



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

47

1:1 Pastoral Mentoring & Counselling

(received 12 - 25 sessions)

72

Wellbeing Group courses

(6 or 7 sessions)

27

Youth Voice groups

(bi-monthly sessions)

43

Training for parent/carers & school staff

(half-day workshops)

Referral Characteristics

(the majority had dual features)

26

Bereavement

36

Low Self-Esteem

43

Anxiety

23

Low Mood

12

Anger

10

Self-Harm

Those referred who have **SEND**

11%

1:1 Pastoral Mentoring

43%

Wellbeing Group courses

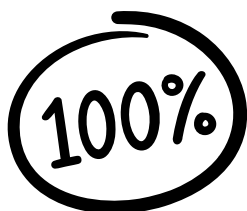
1:1 Mentoring & Counselling -

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:



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

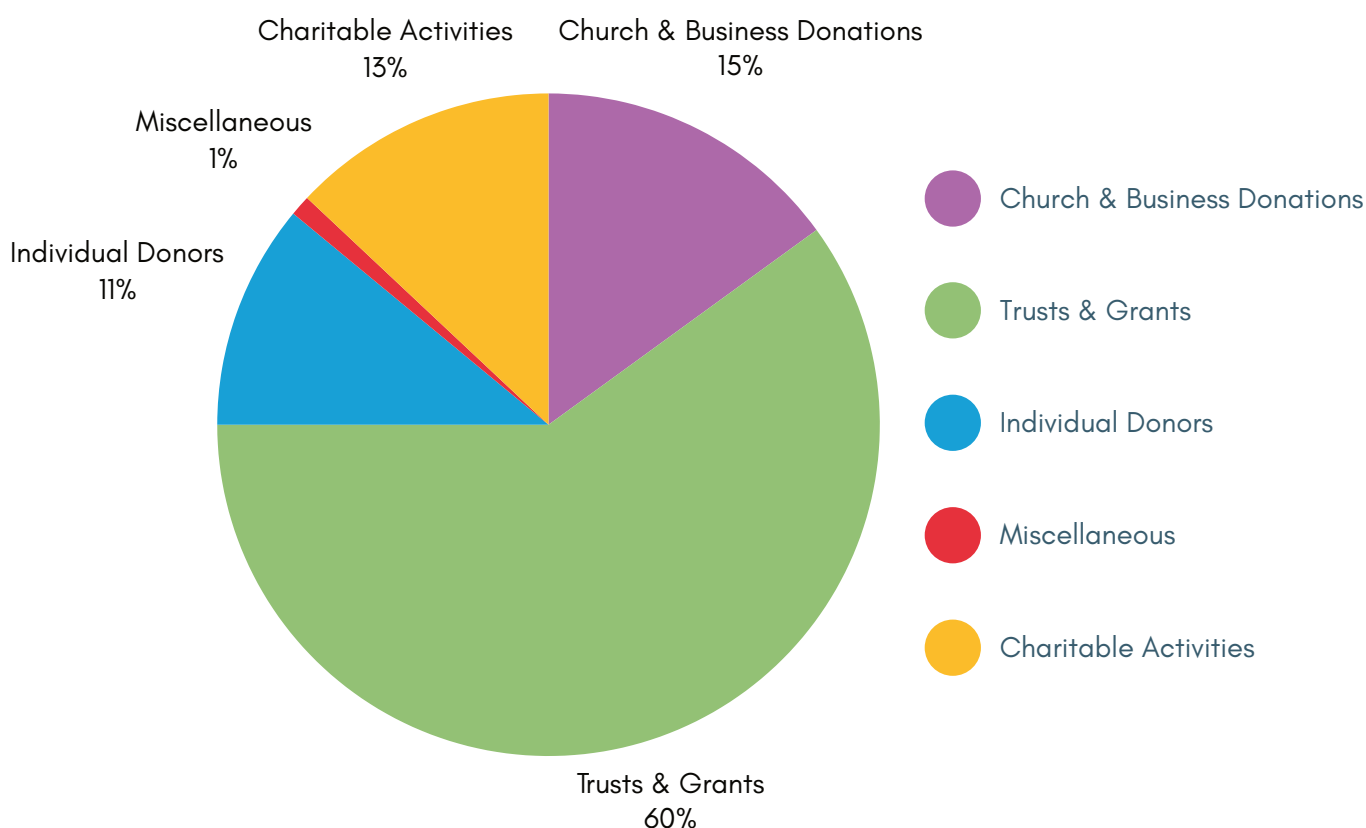
As the Charity's Service Level Agreements are with local schools and services run from September to July, this year the trustees took the decision to adjust the Charity's financial year end so that it is aligned with the Academic year, beginning on 01 September. As a result, this Financial Year and accounts 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.

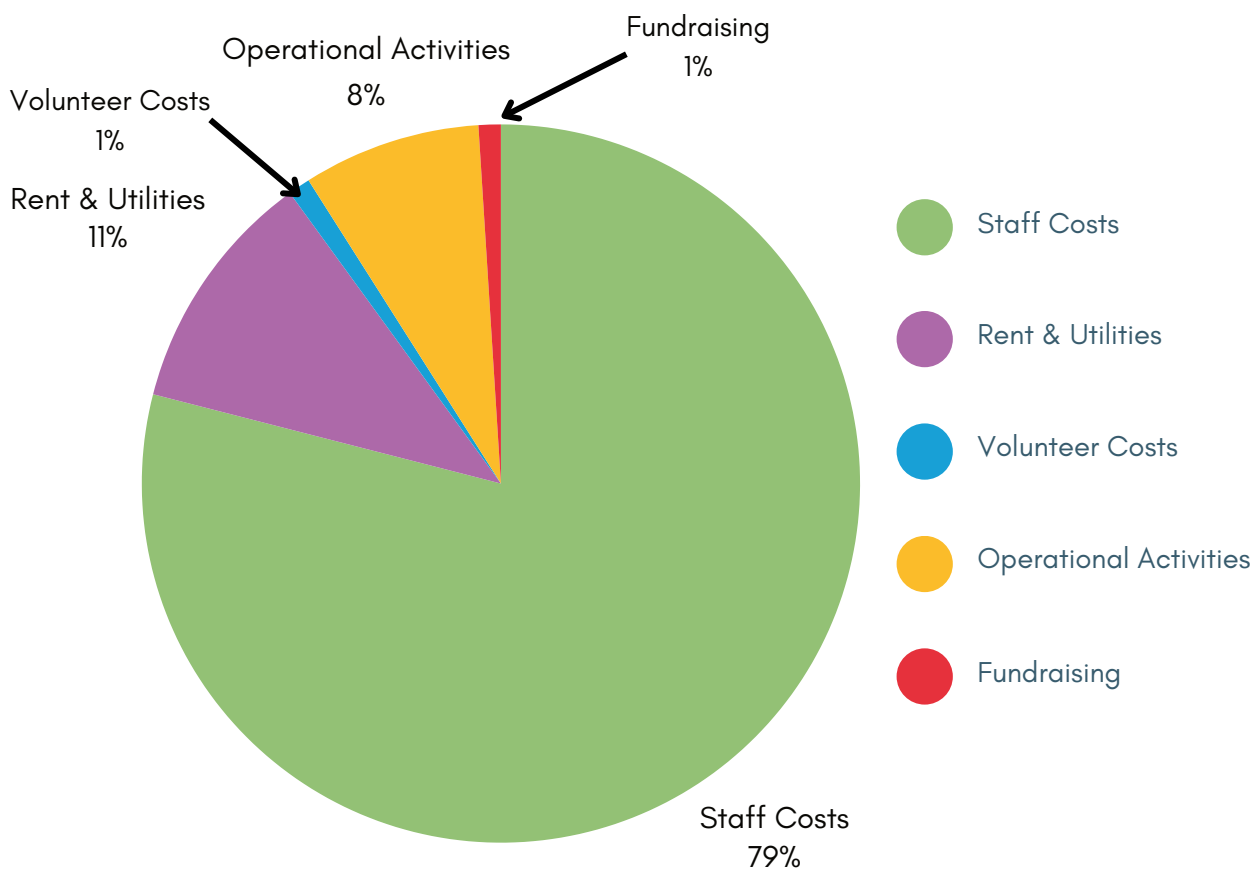
The trustees would like to express their thanks to the following who gave grants to fund the Charity's work this year: Solihull Metropolitan Borough Council, The Heart of England Community Foundation, The Trusted Executive Charitable Trust, The Wesleyan Foundation and The Benefact Trust.

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:

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

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

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
Income and endowments from:				
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	-	-	-	-
Total	66,597	17,812	84,409	41,759
Resources expended (Note 6)				
Expenditure on:				
Raising funds	484	-	484	331
Charitable activities	65,539	14,304	79,843	63,136
Separate material item of expense	-	-	-	-
Other	-	-	-	-
Total	66,023	14,304	80,327	63,467
Net income/(expenditure) before investment gains/(losses)	1,797	2,284	4,082	21,708
Net gains/(losses) on investments	-	-	-	-
Net income/(expenditure)	1,797	2,284	4,082	21,708
Extraordinary items	-	-	-	-
Transfers between funds	-	-	-	-
Other recognised gains/(losses):				
Gains and losses on revaluation of fixed assets for the charity's own use	-	-	-	-
Other gains/(losses)	-	-	-	-
Net movement in funds	1,797	2,284	4,082	21,708
Reconciliation of funds:				
Total funds brought forward	6,296	4,704	11,001	32,708
Total funds carried forward	6,871	8,212	15,082	11,001

Section B

Balance sheet

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

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">• the charity becomes entitled to the resources;• it is more likely than not that the trustees will receive the resources;• the monetary value can be measured with sufficient reliability.
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 £
Donations and legacies:	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
	Total	55,479	17,812	73,290	36,244
Charitable activities:	Service Level Agreements	10,760	-	10,760	5,515
	Total	10,760	-	10,760	5,515
Other trading activities:	Fundraising Events	359	-	359	-
	Total	359	-	359	-
TOTAL INCOME		66,597	17,812	84,409	41,759

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
Expenditure on raising funds:	£	£	£	£	£	£
Incurred seeking donations	-	-	-	-	-	-
Incurred seeking legacies	-	-	-	-	-	-
Incurred 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	-	-	-	-	-	-
Total expenditure on raising funds	977	-	977	1,540	-	1,540

Expenditure on charitable activities:

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	-	-	-
Total expenditure on charitable activities	65,046	14,304	79,350	39,576	22,351	61,928

TOTAL EXPENDITURE	66,023	14,304	80,327	41,116	22,351	63,467
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Note 5 Support Costs

This 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
Total	728	75,899	76,627	

Last year

Support cost	Raising funds £	Charitable Activities	Grand total £	Basis of allocation
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
Total	1,540	58,852	60,392	

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

	This year £	Last year £
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

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

	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.

	This year £	Last year £
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

The parts of the charity in which the employees work		This year	Last year
	Fundraising	-	-
	Charitable Activities	2	1
	Governance	-	-
	Other	-	-
	Total	2	1

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

Note 8 Defined contribution pension scheme

	This year (13 mths)	Last year
	£	£
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

	This year £	Last year £
Trade debtors	-	-
Prepayments and accrued income	803	661
Other debtors	-	-
Total	803	661

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	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	-	-
Total	9,812	12,265	-	-

Note 11 Cash in bank and at hand

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

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	-	-	-
Total Funds	4,704	17,812	- 14,304	-	-	8,212

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	-	-	-
Total Funds	21,711	5,345	- 22,351	-	-	4,704

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