



# ***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



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 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)

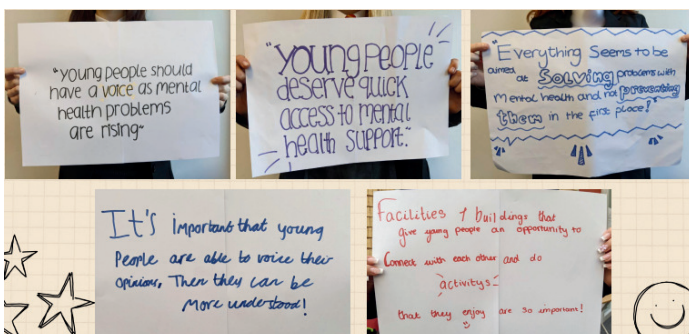
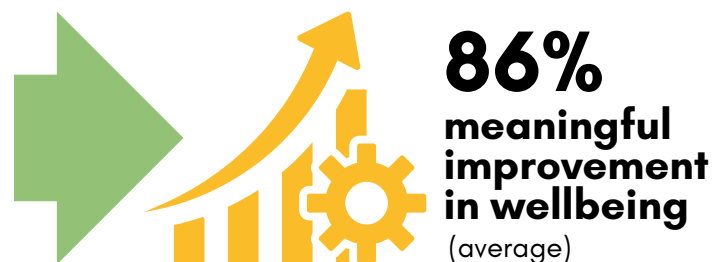


**72** young people were equipped through 6 workshops



**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;"

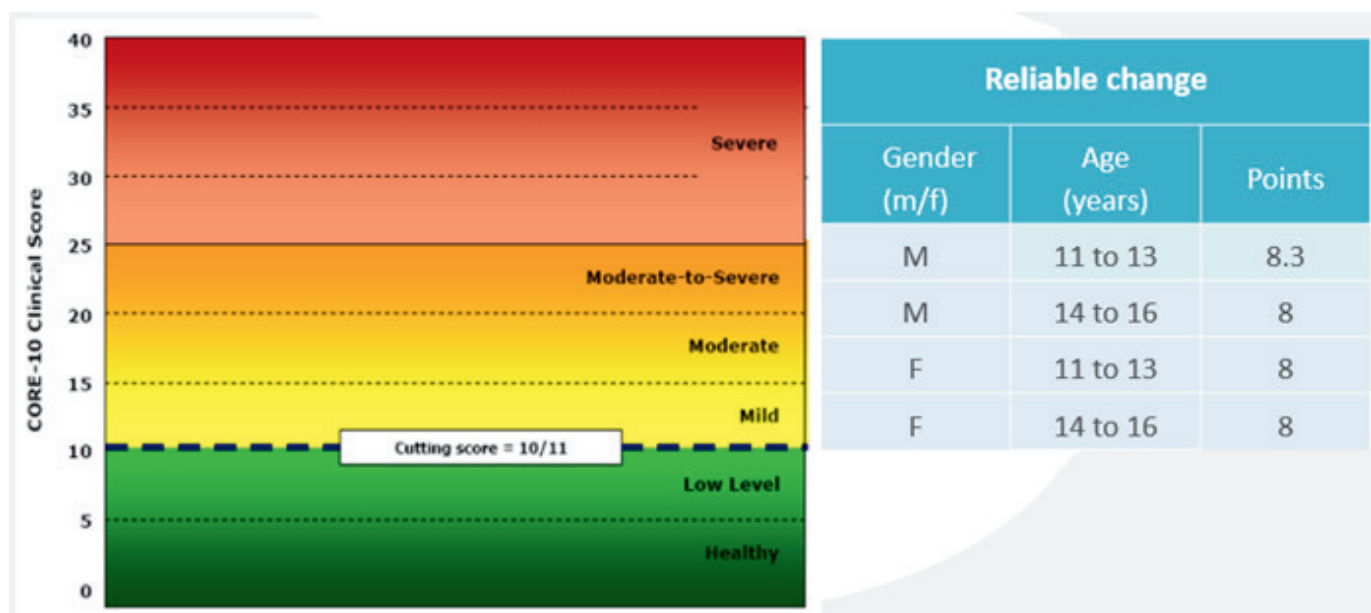


2. The ways he self-harms;
3. The triggers at those specific times;
4. The thoughts he holds;
5. His emotions following from those thoughts,;
6. Physical symptoms experienced from the self-harm; and
7. Safe strategies as alternatives to self-harm.

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.



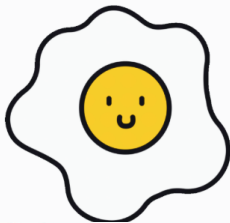
## WHAT YOU CAN EXPECT

- 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!



01

hello

Thought for the Week  
& Icebreaker

02



Skills Challenge

03



Games, LEGO,  
Illustration

## 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.



## 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.

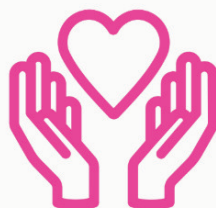


## Gratitude

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***

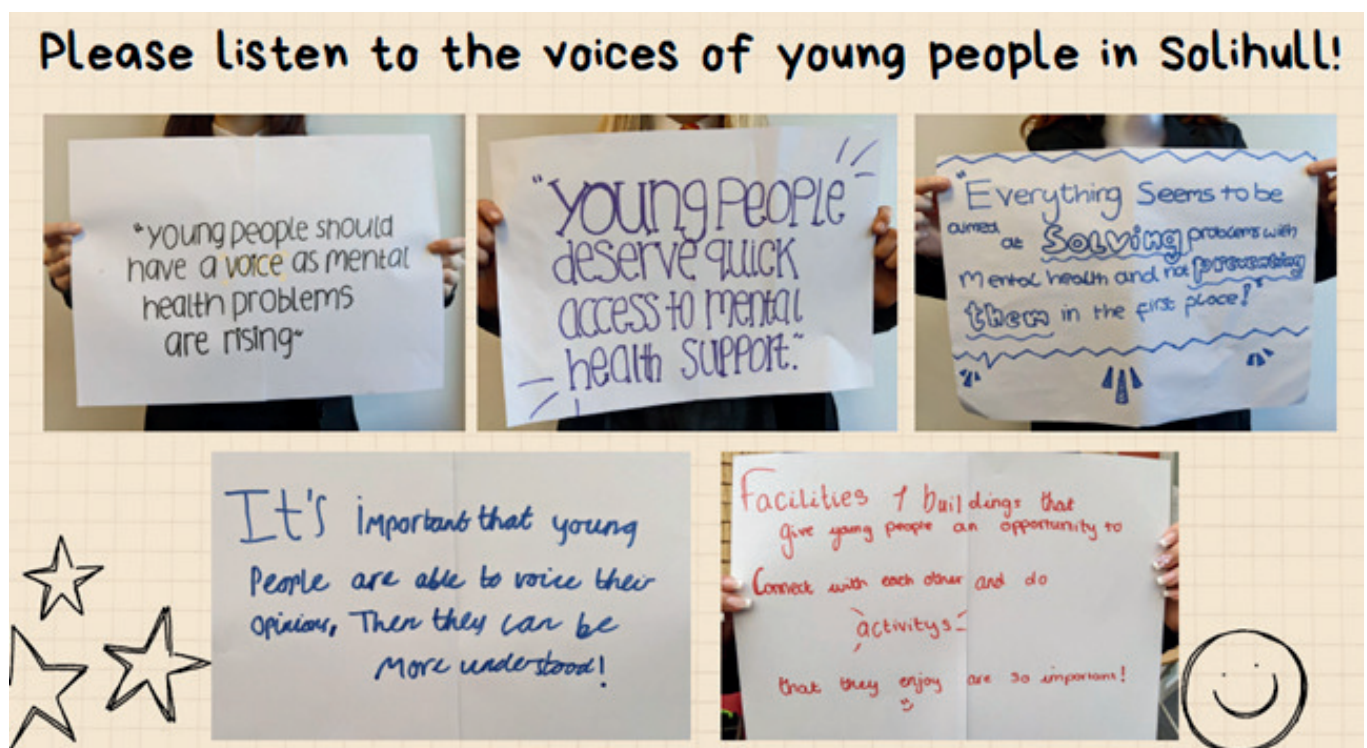
The Charity's Wellbeing Lead and Schools & Community Youth Worker also ran a Youth Voice project in a north and a south Solihull secondary school with groups of students who had received SHINE YOUTH Pastoral Mentoring or attended a Wellbeing Group course (have lived experience of mental health and emotional 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><small>*Give survey handout to SLT</small></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 <b>AMAZING</b> 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

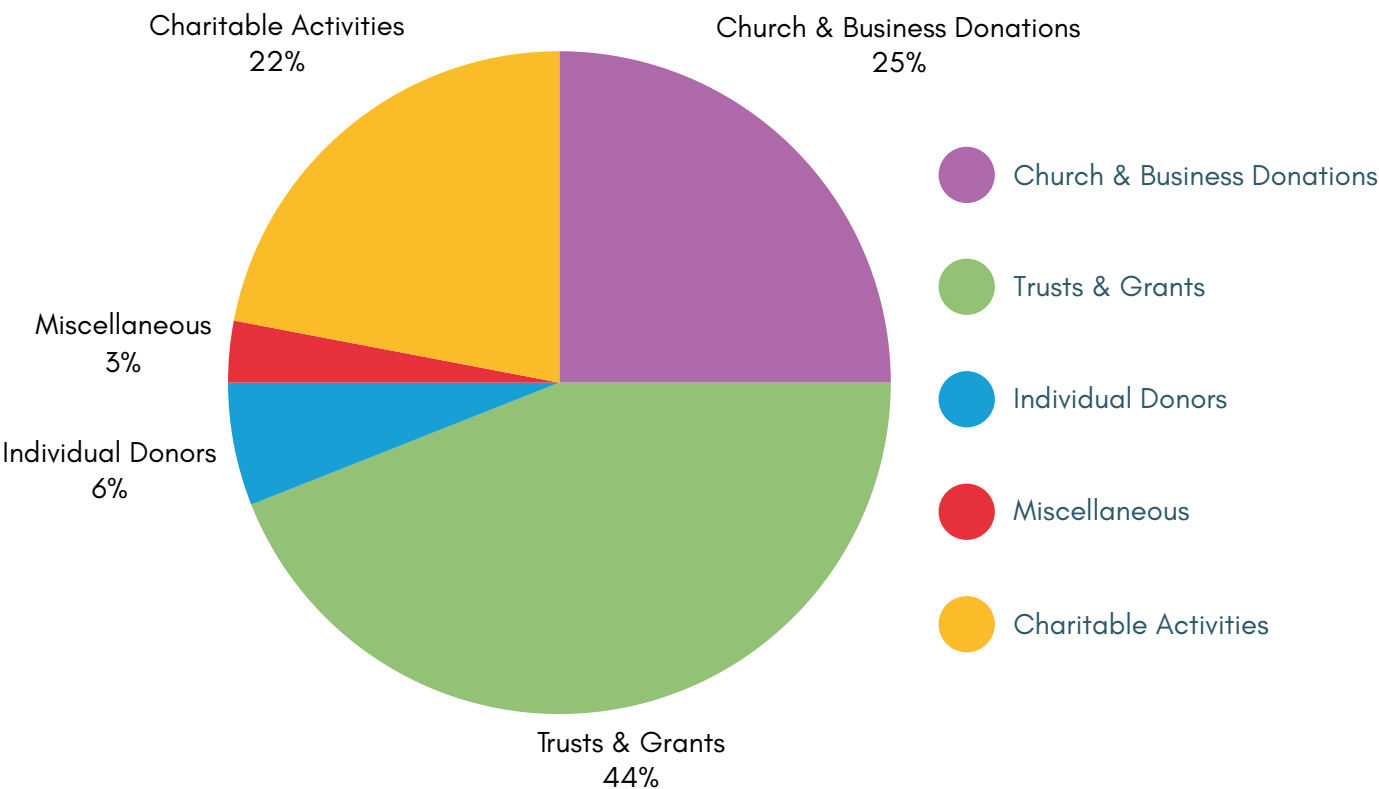
SHINE YOUTH completed its 2023-24 financial year on 31st August 2024 with a total income for the year of £81,199 and total expenditure of £74,055. This was a surplus of income over expenditure of £7,144.

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.

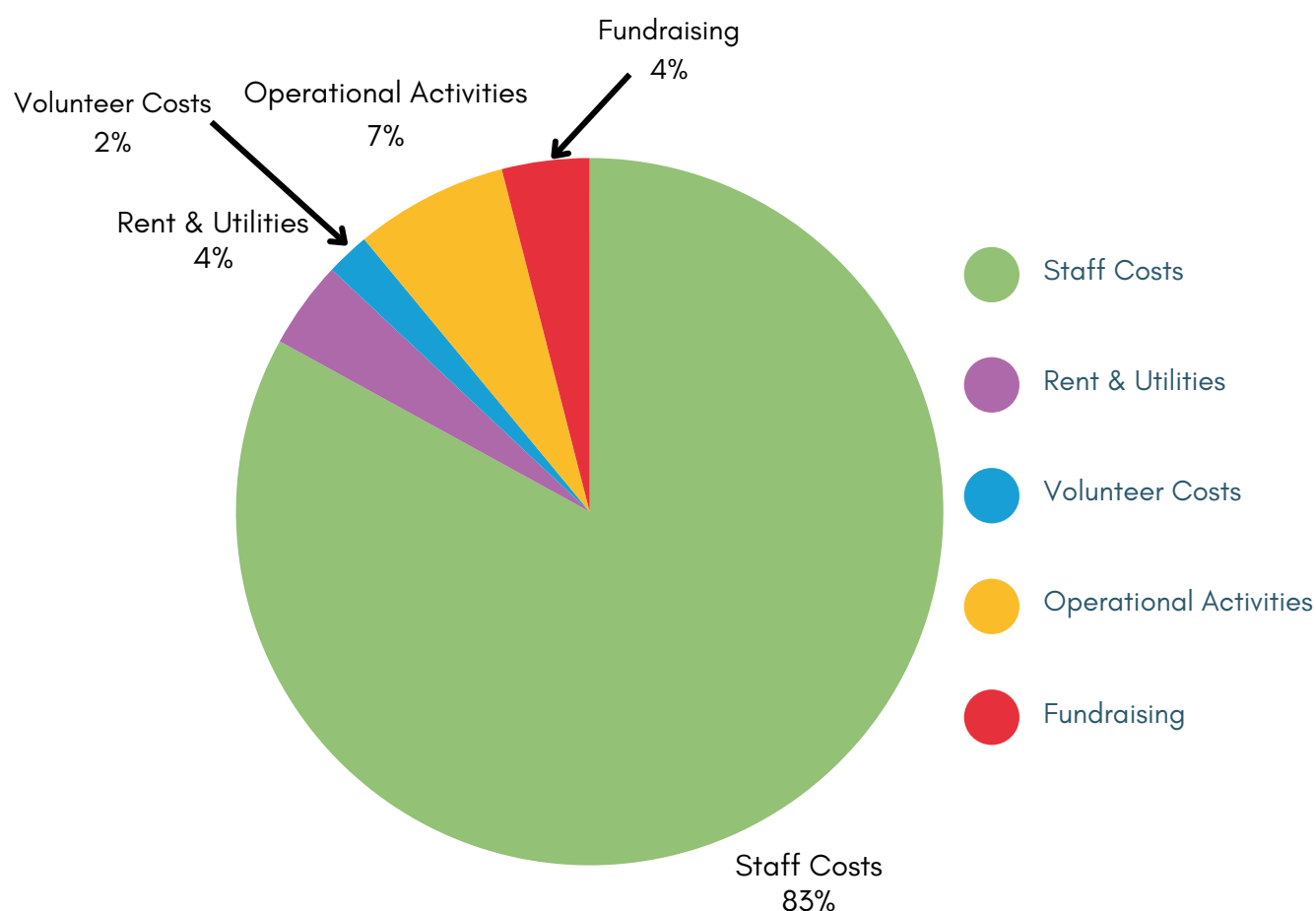
The trustees would like to express their thanks to the following who gave grants to fund the Charity’s work this year: Solihull Metropolitan Borough Council, The Heart of England Community Foundation, The Trusted Executive Charitable Trust, The National Lottery and The Cooperative Bank.

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>
<b>Annual accounts for the period</b>				
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 £ F01	Restricted income funds £ F02	Total this year £ F04	Total last year (13 mths) £ 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>	-	-	-	-
<b>Provisions for liabilities</b>	-	-	-	-
<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)
	Analysis	£	£	£	£
<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>						
Incurred seeking donations	-	-	-	-	-	-
Incurred seeking legacies	-	-	-	-	-	-
Incurred 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

<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>	

Last 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>	

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

<b>This year £</b>	<b>Last year £</b>
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	2
Governance	-	-
Other	-	-
<b>Total</b>	<b>2</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>
	<b>£</b>	<b>£</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**

<b>Fund name</b>	<b>Type</b>	<b>Purpose and Restrictions</b>
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

<b>Fund name</b>	<b>Fund balances brought forward £</b>	<b>Income £</b>	<b>Expenditure £</b>	<b>Transfers £</b>	<b>Gains and losses £</b>	<b>Fund balances carried forward £</b>
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**

<b>Fund name</b>	<b>Fund balances brought forward £</b>	<b>Income £</b>	<b>Expenditure £</b>	<b>Transfers £</b>	<b>Gains and losses £</b>	<b>Fund balances carried forward £</b>
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