

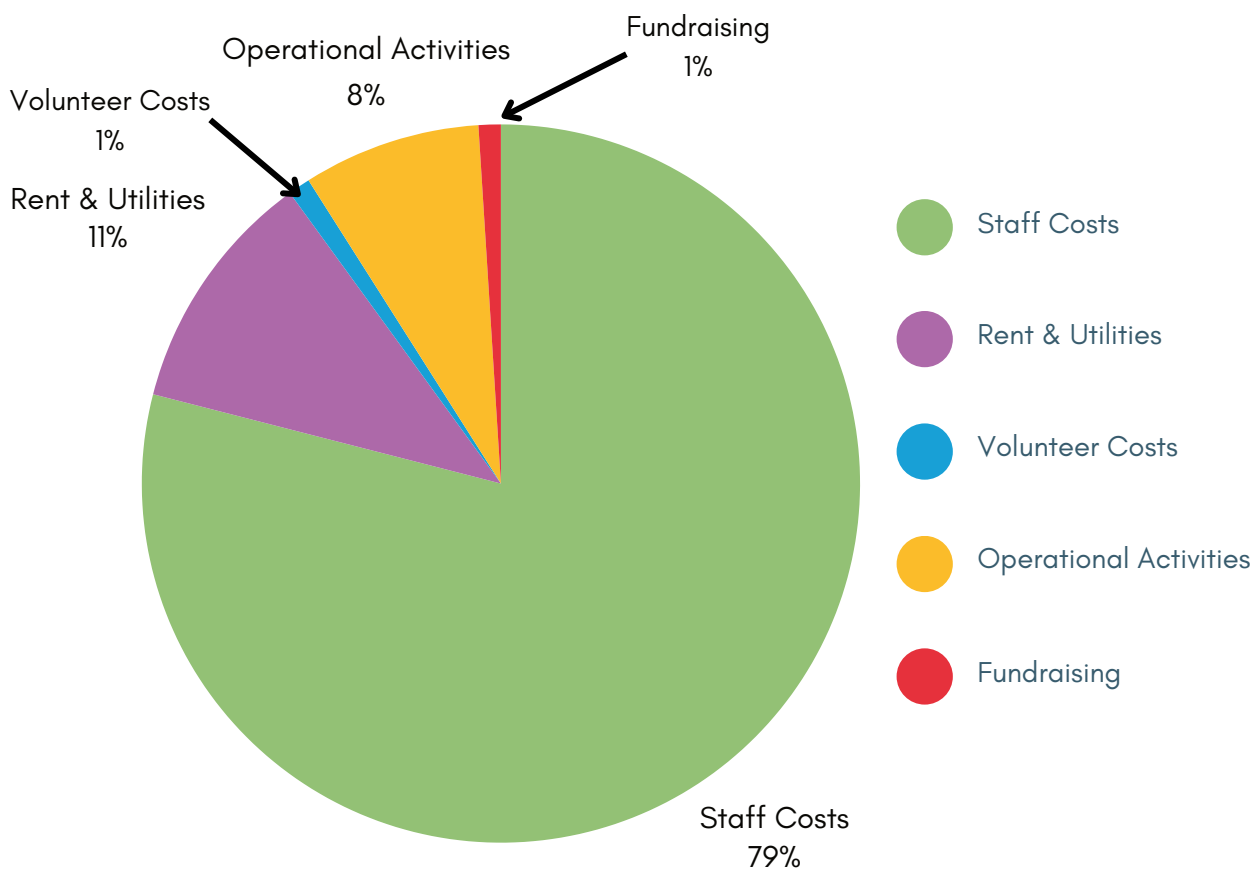
The trustees would like to express their thanks to the following who gave grants to fund the Charity's work this year: Solihull Metropolitan Borough Council, The Heart of England Community Foundation, The Trusted Executive Charitable Trust, The Wesleyan Foundation and The Benefact Trust.

They would also like to express their huge appreciation to Philips Church Dorridge, Solihull Christian Fellowship and Birmingham Vineyard Church for their donations to the Charity's work this year, as well as The Café at Bentley Heath and all of the regular and one-off donors who have invested in the SHINE YOUTH's mission financially this year. We absolutely couldn't do it without you!

## Income



## Expenditure



## ***Reserves Policy***

The Trustees have set a Reserves Policy to maintain free reserves in unrestricted funds at a level which equates to 3 months of fixed overheads (£15,714). The Trustees consider that this level provides sufficient funds to allow time for responses to applications for grants to be received and to ensure that support and governance costs are covered. Importantly, 3 months of Reserve funds also provides for the service delivery to be concluded over a timescale which constitutes therapeutic rather than abrupt endings of the direct work with young people.

## ***Assessment of Principal Risks and Mitigating Factors***

The Trustees continuously manage the risk environment using a risk register which assesses risks in accordance with the size, potential impact and likelihood of occurrence. This scoring methodology is used to identify key risks which are then actively managed by the Charity at both executive and Trustee level. The major risks managed include young people's safeguarding; levels of grant and fundraising income; risk of key employee loss; service delivery demand and response/ waiting times; and cash flow management. The Trustees are satisfied that all material risks have been clearly highlighted and are appropriately managed.

The levels of finance have been under regular review. Actions were taken to engage assistance from 2 bid-writers to complete successful grant applications but, unfortunately, work from these individuals did not materialise. The Trustees also actively investigated a potential financial partnership with a larger charity. Whilst detailed conversations and assessment resulted in a decision not to progress this on this occasion, the Trustees remain committed to ensuring the Charity has the finance required to maintain and expand its delivery and increase its beneficiary numbers in line with our strategic direction.

A key influence upon the Charity's programme delivery this year was the introduction of the Mental Health in Schools Teams by the Local NHS and school counsellor resources following the Covid-19 Pandemic. This started to result in a lower request from schools for the Charity's 1:1 Pastoral Mentoring service. The Trustees review of the evolving situation revealed that the strategic move taken at the beginning of the year to begin designing and delivering Wellbeing Group courses was a good one. Schools responding well to the Wellbeing Group courses and requesting more of this programme. In addition to the £8,325 of Mentoring SLA income prepaid for the 2023-24 year, SHINE YOUTH has also already secured £4,560 of Wellbeing Groups SLA income for the Autumn 2023 term which will be paid to it in September 2023.

The Trustees' decision to recruit a Schools & Community Youth Worker into the team for 2023-24 to meet the changing demand will enable more groups to be delivered and greater co-creation and co-production with our beneficiaries through Youth Voice Groups to occur. Critically, the appointment of a Schools & Community Youth Worker also provides SHINE YOUTH the opportunity to begin delivering out-of-school support in community settings in line with its strategy. As part of planning for this new service, a partnership with a local church with excellent bus connections and within 30 minutes walking distance from 4 local secondary schools has been agreed as a delivery space where young people can easily access support after school. The Trustees have confidence that these actions mitigate the risk of lower demand for 1:1 Pastoral Mentoring in-schools. Out-of-school delivery in the Community also means the Charity can apply for grants and funding it has not been able to to-date.

## ***Going Concern***

Having reviewed the level of available funds alongside the projected cash-flow, the Trustees have confidence that the Charity has adequate resources to continue its activities for the future. As well as the £15,082 EOY balance, the Charity's bank account at this financial end of year includes prepayments from schools totalling £8,325 for SLAs to deliver its services in 2023-24. Also, SHINE YOUTH had further SLAs signed by schools for fees totalling £4,560 to be paid by 30/09/23. Additionally, the £8,212 restricted fund surplus is restricted to fund 77% of the monthly Wellbeing Lead salary for 9 months (Sept 2023 - May 2024). As a result, the Trustees continue to adopt the going concern basis in preparing the financial statements.

## ***Structure, Governance & Management***

The organisation is led by the Board of Trustees which oversees and monitors the work of SHINE YOUTH and makes decisions on overarching issues such as vision, strategy and both the agreement and monitoring of the budget and risk register. The Board of Trustees met 8 times during this year.

The post of CEO is also a Trustee in order to provide the Charity with a direct, effective and efficient link between its governance and operational functions. The CEO's equal responsibility and decision-making power at the highest level of the running of the charity provides direct accountability, strengthens governance and guards against the potential for disconnect between the Charity's management team and the Board.

The day-to-day running of SHINE YOUTH is delegated to the CEO. Members of the Board supervise the CEO and the CEO provides supervision to the rest of the staff and volunteer team.

## ***Recruitment, Appointment, Induction and Training of the Board of Trustees***

The Board of Trustees ensures that it takes into account potential contributions to the skills mix and the balance of the Board as a whole when making new appointments. Trustees are recruited by word of mouth and by direct approach to people who possess relevant skills and support the values of the Charity.

New Trustees are provided with a Trustee Handbook and inducted to the Charity and the context within which it operates. This includes:

- The obligations of Trustee Board members;
- The main documents which set out the operational framework for the Charity including its Governing Document; Policy Handbook; Risk Register and Archived Minutes of Trustees' Meetings;
- Resourcing and the current financial position as set out in the latest published accounts;
- Future plans and objectives.

As part of an ongoing recognition of the need to maintain quality standards throughout the Charity there is a commitment to source and recommend training for the Trustees to develop their understanding and abilities as Trustees. All Trustees complete Safeguarding training.



**Section A**

**Independent Examiner's Report**

**Report to the trustees**

Charity Name  
Shine Youth

**On accounts for the year  
ended**

31 August 2023

**Charity no  
(if any)**

1185452

**Set out on pages**

10 to 27

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the 13 months ended 31/08/2023.

**Responsibilities and  
basis of report**

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

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

**Independent  
examiner's statement**

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

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

**Signed:**

[Signature box]

**Date:**

19/06/2024

**Name:**

Ian English

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

Finance Manager (Retired)

**Address:**

38 Sambourn Close

Solihull

B91 2SA



CHARITY COMMISSION  
FOR ENGLAND AND WALES

<b>Shine Youth</b>		Charity No	<b>1185452</b>
<b>Annual accounts for the period</b>			
Period start date	<b>01/08/2022</b>	to	Period end date <b>31/08/2023</b>

## Section A Statement of financial activities



Recommended categories by activity	Unrestricted funds £	Restricted income funds £	Total funds (13 mths) £	Prior year funds £
Incoming resources (Note 3)	F01	F02	F04	F05
<b>Income and endowments from:</b>				
Donations and legacies	55,479	17,812	73,290	36,244
Charitable activities	10,760	-	10,760	5,515
Other trading activities	359	-	359	-
Investments	-	-	-	-
Separate material item of income	-	-	-	-
Other	-	-	-	-
<b>Total</b>	<b>66,597</b>	<b>17,812</b>	<b>84,409</b>	<b>41,759</b>
<b>Resources expended (Note 6)</b>				
<b>Expenditure on:</b>				
Raising funds	484	-	484	331
Charitable activities	65,539	14,304	79,843	63,136
Separate material item of expense	-	-	-	-
Other	-	-	-	-
<b>Total</b>	<b>66,023</b>	<b>14,304</b>	<b>80,327</b>	<b>63,467</b>
<b>Net income/(expenditure) before investment gains/(losses)</b>	1,797	2,284	4,082	21,708
Net gains/(losses) on investments	-	-	-	-
<b>Net income/(expenditure)</b>	1,797	2,284	4,082	21,708
<b>Extraordinary items</b>	-	-	-	-
<b>Transfers between funds</b>	-	-	-	-
<b>Other recognised gains/(losses):</b>				
Gains and losses on revaluation of fixed assets for the charity's own use	-	-	-	-
Other gains/(losses)	-	-	-	-
<b>Net movement in funds</b>	1,797	2,284	4,082	21,708
<b>Reconciliation of funds:</b>				
Total funds brought forward	6,296	4,704	11,001	32,708
<b>Total funds carried forward</b>	<b>6,871</b>	<b>8,212</b>	<b>15,082</b>	<b>11,001</b>

## Section B

## Balance sheet

	Unrestricted funds £ F01	Restricted income funds £ F02	Total this year £ F04	Total last year £ F05
<b>Fixed assets</b>				
Intangible assets	-	-	-	-
Tangible assets	-	-	-	-
Heritage assets	-	-	-	-
Investments	-	-	-	-
<b>Total fixed assets</b>	-	-	-	-
<b>Current assets</b>				
Stocks	-	-	-	-
Debtors (Note 9)	803	-	803	661
Investments	-	-	-	-
Cash at bank and in hand (Note 11)	15,879	8,212	24,091	22,605
<b>Total current assets</b>	<b>16,682</b>	<b>8,212</b>	<b>24,894</b>	<b>23,266</b>
<b>Creditors: amounts falling due within one year (Note 10)</b>	9,812	-	9,812	12,265
<b>Net current assets/(liabilities)</b>	<b>6,871</b>	<b>8,212</b>	<b>15,082</b>	<b>1,001</b>
<b>Total assets less current liabilities</b>	<b>6,871</b>	<b>8,212</b>	<b>15,082</b>	<b>11,001</b>
<b>Creditors: amounts falling due after one year (Note 20)</b>	-	-	-	-
Provisions for liabilities	-	-	-	-
<b>Total net assets or liabilities</b>	<b>6,871</b>	<b>8,212</b>	<b>15,082</b>	<b>11,001</b>
<b>Funds of the Charity</b>				
Restricted income funds (Note 12)	-	8,212	6,989	4,704
Unrestricted funds	6,871	-	8,094	6,296
<b>Total funds</b>	<b>6,871</b>	<b>8,212</b>	<b>15,082</b>	<b>11,001</b>

Signed by one or two trustees on behalf of all the trustees

Name	Signature	Date of approval
Zoe Wallis		16/01/24
Jennifer Whitehill		16/01/24

## Section C

## Notes to the accounts

### Note 1 Basis of preparation

#### 1.1 Basis of accounting

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

The accounts have been prepared in accordance with:

- the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014
- the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102)
- and with the Charities Act 2011.

The Charity constitutes a public benefit entity as defined by FRS 102.

#### 1.2 Going Concern

Having reviewed the level of funds available, together with the future projected cashflows, the trustees have reasonable expectation that the charity has adequate resources to continue its activities for the foreseeable future. Accordingly, they continue to adopt the going concern basis in preparing the financial statements.

### Note 2 Accounting Policies

The following accounting policies have been applied by the Charity:

#### 2.1 Income

Recognition of Income	These are included in the Statement of Financial Activities (SoFA) when: <ul style="list-style-type: none"><li>● the charity becomes entitled to the resources;</li><li>● it is more likely than not that the trustees will receive the resources;</li><li>● the monetary value can be measured with sufficient reliability.</li></ul>
Offsetting	There has been no offsetting of assets and liabilities, or income and expenses, unless required or permitted by the FRS 102 SORP or FRS 102.
Grants and donations	Grants and donations are only included in the SOFA when the general income recognition criteria are met (5.10 to 5.12 FRS102 SORP). In the case of performance related grants, income must only be recognised to the extent that the charity has provided the specified goods or services as entitlement to the grant only occurs when the performance related conditions are met (5.16 FRS 102 SORP).
Legacies	Legacies are included in the SOFA when receipt is probable, that is, when there has been grant of probate, the executors have established that there are sufficient assets in the estate and any conditions attached to the legacy are either within the control of the charity or have been met.
Government grants	The charity has not received government grants in the reporting period
Tax reclaims on donations and gifts	Gift Aid receivable is included in income when there is a valid declaration from the donor. Any Gift Aid amount recovered on a donation is considered to be part of that gift and is treated as an addition to the same fund as the initial donation unless the donor or the terms of the appeal have specified otherwise.

Contractual income and performance related grants	This is only included in the SOFA once the charity has provided the related goods or services or met the performance related conditions.
Donated goods	Gifts in kind for use by the charity are included in the SOFA as income from donations when receivable.
Donated services and facilities	Donated services and facilities are included in the SOFA when received at the value of the gift to the charity provided the value of the gift can be measured reliably. Donated services and facilities that are consumed immediately are recognised as income with an equivalent amount recognised as an expense under the appropriate heading in the SOFA.
Support costs	The charity has incurred expenditure on support costs.
Volunteer help	The value of any voluntary help received is not included in the accounts but is described in the trustees' annual report.
Income from interest, royalties and dividends	This is included in the accounts when receipt is probable and the amount receivable can be measured reliably.

## 2.2 Expenditure and Liabilities

Liability recognition	Liabilities are recognised where it is more likely than not that there is a legal or constructive obligation committing the charity to pay out resources and the amount of the obligation can be measured with reasonable certainty.
Governance and support costs	Support costs have been allocated between governance costs and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice. Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, eg allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.
Redundancy cost	The charity made no redundancy payments during the reporting period.
Deferred income	No material item of deferred income has been included in the accounts.
Creditors	The charity has creditors which are measured at settlement amounts less any trade discounts
Provisions for liabilities	A liability is measured on recognition at its historical cost and then subsequently measured at the best estimate of the amount required to settle the obligation at the reporting date
Basic financial instruments	The charity accounts for basic financial instruments on initial recognition as per paragraph 10.7 FRS102 SORP. Subsequent measurement is as per paragraphs 11.17 to 11.19, FRS102 SORP.

## 2.3 Assets

Tangible fixed assets for use by charity	Expenditure on acquisitions of fixed assets over £1000 are capitalised at cost. Tangible fixed assets are stated at cost less depreciation. Fixed assets are depreciated at rates appropriate to their useful academic life. There are currently no fixed assets.
Debtors	Debtors (including trade debtors and loans receivable) are measured on initial recognition at settlement amount after any trade discounts or amount advanced by the charity. Subsequently, they are measured at the cash or other consideration expected to be received.

### **Note 3 Analysis of Income**

	Analysis	Unrestricted funds £	Restricted income funds £	Total funds (13 mths) £	Prior year £
<b>Donations and legacies:</b>	Grants	33,000	17,812	50,812	25,345
	HMRC Coronavirus Job Retention Scheme	-	-	-	883
	Church Supporters	7,900	-	7,900	4,600
	Individual Supporters	7,967	-	7,967	3,185
	Gift Aid on Individual Supporters	1,677	-	1,677	618
	Business Supporters	4,550	-	4,550	1,600
	School Supporters	348	-	348	-
	Miscellaneous	37	-	37	14
	<b>Total</b>	<b>55,479</b>	<b>17,812</b>	<b>73,290</b>	<b>36,244</b>
<b>Charitable activities:</b>	Service Level Agreements	10,760	-	10,760	5,515
	<b>Total</b>	<b>10,760</b>	<b>-</b>	<b>10,760</b>	<b>5,515</b>
<b>Other trading activities:</b>	Fundraising Events	359	-	359	-
	<b>Total</b>	<b>359</b>	<b>-</b>	<b>359</b>	<b>-</b>
<b>TOTAL INCOME</b>		<b>66,597</b>	<b>17,812</b>	<b>84,409</b>	<b>41,759</b>

All income in the prior year was unrestricted except for:

£4,345	Solihull Wellbeing Grant
£1,000	Arnold Clarke Grant for IT

**Note 4 Analysis of Expenditure**

Analysis	This year (13 months)			Last year		
	Unrestricted funds	Restricted income funds	Total funds	Unrestricted funds	Restricted income funds	Total funds
	£	£	£	£	£	£
<b>Expenditure on raising funds:</b>						
Incurring seeking donations	-	-	-	-	-	-
Incurring seeking legacies	-	-	-	-	-	-
Incurring seeking grants	-	-	-	-	-	-
Staging fundraising events	69	-	69	-	-	-
Advertising, marketing, direct mail and publicity	180	-	180	-	-	-
Allocated support costs (see Note 5)						
Staffing	728	-	728	1,444	-	1,444
Website	-	-	-	96	-	96
Publicity	-	-	-	-	-	-
Office Utilities	-	-	-	-	-	-
Computer Equipment	-	-	-	-	-	-
Computer Software & Licences	-	-	-	-	-	-
Stationery, Printing & Postage	-	-	-	-	-	-
Accounts Preparation	-	-	-	-	-	-
<b>Total expenditure on raising funds</b>	<b>977</b>	<b>-</b>	<b>977</b>	<b>1,540</b>	<b>-</b>	<b>1,540</b>
<b>Expenditure on charitable activities:</b>						
Staff & Volunteer training & Development	1,021	169	1,190	1,756	517	2,272
Resources	145	1,447	1,592	297	100	397
Subscriptions	55	-	55	-	-	-
Insurance	440	-	440	271	135	406
Allocated support costs (see Note 5)						
Staffing	51,073	12,189	63,262	26,406	21,100	47,506
Website	235	-	235	235	-	235
Publicity	-	-	-	-	-	-
Office Rent and Utilities	8,846	-	8,846	9,299	-	9,299
Computer Equipment	157	500	657	-	-	-
Computer Software & Licences	795	-	795	382	500	882
Other Equipment	86	-	86	83	-	83
Stationery, Printing & Postage	344	-	344	748	-	748
Accounts Preparation	100	-	100	100	-	100
Consultancy	1,750	-	1,750	-	-	-
<b>Total expenditure on charitable activities</b>	<b>65,046</b>	<b>14,304</b>	<b>79,350</b>	<b>39,576</b>	<b>22,351</b>	<b>61,928</b>
<b>TOTAL EXPENDITURE</b>	<b>66,023</b>	<b>14,304</b>	<b>80,327</b>	<b>41,116</b>	<b>22,351</b>	<b>63,467</b>

## **Note 5 Support Costs**

This year (13 months)

<b>Support cost</b>	<b>Raising funds £</b>	<b>Charitable Activities</b>	<b>Grand total £</b>	<b>Basis of allocation</b>
Salaries & Pension	728	63,262	63,990	estimation of hours by role
Website	-	235	235	100% Charitable activities
Publicity	-	-	-	
Office Rent & Utilities	-	8,846	8,846	100% Charitable activities
Computer Equipment	-	657	657	100% Charitable activities
Computer Software & Licences	-	795	795	100% Charitable activities
Other equipment	-	86	86	100% Charitable activities
Stationery, Printing & Postage	-	116	116	by function of each item
Miscellaneous expenses	-	53	53	by function of each item
Accounts Preparation	-	100	100	100% Charitable activities
Consultancy	-	1,750	1,750	100% Charitable activities
<b>Total</b>	<b>728</b>	<b>75,899</b>	<b>76,627</b>	

Last year

<b>Support cost</b>	<b>Raising funds £</b>	<b>Charitable Activities</b>	<b>Grand total £</b>	<b>Basis of allocation</b>
Salaries & Pension	1,444	47,506	48,949	estimation of hours by role
Website	-	235	235	100% Charitable activities
Publicity	96	-	96	100% Raising Funds
Office Rent & Utilities	-	9,299	9,299	100% Charitable activities
Computer Equipment	-	-	-	100% Charitable activities
Computer Software & Licences	-	882	882	100% Charitable activities
Other equipment	-	83	83	100% Charitable activities
Stationery, Printing & Postage	-	748	748	by function of each item
Miscellaneous expenses	-	-	-	by function of each item
Accounts Preparation	-	100	100	100% Charitable activities
<b>Total</b>	<b>1,540</b>	<b>58,852</b>	<b>60,392</b>	

The apportionment of salaries is an estimation based on hours/time spent. The estimation techniques used to calculate the apportionment of other costs is the percentage of function performed by that expense for each category.

## **Note 6 Details of certain items of expenditure**

### **Fees for the examination of the accounts**

	<b>This year £</b>	<b>Last year £</b>
Independent examiner's fees	100	100
Assurance services other than audit or independent examination	-	-
Tax advisory fees	-	-
Other fees paid to the independent examiner	-	-

## Note 7 Paid employees

### 7.1 Staff Costs

	<b>This year (13 mths)</b>	<b>Last year £</b>
Salaries and wages	62,291	47,825
Social security costs	-	-
Pension costs (defined contribution scheme)	1,698	1,124
Other employee benefits	-	-
<b>Total staff costs</b>	<b>63,989</b>	<b>48,949</b>

	<b>This year</b>	<b>Last year</b>
Please provide details of expenditure on staff working for the charity whose contracts are with and are paid by a related party	0	0

No employees received employee benefits (excluding employer pension costs) for the reporting period of more than £60,000.

	<b>This year £</b>	<b>Last year £</b>
Total amount paid to key management personnel for their services to the charity.	27,532	27,333

### 7.2 Average head count in the year

	<b>This year</b>	<b>Last year</b>
<b>The parts of the charity in which the employees work</b>	Fundraising	-
	Charitable Activities	2
	Governance	-
	Other	-
	<b>Total</b>	<b>2</b>

This is formatted to whole numbers. Total staff is FTE 1.99, last year was FTE 1.43.

## Note 8 Defined contribution pension scheme

	<b>This year (13 mths)</b>	<b>Last year</b>
	<b>£</b>	<b>£</b>
Amount of contributions recognised in the SOFA as an expense	1,698	1,124

The liability and expense of defined contribution pension scheme are allocated between activities using the same rationale as apportioning staff time between activities. They are allocated between restricted and unrestricted funds according to the individual staff role.

## Note 9 Debtors and Prepayments

### Analysis of debtors

	<b>This year £</b>	<b>Last year £</b>
Trade debtors	-	-
Prepayments and accrued income	803	661
Other debtors	-	-
<b>Total</b>	<b>803</b>	<b>661</b>

## Note 10 Creditors and accruals

### Analysis of creditors

	<b>Amounts falling due within one year</b>		<b>Amounts falling due after more than one year</b>	
	<b>This year £</b>	<b>Last year £</b>	<b>This year £</b>	<b>Last year £</b>
Accruals for grants payable	-	-	-	-
Bank loans and overdrafts	-	-	-	-
Trade creditors	8,325	6,660	-	-
Payments received on account for contracts or performance-related grants	-	-	-	-
Accruals and deferred income	-	3,439	-	-
Taxation and social security	775	1,508	-	-
Other creditors	712	658	-	-
<b>Total</b>	<b>9,812</b>	<b>12,265</b>	<b>-</b>	<b>-</b>

## Note 11 Cash in bank and at hand

	<b>This year £</b>	<b>Last year £</b>
Short term cash investments (less than 3 months maturity date)	-	-
Short term deposits	-	-
Cash at bank and on hand	24,091	22,605
Other	-	-
<b>Total</b>	<b>24,091</b>	<b>22,605</b>

## Note 12 Charity Funds

### 12.1 Details of material funds held and movements during the CURRENT reporting period

Fund name	Type	Purpose and Restrictions
Benefact Trust Wellbeing Grant	Restricted	For Wellbeing Groups including Wellbeing Lead salary and materials
Wesleyan Wellbeing Grant	Restricted	For Wellbeing Lead salary
Training and Development Manager Fund	Restricted	To pay for salary and expenditure for the post of Training and Development Manager
Solihull Wellbeing Grant	Restricted	For Wellbeing Group Work
IT Fund	Restricted	For spending on IT - hardware and software
Solihull Winter Wellbeing Grant	Restricted	Towards the 1:1 Pastoral Mentoring Service from 19/04/21 -09 /04/22

Fund name	Fund balances brought forward £	Income £	Expenditure £	Transfers £	Gains and losses £	Fund balances carried forward £
Benefact Trust Wellbeing Grant		4,600	- 4,600			
Wesleyan Wellbeing Grant	-	8,212	-	-	-	8,212
Training and Development Manager	4,204	-	- 4,204	-	-	-
Solihull Wellbeing Grant	-	5,000	- 5,000	-	-	-
IT Fund	500	-	- 500	-	-	-
<b>Total Funds</b>	<b>4,704</b>	<b>17,812</b>	<b>- 14,304</b>	<b>-</b>	<b>-</b>	<b>8,212</b>

### 12.2 Details of material funds held and movements during the PREVIOUS reporting period

Fund name	Fund balances brought forward £	Income £	Expenditure £	Transfer s £	Gains and losses £	Fund balances carried forward £
Training and Development Manager Fund	18,505	-	- 14,301	-	-	4,204
Solihull Winter Wellbeing Grant	3,205	-	- 3,205	-	-	-
IT Fund	-	1,000	- 500	-	-	500

Solihull Wellbeing Grant	-	4,345	- 4,345	-	-	-
<b>Total Funds</b>	<b>21,711</b>	<b>5,345</b>	<b>- 22,351</b>	<b>-</b>	<b>-</b>	<b>4,704</b>

## Note 13 Transactions with trustees and related parties

### 13.1 Trustee remuneration and benefits

This year:

Name of trustee	Legal authority	Amounts paid or benefit value				
		Remuneration	Pension contribution	Redundancy	Other	TOTAL
		£	£	£	£	£
Cheryl Hawkins	Governing Document	27,533	888	-	-	28,421

Cheryl Hawkins received remuneration from employment with the Charity.

Last year:

Name of trustee	Legal authority	Amounts paid or benefit value				
		Remuneration	Pension contribution	Redundancy	Other	TOTAL
		£	£	£	£	£
Cheryl Hawkins	Governing Document	27,333	820	-	-	28,152

Cheryl Hawkins received remuneration from employment with the Charity.

### 13.2 Trustee expenses

No trustee expenses have been incurred.




### 13.3 Transactions with related parties

No transactions with related parties have occurred.

## Declaration

The Trustees declare that they have approved the Trustees' Annual Report for 2022-2023 above.

Signed on behalf of the Charity's trustees:

Name	Jennifer Whitehill	Zoe Wallis	Cheryl Hawkins
Position	Chairperson	Treasurer	Trustee & CEO
Signature			
Date	05/06/24	05/06/24	05/06/24

**SHINE YOUTH**

England & Wales - Charity number 1185452

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# Accounts

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ANNUAL REPORT  
FOR THE YEAR ENDED 31 JULY 2022

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## **REFERENCE & ADMINISTRATIVE DETAILS**

Charity Registration Number	1185452
Date of Registration	23/09/2019
Start of Financial Year	01/08/2021
End of Financial Year	31/07/2022
Trustees who served during the year	Jennifer Whitehill (appointed 10/02/2020) Zoe Wallis (appointed 17/07/2019) Cheryl Hawkins (appointed 17/07/2019)
Registered Address	1711 High Street, Knowle, Solihull, Midlands, B93 0LN.
Governing Document	Charitable Incorporated Organisation 'Foundation Model'
Bankers	Natwest, 12 Broad Street, Hereford, HR4 9AH
Independent Examiner	Ian English

## **REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 JULY 2022**

The Trustees present their report and the financial statements of the Charity for the year ending 31 July 2022. The Trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102, effective 1 January 2015).

The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and Accounting and Reporting by Charities: Statements of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015).

### **1. Background, Objectives and Activities**

#### Background

SHINE YOUTH was founded after the charity This Way Up Youth Project (Registered charity number 1114775) announced at the end of June 2019 that it was going to close. At that time, the Founder was the Director of the Pastoral Mentoring work delivered by This Way Up Youth Project and was asked by all 6 of the schools where they were delivering mentoring services to continue that service delivery. The schools said there was no other provision able to meet the needs of their vulnerable students in the same timely and effective way. When the staff and existing volunteers of This Way Up Youth Project committed to continue the work with the Founder, the Founder set up SHINE YOUTH immediately so that young people receiving the mentoring support had no break in the mentoring provision. Shine Youth was registered as a Charitable Incorporated Organisation (CIO) by the Charity Commission on 23 September 2019.

#### Objectives

The purpose of the Charity is to promote and protect the positive mental health and emotional wellbeing of young people aged 11-18 years who are experiencing emotional and behavioural difficulties related to experiences of grief and loss; low mood, low self-esteem; anger; stress and anxiety; childhood trauma; domestic violence and self-harm.

The activities of the Charity are focused on providing:

- (1) Psychological information about how these issues affect young people to these individuals and their parents/ carers, teachers, youth workers and others. We increase their knowledge and capacity to respond in ways that are mental health- and trauma-informed.
- (2) 1:1 Pastoral Mentoring and Wellbeing Group courses for young people which relieves their distress; advances their self-care, social and emotional skills; and facilitates the growth of their positive mental health, self-identity, resilience and self-esteem.

In so doing, the Charity's work aims to support young people to fulfil their potential to flourish in their family, friendships, education, and community; achieve more and avoid school exclusion.

#### Public Benefit

The Trustees have regard to the guidance from the Charity Commission on reporting on Public Benefit and are committed to ensuring the Charity delivers public benefit as it fulfils its objectives. The Charity offers its activities to all people of any faith or none and does so in accordance with Christian principles and unconditional positive regard, respect and empathy.

## Activities

SHINE YOUTH fulfils its objectives by recruiting, training and supervising volunteer pastoral mentors and group leaders to provide:

- weekly 1:1 in-school Pastoral Mentoring support to young people aged 11-18 years;
- courses and support groups for young people aged 11-18 years; and
- the MADE course – a course for year 9 school students (aged 14 years) who are low confidence learners or struggling to engage with education for other reasons.

Our volunteers:

- ensure that young people experience the personal investment of a caring, trained and supportive adult who enables them to feel seen, heard and safe during times of difficulty or distress;
- use creative activities to facilitate young people's self-expression and reflection and provide them with evidence-based strategies and tools to build their resilience to cope and begin to thrive in their relationships and schoolwork; and
- are trained in Person-Centred Counselling skills, Cognitive Behavioural Therapy (CBT), Solution-Focused Therapy (SFT) approaches and recommended coping strategies for a range of emotional wellbeing issues and safeguarding.

## **2. Achievements and Performance**

### Review of the significant activities, events and achievements

#### Beneficiaries

We have provided 81 young people with 12 – 36 hours of 1:1 Pastoral Mentoring each this year. Since more young people have presented with a higher level of need and required more than our core 12 sessions of support, this is a lower number than the 100+ we worked with before the Covid-19 pandemic. Frequent absences also extended the duration of mentoring delivery during the first half of the year as many young people/school staff/volunteers had Covid-19 or were required to isolate due to contact with someone who had this virus.

Young people have continued to express the continued legacy of the pandemic through not having been able to see loved ones before they died; of some who died having had diagnosis or treatment delayed; of increased loneliness / disconnect from social support and of continued uncertainty, heightening anxiety and low mood. Just as in 2020-21, those experiencing bereavement and anxiety were a high proportion of those we have supported this year:



It is striking that 43% of those referred were identified as having low self-esteem. In our July 2021 survey of schools, the top need they identified was support for students' low self-esteem. When self-esteem is low, the individual sees themselves and the world around them in a more negative light and generally have lower happiness, wellbeing and personal resilience to overcome challenges. Much of our work this year has been in helping young people identify positives in themselves and their situation, however small, to restore hope and belief that things can change for the better. We therefore began to write an 8 session course to be delivered in 2022-2023 called CREATE which aims to build young people's self-esteem, confidence and positive sense of self (see Plans & Partnerships below).

It is also notable that compared to 43% last year, only 8% of the young people we mentored this year were referred to the Child & Adolescent Mental Health Service (CAMHS) before or during the course of our work with them. In response to our queries about this, school staff told us that they had referred more students straight to Shine Youth alone rather than also to CAMHS because their perception was that they could access our service more quickly and Shine Youth works with the students until positive change is achieved rather than ceasing the intervention after 6 or 12 sessions.

As a result we have constantly held waiting lists for all of the schools we have been delivering to. We are pleased that 69% of those referred were able to begin receiving support within 1 month. However, we are highly motivated to recruit more volunteers to particularly lower the number who had to wait 6 – 7 months:

- 42% are seen within 2 weeks of being referred;
- A further 27% are seen within 1 month;
- A further 21% begin mentoring within 2 - 4 months;
- 10% have had to wait 5 -7 months this year.

In order to reduce the waiting time for the 31% of those referred who waited more than 1 month to access our support, the trustees decided to expand the Charity's delivery to offer group work (see Staff and Plans & Partnerships below).

Outcomes

We use 'The Young Person's Clinical Outcomes in Routine Evaluation (YP-CORE)' which is a robust measure of psychological distress in young people aged 11-16 years old which has inbuilt measures of 'reliable' and 'clinical' change. Very positively, our mentoring work this year achieved an average decrease of



Several Case Studies can be read on the Impact page of the Charity's website at [www.shineyouth.org.uk](http://www.shineyouth.org.uk)

In the questionnaires that young people completed following their episode of mentoring:

**100%** felt **less stressed or anxious** at the end of their mentoring;  
 felt that they **had ideas to help them cope**;  
 felt **more confident**; and  
 felt **more able to work through problems**.

Teachers' reported that:



of the students who had received Shine Youth Mentoring were exhibiting:

- **improved understanding of their feelings;**
- **improvement in managing their emotions;**
- **increased confidence;** and
- **increased resilience.**

#### Feedback given by young people:

- *"You've taught me how to react differently. I've learnt lots of strategies I can use to control my thoughts and feelings so they don't get on top of me, and I can use a routine to cope with change."*
- *"Thank you so much for how you have helped me over the last few months. You have helped me through some of the worst times in my life and for that I will always be grateful."*
- *"I really appreciate how you have helped me to have a positive view of things and myself. Going forward I am different now."*
- *"I make sure I swap my negative thoughts for positive ones now. I feel more confident since having mentoring and I know that things in my life can change;"*
- *"I feel better now I know it is normal with grief for my emotions to come and go;"*
- *"I've learnt how to cope with anxiety and stress. I'm doing breathing techniques and tensing/relaxing my muscles. I've also got more confident."*

#### Feedback given by teachers:

- *"SHINE YOUTH is excellent and their mentors are compassionate, student-centred and professional. We have seen visible benefit to the students who have accessed the Shine Youth mentoring service this year and I would strongly recommend this service to colleagues in other schools"* (Head Teacher);
- *"The weekly mentoring sessions are hugely valuable here. There have been disclosures about self-harm and suicidal thoughts made by students to their mentors which could mean that their mentoring has possibly saved their lives. I am not certain these pupils would have disclosed to anyone else, due to the level of trust built through weekly mentoring which doesn't ordinarily occur with school staff and they have said they had no-one else they felt they could tell"* (School Pastoral Manager).

#### Volunteers

14 volunteers from the Solihull community supported our work: 9 delivered 1:1 mentoring sessions, 4 to lead the MADE Course (including 2 local church youth workers) and 1 to lead our team prayer meetings. We'd like to thank all of our volunteers for the time and commitment they give each week of the year and also for their regular feedback that shapes the development of our resources and communicates the mentoring impact. Particularly, we are immensely thankful for the 3 volunteers who ceased to volunteer after 5 years each of volunteering with us. You have been amazing and made a hugely positive impact upon the many young people you have worked with.

#### Staff

One of our very experienced volunteer mentors successfully applied for the new position of Wellbeing Lead that we advertised in June 2022. This role will begin in September 2022 and aims to grow our reach and impact by launching:

- Wellbeing Group interventions to reach more young people (12 at a time) and widen the access to our support. We surveyed all of the local secondary schools in July 2022 to identify the highest areas of need for this group work to target. They were reported as support for low self-esteem, managing anxiety and for bereavement;
- Youth Forums - termly groups drawn from our cohort of 1-2-1 Pastoral Mentoring which will enable young people with lived experience to have a voice and purpose in using their strengths and experiences to shape our services.

## Training

This year, the Training and Development Manager who joined the Charity at the beginning of the year (Sept 2021) has:

- re-written the Volunteers' Induction Training and a Core Curriculum and gained Ofqual accreditation as a Level 3 Award in Mentoring Practice by the Open College Network West Midlands;
- presented monthly CPD training to our volunteer Pastoral Mentors that has upskilled their ability to deliver high quality mentoring using theories and approaches which are evidenced-based and have efficacy; and
- Developed the Mentoring resources through the creation of a series of Workbooks for building the resilience of young people coping with anxiety, with bereavement and to build self-esteem.

The training of the Charity's volunteers is critical to ensuring that the quality of work completed with beneficiaries remains high and its outcomes continue to be strong. The supportive learning and equipping environment we provide ensures we are delivering a high duty of care to our volunteers for work which is emotionally and cognitively demanding. Becoming registered as a training centre with the Open College Network West Midlands also means that the external training which the Training Manager is now engaged in writing will be able to be accredited. This will be attractive to some audiences and potentially aid the sale of these products. It also provides general quality assurance of the quality of our materials to our marketplace. We completed a survey of the secondary schools in Solihull in July 2022 to pinpoint the training which senior school staff identified as desired by them for their staff; their students and for their students' parents / carers.

## The MADE Course

The CEO secured 10 business partners and trained a team of volunteers and local youth worker leaders to run the MADE Course. This 10-day course is designed to re-engage disadvantaged 14 year olds with Education and prevent permanent exclusion from school at the key stage of making their GCSE and BTEC course choices. The course has been delivered in Essex since 2016 and has proven outcomes of raising students' motivation and aspirations; equipping them with a positive vision of themselves and their future employment possibilities; and achieving renewed Educational participation. Two secondary schools signed up for our pilot course but unfortunately the late withdrawal of 2 of the 4 volunteer leaders required to run the course meant it has been re-scheduled for the 2022-23 academic year. During the collaboration for this project, we assisted Jaguar Land Rover with the development of an orientation day designed specifically for this cohort of disadvantaged teenagers.

## Systems

Following successful application to the DotProject 'Tech Foundations Programme' funded by the National Lottery, the CEO was able to utilise this digital expertise and capability building support to complete the data journey mapping required to build a case management system able to automate the communication for referral receipts, allocations and waiting list management. This Case Management system is now in its final testing stage and will be usable by staff, volunteers and school partners by December 2022. This digital infrastructure is crucial to enabling the Charity to scale up the number of beneficiaries and data it is able to work with and manage.

## Plans & Partnerships:

We want to:

1. Widen young people's access our wellbeing support and support more young people;
2. Shorten our waiting list time so that all can get support within 2 – 8 weeks;
3. Enable our work to be more preventative by being easily accessible to young people in location(s) where they feel comfortable and which are not 'clinical' or stigmatising;
4. Gain the views of young people with lived experience of difficult wellbeing issues to input into what we are doing and offer in the future;

5. Offer a Christian faith-based perspective that for some young people will aid their 'Sense of Mattering' and 'Sense of Purpose' which were identified by The Wellcome Trust as part of their Spiritual & Religious Beliefs 'Active Ingredient' of effective interventions in the field of adolescent mental health;
6. Equip others able to support young people's positive mental and emotional health to do so.

We therefore plan to:

1. Write and deliver Wellbeing Group interventions for groups of 12 young people. These will first meet the needs identified in our July 2021 and 2022 surveys: an 8 week course called CREATE to raise young people's self-esteem and a 6 week course called BREATHE to explain and equip young people to better manage anxiety and stress;
2. Include an optional Mindful, Reflective, Prayerful space as part of these interventions which also assist schools to deliver the Spiritual, Moral, Social, Cultural (SMSC) strand of the curriculum;
3. Recruit more volunteers and a second staff Wellbeing Lead to deliver the group courses, the MADE Course, additional 1:1 Mentoring and other wellbeing activities;
4. Open a Youth Wellbeing Hub in Solihull where beneficiaries feel comfortable in the café, and can book in and drop-in to access the range of courses and support activities on offer;
5. Begin Youth Forum groups of young people who have been supported by SHINE YOUTH mentoring (or Wellbeing groups next year) to shape the services, resources and training we deliver;
6. Deliver training for teachers and organisations working with young people; and information evenings and support groups for parents/carers.

Partnerships:

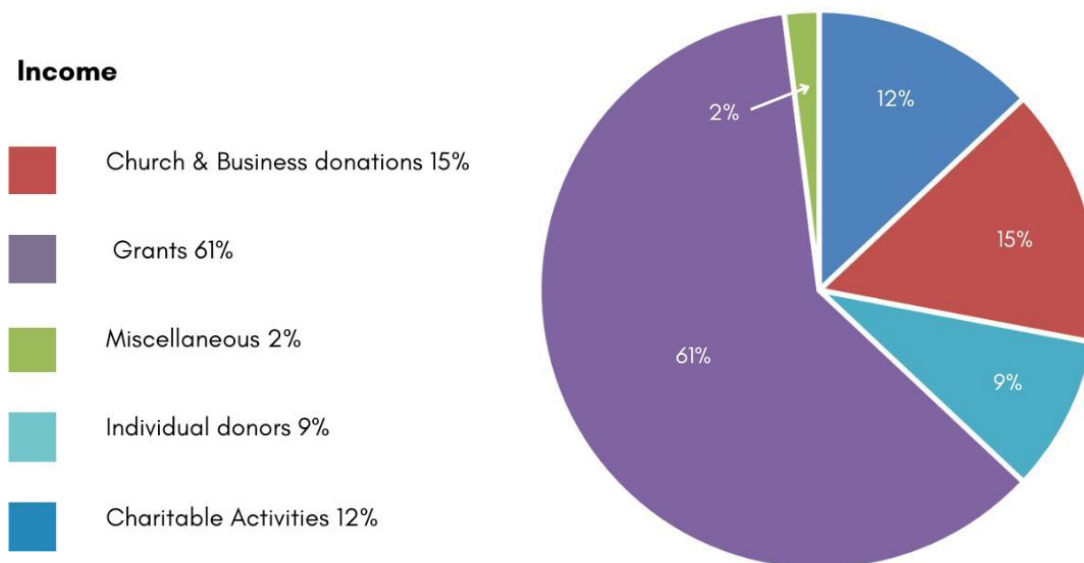
The Charity's Chair of trustees and CEO have been engaged in developing a financial partnership and programme to deliver joint projects for 16 – 21 year old beneficiaries for the 2022-23 financial year with the CEO of a large West Midlands charity. The Wellbeing Hub project is a part of this partnership.

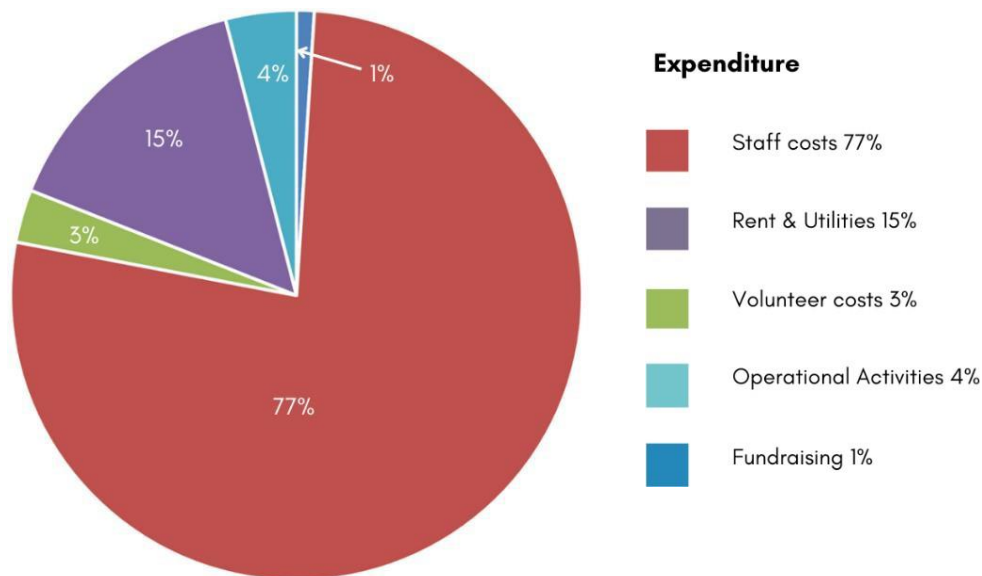
We are also a member of the Solihull Cultural Education Partnership (Arts Council England) and intend to form partnerships with other members to run a range of artistic activities as part of the Wellbeing activities programme that we wish to offer.

We are also a part of the discussions as to the provision which will be offered as a part of the Family Hubs initiative.

Financial Review

SHINE YOUTH completed its 2021-22 financial year on 31st July 2021 with a net loss of £21,708 where the total income for the year was £41,759 and total expenditure was £63,467. The Charity ended the year with £6,296 of unrestricted money and £4,704 in restricted funds.





For several reasons, the income was considerably lower than the income of £70,989 in 2020-21. The Charity was less successful with its grant applications than previously. The continuing impact of Covid-19 limited our ability to run fundraising events and the Charity was also not able to seek additional donors from Church congregations easily as many churches continued to have restrictions on their in-person services for a considerable part of the year. One church did select SHINE YOUTH to be their charity to support for 3 years and have pledged £4,000 each year.

The trustees would like to express their thanks to the following who gave grants to fund our work: The Heart of England Community Foundation / Solihull Metropolitan Borough Council, The Society of the Holy Child Jesus and The Trusted Executive Charitable Trust. The latter is a 3 year funding commitment which begins to provide the stability which the Charity’s strategy of applying for multi-year grants aims for.

The trustees would also like to thank St Philips Church Dorridge, Birmingham Vineyard Church and Solihull Christian Fellowship for their donations to our work this year, as well as The Café at Bentley Heath and all of the regular and one-off donors who have invested in our work financially this year. We really couldn’t do it without you!

Going forward, the trustees’ strategy is to grow all of its income streams and the following have been scheduled / are in place:

- a calendar of 4 fundraising events throughout the next financial year;
- speaking / publicity slots in local churches for 2023 as part of a campaign to gain additional regular donors;
- working with a consultant to assist with grant applications on a pro bono basis;
- target multi-year grants and large grants like Children in Need and HS2 locally to provide greater stability and longer term planning; and
- initiating group work with young people and external training for teachers, organisations and parents/carers as additional revenue streams.

The Chair of Trustees and the CEO have also been engaged in developing a financial partnership with the a large West Midlands charity for the 2022-23 financial year.

#### Reserves Policy

The Trustees have set a reserves policy to maintain free reserves in unrestricted funds at a level which equates to 3 months of fixed overheads (£16,581). The Trustees consider that this level will provide sufficient funds to allow time

for responses to applications for grants to be received and to ensure that support and governance costs are covered. Three months of reserve funds also provides for the service delivery to be concluded over a timescale which constitutes therapeutic rather than abrupt endings of the direct work with young people.

This year the £4,704 restricted fund surplus is restricted for the salary of the Charity's Training & Development Manager. Therefore, the £11,001 sum of the restricted and unrestricted surplus can all be used for fixed-cost expenditure. This is equivalent to 2 rather than 3 months of fixed-cost expenditure and so it is planned to increase the Charity's reserves to 3 months of fixed overheads by the end of 2022-23.

#### Assessment of Principal Risks and Mitigating Factors

The Trustees manage the risk environment regularly using a risk register which assesses risks in accordance with the size and potential impact and likelihood of occurrence. This scoring methodology is used to prioritise which risks are actively managed by the Charity at both executive and Trustee level. The major risks managed monthly include young people's safeguarding; levels of grant and fundraising income; risk of key employee loss; service delivery demand and response/ waiting times; and cash flow management. The Trustees are satisfied that all material risks have been clearly highlighted and are appropriately managed.

#### Going Concern

Having reviewed the level of available funds alongside the projected cash-flow, the Trustees have reasonable expectation that the Charity has adequate resources to continue its activities for the future. Accordingly, they continue to adopt the going concern basis in preparing the financial statements.

#### Structure, Governance and Management

The organisation is led by the Board of Trustees which oversees and monitors the work of SHINE YOUTH and makes decisions on over-arching issues such as vision, strategy and both the agreement and monitoring of the budget and risk register. The Board of Trustees met 7 times during this year.

The post of CEO is also a Trustee in order to provide the Charity with a direct, effective and efficient link between its governance and operational functions. The CEO's equal responsibility and decision-making power at the highest level of the running of the charity provides direct accountability, strengthens governance and guards against the potential for disconnect between the Charity's management team and the Board.

The day-to-day running of SHINE YOUTH is delegated to the CEO. Members of the Board supervise the CEO and the CEO provides supervision to the rest of the staff and volunteer team.

#### Recruitment, Appointment, Induction and Training of the Board of Trustees

The Board of Trustees ensures that it takes into account potential contributions to the skills mix and the balance of the Board as a whole when making new appointments. Trustees are recruited by word of mouth and by direct approach to people who possess relevant skills and support the values of the Charity.

New Trustees are provided with a Trustee Handbook and inducted to the Charity and the context within which it operates, including:

- The obligations of Trustee board members;
- The main documents which set out the operational framework for the Charity including its Governing Document; Policy Handbook; Risk Register and Archived Minutes of Trustees' Meetings;
- Resourcing and the current financial position as set out in the latest published accounts.

As part of an ongoing recognition of the need to maintain quality standards throughout the Charity, training is sourced each year to develop the understanding and abilities of the Trustees, including Safeguarding training.



**Section A**

**Independent Examiner's Report**

**Report to the trustees**

Shine Youth

**On accounts for the year ended**

31st July 2022

**Charity no  
(if any)**

1185452

**Set out on pages**

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/07/2022.

**Responsibilities and basis of report**

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

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

**Independent examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination (other than that disclosed below \*) 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 no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

*\* Please delete the words in the brackets if they do not apply.*

Signed:

jm

Date: 126/04/2023

Name: j Ian English

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

Finance Manager (retired)

Address: 138 Sambourn Close, Solihull, 891 2SA

<b>Shine Youth</b>			Charity No (if any)	<b>1185452</b>
<b>Annual accounts for the period</b>				
Period start date	<b>1/8/2021</b>	<b>To</b>	Period end date	<b>31/7/2022</b>

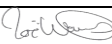

## Section A Statement of financial activities

Recommended categories by activity	Guidance Notes	Unrestricted funds £ F01	Restricted income funds £ F02	Endowment funds £ F03	Total funds £ F04	Prior year funds £ F05
<b>Incoming resources (Note 3)</b>						
Income and endowments from:						
Donations and legacies	S01	30,899	5,345	-	36,244	59,973
Charitable activities	S02	5,515	-	-	5,515	9,435
Other trading activities	S03	-	-	-	-	1,581
Investments	S04	-	-	-	-	-
Separate material item of income	S05	-	-	-	-	-
Other	S06	-	-	-	-	-
<b>Total</b>	S07	<b>36,414</b>	<b>5,345</b>	<b>-</b>	<b>41,759</b>	<b>70,989</b>
<b>Resources expended (Note 6)</b>						
Expenditure on:						
Raising funds	S08	331	-	-	331	4,569
Charitable activities	S09	40,785	22,351	-	63,136	42,405
Separate material item of expense	S10	-	-	-	-	-
Other	S11	-	-	-	-	-
<b>Total</b>	S12	<b>41,116</b>	<b>22,351</b>	<b>-</b>	<b>63,467</b>	<b>46,974</b>
<b>Net income/(expenditure) before investment gains/(losses)</b>						
	S13	- 4,701	- 17,006	-	- 21,708	24,015
Net gains/(losses) on investments	S14	-	-	-	-	-
<b>Net income/(expenditure)</b>	S15	<b>- 4,701</b>	<b>- 17,006</b>	<b>-</b>	<b>- 21,708</b>	<b>24,015</b>
Extraordinary items	S16	-	-	-	-	-
Transfers between funds	S17	-	-	-	-	-
Other recognised gains/(losses):						
Gains and losses on revaluation of fixed assets for the charity's own use	S18	-	-	-	-	-
Other gains/(losses)	S19	-	-	-	-	-
<b>Net movement in funds</b>	S20	<b>- 4,701</b>	<b>- 17,006</b>	<b>-</b>	<b>- 21,708</b>	<b>24,015</b>
<b>Reconciliation of funds:</b>						
Total funds brought forward	S21	10,998	21,711	-	32,708	8,694
<b>Total funds carried forward</b>	S22	<b>6,296</b>	<b>4,704</b>	<b>-</b>	<b>11,001</b>	<b>32,708</b>

## Section B Balance sheet

		ce Notes Guidar	Unrestricted funds £ F01	Restricted income funds £ F02	Endowment funds £ F03	Total this year £ F04	Total last year £ F05
<b>Fixed assets</b>							
Intangible assets	(Note 15)	B01	-	-	-	-	-
Tangible assets	(Note 14)	B02	-	-	-	-	-
Heritage assets	(Note 16)	B03	-	-	-	-	-
Investments	(Note 17)	B04	-	-	-	-	-
	<b>Total fixed assets</b>	B05	-	-	-	-	-
<b>Current assets</b>							
Stocks	(Note 18)	B06	-	-	-	-	-
Debtors	(Note 19)	B07	661	-	-	661	-
Investments	(Note 17.4)	B08	-	-	-	-	-
Cash at bank and in hand	(Note 24)	B09	16,596	6,009	-	22,605	-
	<b>Total current assets</b>	B10	17,257	6,009	-	23,266	-
<b>Creditors: amounts falling due within one year</b>	(Note 20)	B11	10,961	1,304	-	12,265	-
	<b>Net current assets/(liabilities)</b>	B12	6,296	4,704	-	11,001	-
	<b>Total assets less current liabilities</b>	B13	6,296	4,704	-	11,001	-
<b>Creditors: amounts falling due after one year</b>	(Note 20)	B14	-	-	-	-	-
Provisions for liabilities		B15	-	-	-	-	-
	<b>Total net assets or liabilities</b>	B16	6,296	4,704	-	11,001	-
<b>Funds of the Charity</b>							
Endowment funds	(Note 27)	B17	-	-	-	-	-
Restricted income funds	(Note 27)	B18	-	4,704	-	4,704	-
Unrestricted funds		B19	6,296	-	-	6,296	-
Revaluation reserve		B20	-	-	-	-	-
	<b>Total funds</b>	B21	6,296	4,704	-	11,001	-

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval dd/mm/yyyy
	Zoe Wallis	18/10/2022
	Jennifer Whitehill	18/10/2022

## Notes to the accounts

### Note 1 Basis of preparation

#### 1.1 Basis of accounting

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

The accounts have been prepared in accordance with:

- the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014
- the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102)
- and with the Charities Act 2011.

The Charity constitutes a public benefit entity as defined by FRS 102.

#### 1.2 Going Concern

Having reviewed the level of funds available, together with the future projected cashflows, the trustees have reasonable expectation that the charity has adequate resources to continue its activities for the foreseeable future. Accordingly, they continue to adopt the going concern basis in preparing the financial statements.

### Note 2 Accounting Policies

The following accounting policies have been applied by the Charity:

#### 2.1 Income

Recognition of Income	These are included in the Statement of Financial Activities (SoFA) when: <ul style="list-style-type: none"><li>• the charity becomes entitled to the resources;</li><li>• it is more likely than not that the trustees will receive the resources;</li><li>• the monetary value can be measured with sufficient reliability.</li></ul>
Offsetting	There has been no offsetting of assets and liabilities, or income and expenses, unless required or permitted by the FRS 102 SORP or FRS 102.
Grants and donations	Grants and donations are only included in the SOFA when the general income recognition criteria are met (5.10 to 5.12 FRS102 SORP). In the case of performance related grants, income must only be recognised to the extent that the charity has provided the specified goods or services as entitlement to the grant only occurs when the performance related conditions are met (5.16 FRS 102 SORP).
Legacies	Legacies are included in the SOFA when receipt is probable, that is, when there has been grant of probate, the executors have established that there are sufficient assets in the estate and any conditions attached to the legacy are either within the control of the charity or have been met.
Government grants	The charity has received government grants in the reporting period
Tax reclaims on donations and gifts	Gift Aid receivable is included in income when there is a valid declaration from the donor. Any Gift Aid amount recovered on a donation is considered to be part of that gift and is treated as an addition to the same fund as the initial donation unless the donor or the terms of the appeal have specified

	otherwise.
Contractual income and performance related grants	This is only included in the SOFA once the charity has provided the related goods or services or met the performance related conditions.
Donated goods	Gifts in kind for use by the charity are included in the SOFA as income from donations when receivable.
Donated services and facilities	Donated services and facilities are included in the SOFA when received at the value of the gift to the charity provided the value of the gift can be measured reliably. Donated services and facilities that are consumed immediately are recognised as income with an equivalent amount recognised as an expense under the appropriate heading in the SOFA.
Support costs	The charity has incurred expenditure on support costs.
Volunteer help	The value of any voluntary help received is not included in the accounts but is described in the trustees' annual report.
Income from interest, royalties and dividends	This is included in the accounts when receipt is probable and the amount receivable can be measured reliably.

## 2.1 Expenditure and Liabilities

Liability recognition	Liabilities are recognised where it is more likely than not that there is a legal or constructive obligation committing the charity to pay out resources and the amount of the obligation can be measured with reasonable certainty.
Governance and support costs	Support costs have been allocated between governance costs and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice. Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, eg allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.
Redundancy cost	The charity made no redundancy payments during the reporting period.
Deferred income	No material item of deferred income has been included in the accounts.
Creditors	The charity has creditors which are measured at settlement amounts less any trade discounts
Provisions for liabilities	A liability is measured on recognition at its historical cost and then subsequently measured at the best estimate of the amount required to settle the obligation at the reporting date
Basic financial instruments	The charity accounts for basic financial instruments on initial recognition as per paragraph 10.7 FRS102 SORP. Subsequent measurement is as per paragraphs 11.17 to 11.19, FRS102 SORP.

## 2.2 Assets

Tangible fixed assets for use by charity	Expenditure on acquisitions of fixed assets over £1000 are capitalised at cost. Tangible fixed assets are stated at cost less depreciation. Fixed assets are depreciated at rates appropriate to their useful academic life. There are currently no fixed assets.
Debtors	Debtors (including trade debtors and loans receivable) are measured on initial recognition at settlement amount after any trade discounts or amount advanced by the charity. Subsequently, they are measured at the cash or other consideration expected to be received.

### Note 3 Analysis of Income

		Unrestricted Funds	Restricted Funds	Total Funds	Prior Year
<b>Donations &amp; Legacies</b>	Grants	20,000	5,345	25,345	41,930
	HMRC Coronavirus Job Retention Scheme	883		883	6,677
	Church Supporters	4,600		4,600	6,279
	Individual Supporters	3,185		3,185	3,793
	Gift Aid on Individual Supporters	618		618	480
	Business Supporters	1,600		1,600	800
	Miscellaneous	14		14	14
<b>Total</b>		<b>30,899</b>	<b>5,345</b>	<b>36,244</b>	<b>43,805</b>

<b>Charitable Activities</b>	Service Level Agreements	5,515		5,515	9,435
<b>Total</b>		<b>5,515</b>		<b>5,515</b>	<b>9,435</b>

<b>Other trading activities</b>	Fundraising Events				1,515
<b>Total</b>					<b>1,515</b>

<b>TOTAL INCOME</b>	<b>36,414</b>	<b>5,345</b>	<b>41,759</b>	<b>70,989</b>
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All income in the prior year was unrestricted except for:

£19,000	SHCJ Training Manager grant
£5,000	Solihull Winter Wellbeing grant
£3,930	Localgiving grant

### Note 4 Analysis of expenditure

Expenditure on Raising Funds:	This year			Last year		
	Unrestricted funds	Restricted income funds	Total funds £	Unrestricted funds	Restricted income Funds	Total funds £
Incurred seeking donations						

Incurred seeking legacies					
Incurred seeking grants					
Staging fundraising events				72	72
Advertising, marketing, direct mail and publicity					
Allocated support costs (see Note 9)					
Staffing	1,444		1,444	3,130	3,130
Website	96		96	98	98
Publicity					
Office Utilities					
Computer Equipment					
Computer Software & Licenses					
Stationery, Printing & Postage				44	44
Accounts Preparation					
<b>Total expenditure on Raising Funds:</b>	<b>1,540</b>		<b>1,540</b>	<b>3,271</b>	<b>3,271</b>

#### Expenditure On charitable activities:

	Unrestricted funds	Restricted income funds	Total funds £	Unrestricted funds	Restricted income Funds	Total funds £
Staff & Volunteer training & Development	7,756	517	2,272	562	623	1,185
Resources	297	100	397	476		476
Subscriptions				96		96
Insurance	271	135	406	112	406	294
Allocated support costs (see Note 9)						
Staffing	26,406	21,100	47,506	27,767	7,005	34,772
Website	235		235	195		195
Publicity						
Office Utilities	9,299		9,299	2,476		2,476
Computer Equipment				768	495	1,263
Computer Software & Licences	382	500	882	1,842		1,842
Other Equipment	83		83	404		404
Stationery, Printing & Postage	748		748	600		600
Accounts Preparation	100		100	100		100
<b>Total expenditure on charitable activities:</b>	<b>39,576</b>	<b>22,351</b>	<b>61,928</b>	<b>35,175</b>	<b>8,528</b>	<b>43,703</b>
<b>TOTAL EXPENDITURE</b>	<b>41,116</b>	<b>22,351</b>	<b>63,467</b>	<b>38,446</b>	<b>8,528</b>	<b>46,974</b>

#### Other information:

#### Analysis of expenditure on charitable activities

Activity or Programme	This year			Last year		
	Direct Activities	Grant funding of activities	Total this year	Direct Activities	Grant funding of activities	Total last year
Activity 1	61,928		61,928	43,703		43,703
Activity 2						
Other						
<b>Total</b>	<b>61,928</b>		<b>61,928</b>	<b>43,703</b>		<b>43,703</b>

## Note 5 Support Costs

### This year:

Support cost	Raising funds £	Charitable Activities £	Grand total £	Basis of allocation (Describe method)
Salaries & Pension	1,444	47,506	48,949	
Website		235	235	100% Charitable activities
Publicity	96		96	
Office Rent & Utilities		9,299	9,299	100% Charitable activities
Computer Equipment				
Computer Software & Licences		882	882	100% Charitable activities
Other equipment		83	83	100% Charitable activities
Stationery, Printing & Postage		748	748	by function of each item
Miscellaneous expenses				
Accounts Preparation		100	100	100% Charitable activities
<b>Total</b>	<b>1,540</b>	<b>58,852</b>	<b>60,392</b>	

### Last year:

Support cost	Raising funds	Activities	Grand total	Basis of allocation (Describe method)
	£	£	£	
Salaries & Pension	3,130	34,772	37,902	estimation of hours spent by role
Website	98	195	293	1/3, 2/3
Publicity				n/a
Office Rent & Utilities		2,476	2,476	100% charitable activities
Computer Equipment		1,263	1,263	100% charitable activities
Computer Software & Licences		1,842	1,842	100% charitable activities
Other equipment		404	404	100% charitable activities
Stationery, Printing & Postage	44	600	644	by function of each item
Miscellaneous expenses		90	90	by function of each item
Accounts Preparation		100	100	
<b>Total</b>	<b>3,271</b>	<b>41,743</b>	<b>45,014</b>	

**Please provide details of the accounting policy adopted for the apportionment of costs between activities and any estimation techniques used to calculate their apportionment:**

The apportionment of salaries is an estimation based on hours/time spent. The estimation techniques used to calculate the apportionment of other costs is the percentage of function performed by that expense for each category.

## Note 6 Certain items of expenditure

### Fees for examination of the accounts:

	This year £
Independent examiner's fees	100
Assurance services other than independent examination	

Tax advisory fees	
Other fees paid to the independent examiner	

## **Note 7 Paid Employees**

### **7.1 Staff costs**

	This year £	Last year £
Salaries and wages	47,825	36,852
Social security costs		

Pension costs (defined contribution scheme)	1,124	1,050
Other employee benefits		
<b>Total staff costs</b>	<b>48,949</b>	<b>37,902</b>

	This year	Last year
Please provide details of expenditure on staff working for the charity whose contracts are with and are paid by a related party	0	0

No employees received employee benefits (excluding employer pension costs) for the reporting period of more than £60,000	TRUE
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	This year £	Last year £
Total amount paid to key management personnel for their services to the charity	27,333	25,414

### **7.2 Average Head Count in the year**

		This year	Last year
The parts of the charity in which the employees work	Fundraising		
	Charitable Activities	1	1
	Governance		
	Other		
<b>Total</b>		<b>1</b>	<b>1</b>

This is formatted to whole numbers. Total staff is FTE 1.43. Last year it was 1.23

## **Note 8 Defined contribution pension scheme**

	This year £	Last year £
Amount of contributions recognised in the SOFA as an expense	1,124	1,050

**The pension costs are in the individual staff costs, so the rationale is the same as that of apportioning staff time.**

## Note 9 Debtors and prepayments

### 9.1 Analysis of Debtors

	This year	Last year
	£	£
Trade debtors		
Prepayments and accrued income		
Other debtors	661	403
<b>Total</b>	<b>661</b>	<b>403</b>

## Note 10 Creditors and Accruals

### Analysis of Creditors

	Amounts falling due within one year		Amounts falling due after more than one year	
	This year £	Last year £	This year £	Last year £
Accruals for grants payable				
Bank loans and overdrafts				
Trade creditors	6,660			
Payments received on account for contracts or performance-related grants				
Accruals and deferred income	3,439	2,278		
Taxation and social security	1,508	410		
Other creditors	658	67		
<b>Total</b>	<b>12,265</b>	<b>2,754</b>		

## Note 11 Cash at bank and in hand

	This year £	Last year £
Short term cash investments (less than 3 months maturity date)		
Short term deposits		
Cash at bank and on hand	22,605	35,060
Other		
<b>Total</b>	<b>22,605</b>	<b>35,060</b>

## Note 12 Charity funds

### 12.1 Details of material funds held and movements during the CURRENT reporting period

Fund Name	Type	Purpose and Restrictions
Training & Development Manager Fund	R - Restricted	The salary and expenditure for the post of Training & Development Manager
Solihull Winter Wellbeing Grant	R - Restricted	Towards the Pastoral Mentoring Service from 19/04/21 – 09/04/22
IT Fund	R - Restricted	For spending on IT hardware & software
Solihull Wellbeing Grant	R - Restricted	Towards the 1:1 Pastoral Mentoring Service from 01/04/22 – 31/07/22

Fund Name	Fund balances brought forward	Income	Expenditure	Transfers	Gains and losses	Fund balances carried forward
Training & Development Manager Fund	18,505		14,301			4,204
Solihull Winter Wellbeing Grant	3,205		3,205			
IT Fund		1,000	500			500
Solihull Wellbeing Grant		4,345	4,345			
<b>Total Funds as per balance sheet</b>	<b>21,711</b>	<b>5,345</b>	<b>22,351</b>			<b>4,704</b>

## 12.2 Details of material funds held and movements during the PREVIOUS reporting period

Fund Name	Type	Purpose and Restrictions
Heart of England Coronavirus Resilience Fund	R - Restricted	Set up training costs for providing online mentoring whilst unable to visit schools in person
LocalGiving Match Challenge Fund	R – Restricted	Towards 1:1 Pastoral Mentoring core costs
Training & Development Manager Fund	R – Restricted	To pay for the salary and expenditure for the post of Training & Development Manager
Solihull Winter Wellbeing Grant	R - Restricted	Towards the 1:1 Pastoral Mentoring Service from 19/04/21 to 09/04/22

Fund Name	Fund balances brought forward £	Income £	Expenditure £	Transfers £	Gains and losses £	Fund balances carried forward £
Heart of England Coronavirus Resilience Fund	2,309		2,309			
LocalGiving Match Challenge Fund		3,930	3,930			
Training & Development Manager Fund		19,000	495			18,505
Solihull Winter Wellbeing Grant		5,000	1,795			3,205
<b>Total Funds as per balance sheet</b>	<b>2,309</b>	<b>27,930</b>	<b>8,528</b>			<b>21,711</b>

## Note 13 Transactions with trustees and related parties

### 13.1 Trustee remuneration and benefits

This year:

Name of trustee	Legal authority	Amounts paid or benefit value				TOTAL
		Remuneration	Pension contribution	Redundancy	Pension Setup Fee	
Cheryl Hawkins	Governing Document	27,333	820			<b>28,152</b>

Cheryl Hawkins received remuneration from employment with the Charity.

**Last year:**

Name of trustee	Legal authority	Amounts paid or benefit value				TOTAL
		Remuneration	Pension contribution	Redundancy	Pension Setup Fee	
Cheryl Hawkins	Governing Document	27,333	829			28,162

Cheryl Hawkins received remuneration from employment with the Charity.

**13.2 Trustee Expenses**




No trustee expenses have been incurred.

**13.3 Transaction(s) with related parties**

No transaction(s) with related parties have occurred.

**Declarations**

The Trustees declare that they have approved the Trustees' Annual Report for 2021-2022 above.

Signatures			
Full Names	Jennifer Whitehill	Zoe Wallis	Cheryl Hawkins
Position	Chairperson	Treasurer	Trustee & CEO
Date	18/10/22	18/10/22	18/10/22

**SHINE YOUTH**

England & Wales - Charity number 1185452

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# Accounts

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## ANNUAL REPORT & AUDITED ACCOUNTS

### FOR THE YEAR ENDED 31 JULY 2021

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## **REFERENCE & ADMINISTRATIVE DETAILS**

Charity Registration Number	1185452
Date of Registration	23/09/2019
Start of Financial Year	01/08/2020
End of Financial Year	31/07/2021
Trustees who served during the year	Jennifer Whitehill (appointed 10/02/2020) Zoe Wallis (appointed 17/07/2019) Cheryl Hawkins (appointed 17/07/2019)
Registered Address	1711 High Street, Knowle, Solihull, Midlands, B93 0LN.
Governing Document	Charitable Incorporated Organisation 'Foundation Model'
Bankers	Natwest, 12 Broad Street, Hereford, HR4 9AH
Independent Examiner	Ian English

## **REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 JULY 2021**

The Trustees present their report and the financial statements of the Charity for the year ending 31 July 2021. The Trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102, effective 1 January 2015).

The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and Accounting and Reporting by Charities: Statements of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015).

### **1. Background, Objectives and Activities**

#### Background

SHINE YOUTH was founded after the charity This Way Up Youth Project (Registered charity number 1114775) announced at the end of June 2019 that it was going to close. At that time, the Founder was the Director of the Pastoral Mentoring work delivered by This Way Up Youth Project and was asked by all 6 of the schools where they were delivering mentoring services to continue that service delivery. The schools said there was no other provision able to meet the needs of their vulnerable students in the same timely and effective way. When the staff and existing volunteers of This Way Up Youth Project committed to continue the work with the Founder, the Founder set up SHINE YOUTH immediately so that young people receiving the mentoring support had no break in the mentoring provision. Shine Youth was registered as a Charitable Incorporated Organisation (CIO) by the Charity Commission on 23 September 2020.

#### Objectives

The purpose of the Charity is to promote and protect the positive mental health of young people aged 11-18 years who are experiencing emotional and behavioural difficulties related to experiences of grief and loss; low mood, low self-esteem; anger; stress and anxiety; childhood trauma; domestic violence and self-harm.

The activities of the Charity are focused on providing:

- (1) Psychological information about how these issues affect young people to these individuals and their parents/ carers, teachers, youth workers and others. We increase their knowledge and capacity to respond in ways that are mental health- and trauma-informed.
- (2) 1:1 pastoral mentoring and bespoke individual and group courses to young people which relieves their distress; advances their self-care, social and emotional skills; and facilitates the growth of their positive mental health, self- identity, resilience and self-esteem.

In so doing, the Charity's work aims to support young people to fulfil their potential to flourish in their family, friendships, education, and community; achieve more and avoid school exclusion.

#### Public Benefit

The Trustees have regard to the guidance from the Charity Commission on reporting on Public Benefit and are committed to ensuring the Charity delivers public benefit as it fulfils its objectives. The Charity offers its activities to all people of any faith or none and does so in accordance with Christian principles and unconditional positive regard, respect and empathy.

## Activities

SHINE YOUTH fulfils its objectives by recruiting, training and supervising volunteer pastoral mentors and group leaders to provide:

- weekly 1:1 in-school Pastoral Mentoring support to young people aged 11-18 years;
- support groups for young people aged 11-18 years; and
- the MADE course – a course for year 9 school students (aged 14 years) who are low confidence learners or struggling to engage with education for other reasons.

Our volunteers:

- ensure that young people experience the personal investment of a caring, trained and supportive adult who enables them to feel seen, heard and safe during times of difficulty or distress;
- use creative activities to facilitate young people's self-expression and reflection and provide them with evidence-based strategies and tools to build their resilience to cope and begin to thrive in their relationships and schoolwork; and
- are trained in person-centred counselling skills, cognitive-behavioural therapy, solution-focused approaches and recommended coping strategies for a range of emotional wellbeing issues and safeguarding.

## **2. Achievements and Performance**

### Review of the significant activities, events and achievements

The 2020/2021 year has been an unprecedented and challenging one for everyone as the Covid-19 pandemic has continued to impact the lives and mental health of all. The impact of long periods of lockdown and social isolation, and restrictions on movement and contact have all impacted negatively on the mental health of many young people, who also lost the safety net of support from school teachers and support services. With all of the disruptions to mentees' lives it has been important for our mentoring to provide consistency of connection and support and also an important monitoring function as schools have been overwhelmed and struggled with staff absences themselves to maintain the level of contact they would like with the most vulnerable pupils.

We have been thanked by staff in all of the schools we have worked with for maintaining regular contact with their students and told that it is "a relief" to them that we have been present in this role.

As a result of having pivoted at speed in the Spring of 2020 to transfer as many of the paper resources we use in face-to-face mentoring to digital resources which could be shared and used online with young people, we were able to continue to provide crucial mentoring support throughout the 2 national lockdowns in November to December 2020 and January to March 2021, and also when bubbles of students were working at home due to high numbers of Covid-19 cases in school. We have also been able to provide mentoring by text and phone for those who preferred this mode.

The trustees have been amazed and are incredibly thankful for the fantastic team of volunteer mentors who have persevered to continue to visit schools each week, or hold space online or through text messages, to ensure that teenagers knew they were not alone and had someone cheering them on. Their commitment, dedication, compassion, flexibility and professionalism has been a privilege to see and is what has enabled SHINE YOUTH to remain alongside young people, families and schools through such a chronically challenging and waring time.

Sadly we have seen a pronounced rise in the number of young people presenting with serious issues. The following table shows the increased percentages of teenagers presenting with difficulties, with all having increased and those who are bereaved and feeling low in mood having more than doubled those in 2019-20.

	2019-2020 (%)	2020-21 (%)
Anxiety	26	48
Bereavement	35	76
Domestic violence	17	23
Low Mood	24	66
Self-harm	24	39
Suicidal thoughts	20	23
Referred to CAMHS	28	43

These figures provide a window into some of the pressures and issues young people have been facing, including home/parental issues, education issues, enforced changes in activity and health anxieties. Many felt lonely even though most were able to connect with friends online. All felt uncertain about the future and when 'normal life' would resume. Many told us they found it hard to engage in home-learning for a variety of reasons and were worried and apathetic about being able to catch-up or how their GCSE / A' levels would be assessed as to whether it was worth engaging or not. Many struggled with not having been able to see loved ones before they died and not to attend funerals or support, and be supported by, those close to them. Bereavements are always harder to cope with when the usual anchors / buffers / sources of support in life such as regular, predictable activities and contact with peers and adults outside the home had been removed. Some young people were worried about the reality or possibility of their parents losing jobs and income as a result of the pandemic.

As a result of the chronic nature of the disruption with the impact of Covid-19 regularly leading to individuals and 'bubbles' having to be at home rather than in school, the number of mentoring sessions delivered to individual young people increased to provide a stable, consistent anchor and because of the higher level of emotional distress we found them to be experiencing and within a context when other adults at home and school were themselves stretched. This had the effect of reducing the number we worked with from 100 to 80.

### Outcomes:

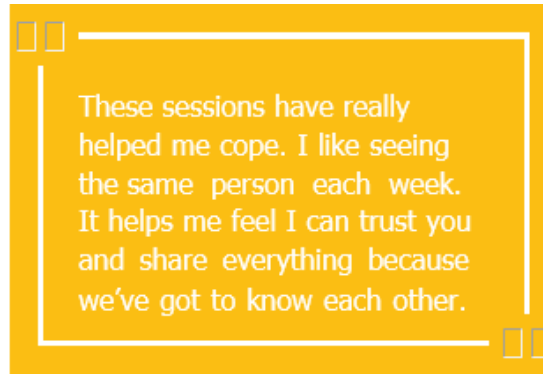
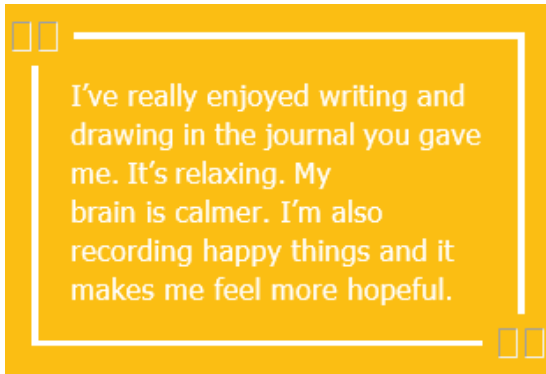
Our 2020-21 outcome data reported that our intervention continued to achieve **an average significant 9 points reduction in emotional distress for all of the students we worked with**, which is a 'reliable change' reduction from severe to moderate, or, moderate to mild distress. This is a notable positive impact given that 39% of the students we worked with were engaging in self-harm, 23% were experiencing suicidal thoughts and 23% had experienced domestic violence. We also collected qualitative student and teacher questionnaire feedback which reported that **100%** of the young people we worked with in 2020-21 said they **felt less stressed or anxious, more confident, and more able to work through problems following their course of mentoring sessions.**

testimonials

from young people....

□□ ——— □□  
 You've given me things to do when I feel really stressed and they help me to feel better and not scared. □□

□□ ——— □□  
 I'm feeling more confident to talk to people and this mentoring has helped me to do that. □□



Looking ahead, the UK and global community remains in a highly uncertain situation. In our work young people have reported worries and concerns related to the effect of the pandemic on their educational outcomes, family health, household finances and employment situation.

### **Development plans for 2021-22:**

As we look ahead we foresee a surge in demand that is difficult to anticipate but will require us to remain flexible and agile in our response to tackling the demand. We are an early-help service but already find ourselves 'holding' young people until they can access CAMHS services or providing our support when the young person is told they do not meet the threshold for access to the CAMHS service. With the national rise to 1.025 million referrals of children or adolescents to CAMHS for conditions such as anxiety and depression in 2021 ([NHS Digital](#)) and [the latest report from England's children's commissioner](#), finding that only 32% of children with a diagnosable mental health need were accessing treatment in 2020-21, the planned rollout of Mental Health Teams in Schools (MHST) to expand the provision is going to fall far short and mean that the demand for our service and the role we can play in effectively support young people whilst they wait is urgently required.

We therefore plan the following:

- With our new Training & Development Manager in post from September 2021, we will prioritise recruiting and training more volunteers in order that our 1:1 Pastoral Mentoring service can be delivered in additional local secondary schools to an increased number of young people who are currently struggling without regular, evidence-based support.
- To extend our training and resources to equip teachers, parents and youth workers to support (not just recognise) young people's mental health and emotional wellbeing.
- To develop our series of Journals for young people which contain our resources as teaching aids and processing places, and which will be an easy access format for youth workers and others to use (along with its Guide) to assist young people to build their mental and emotional health in settings outside of school.
- To deliver The MADE Course to young people with challenges to overcome to remotivate, reinspire and reengage them with education and a positive future knowing their value, positive identity and purpose.
- To gather Young Consultants groups of teenagers with lived experience of mental health and emotional wellbeing difficulties to tell us what their priorities are for our service, how we can best support them and their peers and to provide feedback on and shape the Journals, training and website material we produce. These will be drawn from the cohorts of young people who have received our 1:1 Pastoral Mentoring Service.
- In time, (our BIG vision) is to host an open access holistic wellbeing space for teenagers to call their own, to book or drop in and find support, activities and strategies they can use to connect, develop, flourish and shine.

## **Financial Review:**

SHINE YOUTH completed its 2020-21 financial year on 31st July 2021 with a surplus of income over expenditure of £32,708. Of this, £10,998 were unrestricted funds and £21,711 was restricted. The total income for the year was £70,989 and total expenditure was £46,974.

Grant income was £39,000 and the Charity was successful with 6 out of 8 bids. The trustees would like to express their thanks to the following who gave grants to fund our work: The Society of the Holy Child Jesus, The Garfield Weston Foundation, The Heart of England Community Foundation / Solihull Metropolitan Borough Council, The Cameron Grant Memorial Trust, The George Henry Collins Charity and Arnold Clark.

The Charity was pleased to increase the number of regular donors to support the work and to have had a fantastic community response to its Autumn online giving campaign which raised £7,523. We would like to thank all who invest in what we are doing financially. We really couldn't do it without you!

Similarly, we would also like to thank The Bentley Heath Café, Birmingham Vineyard Church, Solihull Christian Fellowship and Shirley Baptist Church for their donations.

## **Reserves Policy**

The Trustees have set a reserves policy to maintain free reserves in unrestricted funds at a level which equates to 3 months of fixed overheads (£17,271). The Trustees consider that this level will provide sufficient funds to allow time for responses to applications for grants to be received and to ensure that support and governance costs are covered. Three months of reserve funds also provides for the service delivery to be concluded over a timescale which constitutes therapeutic rather than abrupt endings of the direct work with young people.

We are pleased to report that income exceeded our expenditure in the 2020-21 financial year such that the Charity was able to accrue unrestricted reserves equivalent to almost 2 months of fixed overheads. This is therefore lower than that required and it is planned to increase the Charity's reserves to 3 months of fixed overheads by the end of 2021-22.

## **Assessment of Principal Risks and Mitigating Factors**

The Trustees manage the risk environment regularly using a risk register which assesses risks in accordance with the size and potential impact and likelihood of occurrence. This scoring methodology is used to prioritise which risks are actively managed by the Charity at both executive and Trustee level. The major risks managed monthly include young people's safeguarding; levels of grant and fundraising income; risk of key employee loss; service delivery demand and response/waiting times; and cash flow management. The Trustees are satisfied that all material risks have been clearly highlighted and are appropriately managed.

## **Going Concern**

Having reviewed the level of available funds alongside the projected cash-flow, the Trustees have reasonable expectation that the Charity has adequate resources to continue its activities for the future. Accordingly, they continue to adopt the going concern basis in preparing the financial statements.

## **Structure, Governance and Management**

The organisation is led by the Board of Trustees which oversees and monitors the work of SHINE YOUTH and makes decisions on over-arching issues such as vision, strategy and both the agreement and monitoring of the budget and risk register. The Board of Trustees met 11 times during this year.

The post of CEO is also a Trustee in order to provide the Charity with a direct, effective and efficient link between its governance and operational functions. The CEO's equal responsibility and decision-making power at the highest level

of the running of the charity provides direct accountability, strengthens governance and guards against the potential for disconnect between the Charity's management team and the Board.

The day-to-day running of SHINE YOUTH is delegated to the CEO. Members of the Board supervise the CEO and the CEO provides supervision to the rest of the staff and volunteer team.

#### Recruitment, Appointment, Induction and Training of the Board of Trustees

The Board of Trustees ensures that it takes into account potential contributions to the skills mix and the balance of the Board as a whole when making new appointments. Trustees are recruited by word of mouth and by direct approach to people who possess relevant skills and support the values of the Charity.

New Trustees are provided with a Trustee Handbook and inducted to the Charity and the context within which it operates, including:

- The obligations of Trustee board members;
- The main documents which set out the operational framework for the Charity including its Governing Document; Policy Handbook; Risk Register and Archived Minutes of Trustees' Meetings;
- Resourcing and the current financial position as set out in the latest published accounts;
- Future plans and objectives.

As part of an ongoing recognition of the need to maintain quality standards throughout the Charity there is a commitment to source and recommend training for the Trustees to develop their understanding and abilities as Trustees. All Trustees complete Safeguarding training.



**Section A**

**Independent Examiner's Report**

**Report to the trustees/  
members of**

| Shine Youth

**On accounts for the year  
ended**

31/07/2021

| **Charity no** 11185452

**Set out on pages**

09 - 19

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/7/2021.

**Responsibilities and  
basis of report**

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

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

**Independent  
examiner's statement**

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

~~Please delete the words in the brackets if they do not apply.~~

**Signed:**

**Date:** 06/04/2022

**Name:** Ian English

**Relevant professional  
qualification(s) or body  
(if any):** Finance Manager (Retired)

**Address:** 138 Sambourn Close, Solihull, 891 2SA



<b>Shine Youth</b>		Charity No	<b>1185452</b>
<b>Annual accounts for the period</b>			
Period start date	<b>01/08/2020</b>	To	Period end date <b>31/07/2021</b>

## Section A Statement of financial activities


Recommended categories by activity	Guidance Notes	Unrestricted funds £ F01	Restricted income funds £ F02	Endowment funds £ F03	Total funds £ F04	Prior year funds £ F05
<b>Incoming resources (Note 3)</b>						
<b>Income and endowments from:</b>						
Donations and legacies	S01	32,043	27,930	-	59,973	43,805
Charitable activities	S02	9,435	-	-	9,435	6,100
Other trading activities	S03	1,581	-	-	1,581	3,651
Investments	S04	-	-	-	-	-
Separate material item of income	S05	-	-	-	-	-
Other	S06	-	-	-	-	-
<b>Total</b>	S07	<b>43,059</b>	<b>27,930</b>	<b>-</b>	<b>70,989</b>	<b>53,556</b>
<b>Resources expended (Note 6)</b>						
<b>Expenditure on:</b>						
Raising funds	S08	3,271	-	-	3,271	7,285
Charitable activities	S09	35,175	8,528	-	43,703	37,577
Separate material item of expense	S10	-	-	-	-	-
Other	S11	-	-	-	-	-
<b>Total</b>	S12	<b>38,446</b>	<b>8,528</b>	<b>-</b>	<b>46,974</b>	<b>44,862</b>
<b>Net income/(expenditure) before investment gains/(losses)</b>						
	S13	4,612	19,402	-	24,014	8,694
Net gains/(losses) on investments	S14	-	-	-	-	-
<b>Net income/(expenditure)</b>	S15	<b>4,612</b>	<b>19,402</b>	<b>-</b>	<b>24,014</b>	<b>8,694</b>
<b>Extraordinary items</b>	S16	-	-	-	-	-
<b>Transfers between funds</b>	S17	-	-	-	-	-
<b>Other recognised gains/(losses):</b>						
Gains and losses on revaluation of fixed assets for the charity's own use	S18	-	-	-	-	-
Other gains/(losses)	S19	-	-	-	-	-
<b>Net movement in funds</b>	S20	<b>4,612</b>	<b>19,402</b>	<b>-</b>	<b>24,014</b>	<b>8,694</b>
<b>Reconciliation of funds:</b>						
Total funds brought forward	S21	6,385	2,309	-	8,694	-
<b>Total funds carried forward</b>	S22	<b>10,997</b>	<b>21,711</b>	<b>-</b>	<b>32,708</b>	<b>8,694</b>

# Section B

# Balance sheet

		Notes Guidance	Unrestricted funds £ F01	Restricted income funds £ F02	Endowment funds £ F03	Total this year £ F04	Total last year £ F05
<b>Fixed assets</b>							
Intangible assets	(Note 15)	B01	-	-	-	-	-
Tangible assets	(Note 14)	B02	-	-	-	-	-
Heritage assets	(Note 16)	B03	-	-	-	-	-
Investments	(Note 17)	B04	-	-	-	-	-
<b>Total fixed assets</b>		B05	-	-	-	-	-
<b>Current assets</b>							
Stocks	(Note 18)	B06	-	-	-	-	-
Debtors	(Note 19)	B07	403	-	-	403	525
Investments	(Note 17.4)	B08	-	-	-	-	-
Cash at bank and in hand	(Note 24)	B09	13,349	21,711	-	35,060	15,817
<b>Total current assets</b>		B10	13,752	21,711	-	35,463	16,342
Creditors: amounts falling due within one year	(Note 20)	B11	2,754	-	-	2,754	-
<b>Net current assets/(liabilities)</b>		B12	10,998	21,711	-	32,708	16,342
<b>Total assets less current liabilities</b>		B13	10,998	21,711	-	32,708	16,342
Creditors: amounts falling due after one year	(Note 20)	B14	-	-	-	-	-
Provisions for liabilities		B15	-	-	-	-	-
<b>Total net assets or liabilities</b>		B16	10,998	21,711	-	32,708	16,342
<b>Funds of the Charity</b>							
Endowment funds	(Note 27)	B17	-	-	-	-	-
Restricted income funds	(Note 27)	B18	-	21,711	-	21,711	-
Unrestricted funds		B19	10,998	-	-	10,998	-
Revaluation reserve		B20	-	-	-	-	-
<b>Total funds</b>		B21	10,998	21,711	-	32,708	-

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval dd/mm/yyyy
	Zoe Wallis	07/03/2022

The Charity was entitled to exemption from audit under s477 of the Companies Act 2006 relating to small companies. The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The Trustees acknowledge their responsibilities for complying with the requirements of the Companies Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to small companies subject to the small companies regime and in accordance with FRS102 SORP.

## Notes to the accounts

### **Note 1 Basis of preparation**

#### **1.1 Basis of accounting**

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

The accounts have been prepared in accordance with:

- the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014
- the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102)
- and with the Charities Act 2011.

The Charity constitutes a public benefit entity as defined by FRS 102.

#### **1.2 Going Concern**

Having reviewed the level of funds available, together with the future projected cashflows, the trustees have reasonable expectation that the charity has adequate resources to continue its activities for the foreseeable future. Accordingly, they continue to adopt the going concern basis in preparing the financial statements.

### **Note 2 Accounting Policies**

The following accounting policies have been applied by the Charity:

#### **2.1 Income**

Recognition of Income	These are included in the Statement of Financial Activities (SoFA) when: <ul style="list-style-type: none"><li>• the charity becomes entitled to the resources;</li><li>• it is more likely than not that the trustees will receive the resources;</li><li>• the monetary value can be measured with sufficient reliability.</li></ul>
Offsetting	There has been no offsetting of assets and liabilities, or income and expenses, unless required or permitted by the FRS 102 SORP or FRS 102.
Grants and donations	Grants and donations are only included in the SOFA when the general income recognition criteria are met (5.10 to 5.12 FRS102 SORP). In the case of performance related grants, income must only be recognised to the extent that the charity has provided the specified goods or services as entitlement to the grant only occurs when the performance related conditions are met (5.16 FRS 102 SORP).
Legacies	Legacies are included in the SOFA when receipt is probable, that is, when there has been grant of probate, the executors have established that there are sufficient assets in the estate and any conditions attached to the legacy are either within the control of the charity or have been met.
Government grants	The charity has received government grants in the reporting period
Tax reclaims on donations and gifts	Gift Aid receivable is included in income when there is a valid declaration from the donor. Any Gift Aid amount recovered on a donation is considered to be part of that gift and is treated as an addition to the same fund as the initial donation unless the donor or the terms of the appeal have specified otherwise.
Contractual income and performance related grants	This is only included in the SOFA once the charity has provided the related goods or services or met the performance related conditions.
Donated goods	Gifts in kind for use by the charity are included in the SOFA as income from donations when receivable.
Donated services and facilities	Donated services and facilities are included in the SOFA when received at the value of the gift to the charity provided the value of the gift can be

	<p>measured reliably.</p> <p>Donated services and facilities that are consumed immediately are recognised as income with an equivalent amount recognised as an expense under the appropriate heading in the SOFA.</p>
Support costs	The charity has incurred expenditure on support costs.
Volunteer help	The value of any voluntary help received is not included in the accounts but is described in the trustees' annual report.
Income from interest, royalties and dividends	This is included in the accounts when receipt is probable and the amount receivable can be measured reliably.

## 2.2 Expenditure and Liabilities

Liability recognition	Liabilities are recognised where it is more likely than not that there is a legal or constructive obligation committing the charity to pay out resources and the amount of the obligation can be measured with reasonable certainty.
Governance and support costs	<p>Support costs have been allocated between governance costs and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice.</p> <p>Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, eg allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.</p>
Redundancy cost	The charity made no redundancy payments during the reporting period.
Deferred income	No material item of deferred income has been included in the accounts.
Creditors	The charity has creditors which are measured at settlement amounts less any trade discounts
Provisions for liabilities	A liability is measured on recognition at its historical cost and then subsequently measured at the best estimate of the amount required to settle the obligation at the reporting date
Basic financial instruments	The charity accounts for basic financial instruments on initial recognition as per paragraph 10.7 FRS102 SORP. Subsequent measurement is as per paragraphs 11.17 to 11.19, FRS102 SORP.

## 2.3 Assets

Tangible fixed assets for use by charity	Expenditure on acquisitions of fixed assets over £1000 are capitalised at cost. Tangible fixed assets are stated at cost less depreciation. Fixed assets are depreciated at rates appropriate to their useful academic life. There are currently no fixed assets.
Debtors	Debtors (including trade debtors and loans receivable) are measured on initial recognition at settlement amount after any trade discounts or amount advanced by the charity. Subsequently, they are measured at the cash or other consideration expected to be received.

### Note 3 Analysis of Income

		Unrestricted Funds	Restricted Funds	Total Funds	Prior Year
<b>Donations &amp; Legacies</b>	Grants	14,000	27,930	41,930	31,366
	HMRC Coronavirus Job Retention Scheme	6,677	-	6,677	4,116
	Church Supporters	6,279	-	6,279	6,335
	Individual Supporters	3,793	-	3,793	1,271
	Gift Aid on Individual Supporters	480	-	480	181
	Business Supporters	800	-	800	530
	Miscellaneous	14	-	14	5
	<b>Total</b>	<b>32,043</b>	<b>27,930</b>	<b>59,973</b>	<b>43,805</b>

<b>Charitable Activities</b>	Service Level Agreements	9,435	-	9,435	-
	<b>Total</b>	<b>9,435</b>	<b>-</b>	<b>9,435</b>	<b>-</b>

<b>Other trading activities</b>	Fundraising Events	1,581	-	1,581	-
	<b>Total</b>	<b>1,581</b>	<b>-</b>	<b>1,581</b>	<b>-</b>

### Note 4 Analysis of expenditure

Expenditure on Raising Funds:	This year			Last year		
	Unrestricted funds	Restricted income funds	Total funds £	Unrestricted funds	Restricted income Funds	Total funds £
Incurring seeking donations	-	-	-	-	-	-
Incurring seeking legacies	-	-	-	-	-	-
Incurring seeking grants	-	-	-	-	-	-
Staging fundraising events	-	-	-	72	-	72
Advertising, marketing, direct mail and publicity	-	-	-	-	-	-
Allocated support costs (see Note 9)	-	-	-	-	-	-
Staffing	3,130	-	3,130	5,450	183	5,633
Website	98	-	98	265	-	265
Publicity	-	-	-	253	-	253
Office Utilities	-	-	-	-	-	-
Computer Equipment	-	-	-	-	-	-
Computer Software & Licences	-	-	-	72	-	72
Stationery, Printing & Postage	44	-	44	19	-	19
Accounts Preparation	-	-	-	-	-	-
<b>Total expenditure on Raising Funds:</b>	<b>3,271</b>	<b>-</b>	<b>3,271</b>	<b>6,130</b>	<b>183</b>	<b>6,314</b>

## Expenditure on Charitable Activities:

	Unrestricted funds	Restricted income funds	Total funds £	Unrestricted funds	Restricted income Funds	Total funds £
Staffing - Team Leader	-	-	-	4,256		4,256
Staff & Volunteer training & Development	562	623	1,185	813	492	1,305
Resources	476	-	476	980		980
Subscriptions	96	-	96	120	-	120
Insurance	- 112	406	294	68	-	68
Allocated support costs (see Note 9)						
Staffing	27,767	7,005	34,772	28,884	2,016	30,899
Website	195		195	265		265
Publicity	-	-	-	217		217
Office Utilities	2,476	-	2,476	136		136
Computer Equipment	768	495	1,263			
Computer Software & Licences	1,842	-	1,842	72		72
Other Equipment	404		404			
Stationery, Printing & Postage	600	-	600	128		128
Accounts Preparation	100	-	100	100	-	100
<b>Total expenditure on charitable activities</b>	<b>35,175</b>	<b>8,528</b>	<b>43,703</b>	<b>36,041</b>	<b>2,508</b>	<b>38,549</b>
<b>TOTAL EXPENDITURE</b>	<b>38,446</b>	<b>8,528</b>	<b>46,974</b>	<b>42,171</b>	<b>2,691</b>	<b>44,862</b>

## Other information:

### Analysis of expenditure on charitable activities

Activity or Programme	This year			Last year		
	Direct Activities	Grant funding of activities	Total this year	Direct Activities	Grant funding of activities	Total last year
Activity 1	43,703	-	43,703	38,549	-	38,549
Activity 2	-	-	-	-	-	-
Other	-	-	-	-	-	-
<b>Total</b>	<b>43,703</b>	<b>-</b>	<b>43,703</b>	<b>38,549</b>	<b>-</b>	<b>38,549</b>

## Note 5 Support Costs

Support cost	Raising funds	Charitable Activities	Grand total	Basis of allocation
	£	£	£	(Describe method)
Salaries & Pension	3,130	34,772	37,902	estimation of hours spent by role
Website	98	195	293	1/3, 2/3
Publicity			-	n/a
Office Rent & Utilities		2,476	2,476	100% Charitable activities
Computer Equipment		1,263	1,263	100% Charitable activities
Computer Software & Licences	-	1,842	1,842	100% Charitable activities
Other equipment	-	404	404	100% Charitable activities
Stationery, Printing & Postage	44	600	644	by function of each item
Miscellaneous expenses	-	90	90	by function of each item
Accounts Preparation	-	100	100	
<b>Total</b>	<b>3,271</b>	<b>41,743</b>	<b>45,014</b>	

**Last year**

Support cost	Raising funds	Activities	Grand total	Basis of allocation
	£	£	£	(Describe method)
Salaries & Pension	5,633	30,899	36,532	estimation of hours spent by role
Website	265	265	531	1/2, 1/2
Publicity	253	217	470	by function of each item
Office Utilities	-	136	136	by function of each item
Computer Software & Licences	72	72	144	1/2, 1/2
Stationery, Printing & Postage	19	128	147	by function of each item
Accounts Preparation	-	100	100	by function of each item
<b>Total</b>	<b>6,242</b>	<b>31,818</b>	<b>38,060</b>	

**Please provide details of the accounting policy adopted for the apportionment of costs between activities and any estimation techniques used to calculate their apportionment.**

The apportionment of salaries is an estimation based on hours/time spent. The estimation techniques used to calculate the apportionment of other costs is the percentage of function performed by that expense for each category.

**Note 6 Details****6.1 Fees for examination of the accounts**

	This year
	£
Independent examiner's fees	100
Assurance services other than independent examination	-
Tax advisory fees	-
Other fees paid to the independent examiner	-

**Note 7 Paid Employees****7.1 Staff Costs**

	This year	Last year
	£	£
Salaries and wages	36,852	39,666
Social security costs	-	-
Pension costs (defined contribution scheme)	1,050	1,123
Other employee benefits	-	-
<b>Total staff costs</b>	<b>37,902</b>	<b>40,789</b>

**No employees received employee benefits (excluding employer pension costs) for the reporting period of more than £60,000**

**0**

	This year	Last year
	£	£
<b>Total amount paid to key management personnel for their services to the charity (CEO)</b>	<b>27,333</b>	<b>25,414</b>

## 7.2 Average Head Count in the year

11.2 Average head count in the year		This year	Last year
The parts of the charity in which the employees work	Fundraising	1	1
	Charitable Activities	1	1
	Governance	-	-
	Other	-	-
<b>Total</b>		<b>1</b>	<b>1</b>

## Note 8 Defined contribution pension scheme or defined benefit scheme accounted for as a defined contribution scheme

	This year	Last year
	£	£
Amount of contributions recognised in the SOFA as an expense	1,050	1,123

The allocation of expense of defined contribution pension scheme between activities uses the same rationale as that of apportioning staff costs, which is an estimation based on hours/time spent.

## Note 9 Debtors and prepayments

### 9.1 Analysis of Debtors

	This year £	Last year £
Trade debtors	-	-
Prepayments and accrued income	403	525
Other debtors	-	-
<b>Total</b>	<b>403</b>	<b>525</b>

## Note 10 Creditors and Accruals

### 10.1 Analysis of Creditors

	Amounts falling due within one year		Amounts falling due after more than one year	
	This year £	Last year £	This year £	Last year £
Accruals for grants payable	-	-	-	-
Bank loans and overdrafts	-	-	-	-
Trade creditors	-	-	-	-
Payments received on account for contracts or performance-related grants	-	-	-	-
Accruals and deferred income	2,278	6,668	-	-
Taxation and social security	410	635	-	-
Other creditors	67	345	-	-
<b>Total</b>	<b>2,754</b>	<b>7,648</b>	<b>-</b>	<b>-</b>

**Note 11 Cash at bank and in hand**

	This year £	Last year £
Short term cash investments (less than 3 months maturity date)	-	-
Short term deposits	-	-
Cash at bank and on hand	35,060	15,817
Other	-	-
<b>Total</b>	<b>35,060</b>	<b>15,817</b>

**Note 12 Charity funds****12.1 Details of material funds held and movements during the CURRENT reporting period**

Fund Name	Type	Purpose and Restrictions
Heart of England Coronavirus Resilience Fund	R - Restricted	Set up and training costs for providing online mentoring while unable to visit schools in person
Local Giving Match Fund	R - Restricted	Towards the Pastoral Mentoring Cost.
Training & Development Manager Fund	R - Restricted	The salary and expenditure for the post of Training & Development Manager.
Solihull Winter Wellbeing Fund	R - Restricted	Towards the Pastoral Mentoring Service from 19/04/21 – 09/04/22.

Fund Name	Fund balances brought forward	Income	Expenditure	Transfers	Gains and losses	Fund balances carried forward
Heart of England Coronavirus Resilience Fund	2,309	-	- 2,309	-	-	-
Local Giving Match Fund	-	3,930	- 3,930	-	-	-
Training & Development Manager Fund	-	19,000	- 495	-	-	18,505
Solihull Winter Wellbeing Fund	-	5,000	- 1,795	-	-	3,205
<b>Total Funds as per balance sheet</b>	<b>2,309</b>	<b>27,930</b>	<b>-8,528</b>	<b>-</b>	<b>-</b>	<b>21,711</b>

**12.2 Details of material funds held and movements during the PREVIOUS reporting period**

Fund Name	Type	Purpose and Restrictions
Heart of England Coronavirus Resilience Fund	R - Restricted	Set up and training costs for providing online mentoring while unable to visit schools in person

Fund Name	Fund balances brought forward £	Income £	Expenditure £	Transfers £	Gains and losses £	Fund balances carried forward £
Heart of England Coronavirus Resilience Fund	0	5,000	- 2,691	-	-	2,309
<b>Total Funds as per balance sheet</b>	<b>-</b>	<b>5,000</b>	<b>- 2,691</b>	<b>-</b>	<b>-</b>	<b>2,309</b>

## Note 13 Transactions with trustees and related parties

### 13.1 Trustee remuneration and benefits

Name of trustee	Legal authority	Amounts paid or benefit value				TOTAL
		Remuneration	Pension contribution	Redundancy	Pension Setup Fee	
Cheryl Hawkins	Governing Document	24,608	406	-	400	<b>25,414</b>

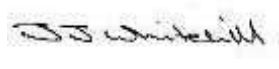


Cheryl Hawkins received remuneration from employment with the Charity (CEO).

### 13.2 Trustee Expenses

No trustee expenses have been incurred.

### Declarations

The Trustees declare that they have approved the Trustees' Annual Report for 2020-2021 above. Signed on behalf of the Charity's trustees:

Signatures			
Full Names	Jennifer Whitehill	Zoe Wallis	Cheryl Hawkins
Position	Chairperson	Treasurer	Trustee & CEO
Date	07/03/21	07/03/21	07/03/21