

Aspirations Day Program

England & Wales · Charity number 1195424

Details

Other names	ASPIRATIONS PROGRAM CIO, ASPIRATIONS PROGRAM COMMUNITY INTEREST COMPANY (CIC)
Status	Registered
Legal form	CIO
Registered	2021-08-06
Register	View on the Charity Commission register

Contact

Address	573 Southchurch Road Southend-On-Sea Essex SS1 2PN
Phone	01702 463592
Email	Funding@aspirationsprogram.org.uk
Website	www.aspirationsprogram.org.uk

Activities

Objects: THE OBJECTS OF THE CIO ARE:THE RELIEF OF NEED AND THE PRESERVATION AND PROTECTION OF PHYSICAL AND MENTAL HEALTH OF PEOPLE IN RECOVERY FROM HARMFUL ADDICTIONS AND OTHER MENTAL HEALTH ISSUES TO FULLY SUPPORT THEM WITH THEIR RECOVERY, AND RE-INTEGRATE WITH SOCIETY.NOTHING IN THIS CONSTITUTION SHALL AUTHORISE AN APPLICATION OF THE PROPERTY OF THE CIO FOR THE PURPOSES WHICH ARE NOT CHARITABLE IN ACCORDANCE WITH [SECTION 7 OF THE CHARITIES AND TRUSTEE INVESTMENT (SCOTLAND) ACT 2005] AND [SECTION 2 OF THE CHARITIES ACT (NORTHERN IRELAND) 2008.

Activities: Aspirations Day Program offers women only service supporting women with multiple disadvantages and complex needs, including addiction, homelessness & have experienced violence & sexual violence women caught up in prostitution or living with mental health & leaving prison. We also offer a abstinence based 12 week recovery program for men & women recovering from all forms of addiction.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information, Other Charitable Activities
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, The Prevention Or Relief Of Poverty, Accommodation/housing, Human Rights/religious Or Racial Harmony/equality Or Diversity
- **Who:** People With Disabilities, Other Defined Groups, The General Public/mankind

Geography

- Essex
- Southend-on-sea

Finances

Period end	Income	Expenditure	Assets	Employees
2024-08-31	£225,879	£215,155	-	-
2023-08-31	£307,600	£264,097	-	-
2022-05-31	£156,389	£120,778	-	-

Trustees

Name	Role	Appointed
CHRISTINE JACKIE EMERTON		2023-09-06
Heather Blackburn		2024-06-05
JOHN PHILIP GOSNELL		2023-08-26
TRACY JANE HARRIS		2025-02-18

Aspirations Day Program

England & Wales - Charity number 1195424

Accounts

ASPIRATIONS DAY PROGRAM
ANNUAL REPORT AND UNAUDITED
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 AUGUST 2024



MAYNARD HEADY LLP
CHARTERED ACCOUNTANTS

ASPIRATIONS DAY PROGRAM

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	L Snow	(Appointed 29 October 2024)
	T J Harris	(Appointed 18 February 2025)
	H Blackburn	(Appointed 5 June 2024)
	C J Emerton	(Appointed 6 September 2023)
	Mr J P Gosnell	
Charity number (England and Wales)	1195424	
Independent examiner	Robert James Wybrow Matrix House 12-16 Lionel Road Canvey Island Essex SS8 9DE	
Bankers	Lloyds Bank PLC 120 Lewisham High Street London SE13 6JG	

ASPIRATIONS DAY PROGRAM

CONTENTS

	Page
Trustees' report	1 - 9
Independent examiner's report	10
Statement of financial activities	11
Balance sheet	12
Statement of cash flows	13
Notes to the financial statements	14 - 26

ASPIRATIONS DAY PROGRAM

TRUSTEES' REPORT

FOR THE YEAR ENDED 31 AUGUST 2024

The Trustees present their annual report and financial statements for the year ended 31 August 2024.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's governing document, the Charities Act 2011, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and the Charities SORP "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)".

Objectives and activities

Our objective is to support people to be healthier by addressing health inequalities and helping to prevent poor health.

By providing inclusive places, spaces and activities for people to come together to share their experiences, this creates a support network of trust.

We work with women facing multiple disadvantages and complex needs, including those who have experienced extreme adverse childhood experiences, domestic abuse or sexual violence. We support women who have had their children removed from their care due to mental health and addiction problems.

Our services support people with addiction problems as well as extending support to friends and family members of individuals with addiction problems. We also provide support for men and women dealing with the criminal justice system.

Our impact

Carries Outreach - Unique Support for Women.

Our drop-in service continues offers a range of activities & essentials, including:

- Art therapy
- Cooking sessions
- Life skills
- Film days
- Pamper days
- Self-care and emotional wellbeing days & 1 - 2 - support
- Access to free clothing & footwear
- Food parcels
- Support with topping up electricity and gas meters
- Mobile Phones and top up

ASPIRATIONS DAY PROGRAM

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 AUGUST 2024

Activities

We also partner with relevant agencies to provide a comprehensive support system. What sets us apart is our women-only service, where:

- Wrap around support from various agencies in one building
- No male staff access the site
- We offer wrap-around support in a safe and nurturing environment
- No deliveries accepted during drop-in sessions, so male drivers are not near our venue
- Women only Outreach services

This unique approach makes our service truly special and one-of-a-kind in our city. We have recently extended our drop-in service to women with mental health as it was apparent the city needed women only safe spaces in the town, we see the need so we delivered women only mental health drop in sessions.

Local services such as sexual health, drug & alcohol services, mental health, homeless services all attended our drop-in service offering a unique approach to our city, this is an area we have trail blazed in within our city.

We have been able to emergency accommodate women into B&Bs while in crisis while we work with homeless agencies in our city to get the women in to suitable accommodation. Because of this fast track approach adopted from our street prostitution strategy there are currently no hidden homeless or homeless women amongst our cohort due to the memoriam of understanding we asked local agencies to sign up too.

This is testament to the fantastic partnership working we have built on in our city creating long term systemic change for vulnerable women in our city.

Carries Outreach were thrilled to collaborate with Sarah from the Rough Sleepers Mental Health Team, offering Art Therapy Sessions at our women's service. Together with the women, Sarah facilitated the creation of a beautiful and inspiring Tree of Life mural on the wall of our drop-in center.

Sarah's role is vital in empowering the women and fostering a safe, trusting environment. The Tree of Life serves as a symbolic piece that allows the women to freely express themselves, connecting with their inner child through art. Many of these women have experienced significant childhood trauma, so Sarah's ability to guide them to that safe space speaks volumes about her impact. This work has been invaluable, and the women thoroughly enjoyed the sessions.

We marked International Women's Day 2024 with the theme hosting a pamper day with agencies and service users to empower and celebrate the women in our team and those we serve. This special day was a wonderful opportunity to acknowledge the value and contributions of our female team members and foster a supportive environment that promotes gender equality and empowerment.

During the event, we recognized the impact of small gestures, such as expressing appreciation and recognition, which can make a significant difference in creating a more inclusive and supportive workplace culture. By taking action and showing genuine appreciation, we were able to create a positive and uplifting atmosphere that celebrated the women in our community.

ASPIRATIONS DAY PROGRAM

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 AUGUST 2024

We are proud to have taken this step towards for women everywhere and are committed to continuing our efforts to promote gender equality and empowerment. The pamper day was a huge success, and we look forward to building on this momentum to create a more inclusive and supportive environment for all.

- We currently have 62 women, who are caught up in street prostitution registered with us. Monitoring women caught up in street prostitution can prove challenging as not all women will be around all the time.
- 90% of the women engage with our drop-in service, the remaining 10% engage on outreach or remotely over the phone.
- We have delivered 526 drop-in services
- 442 Outreach bags provided
- 2,456 Condoms have been provided by Aspirations and Brook Sexual Health Services
- 120 Personal Safety Alarms
- 160 Hand Warmers
- By founding our safeguarding forum in 2020 and working with other agencies, we have found no hidden homeless women in the last 12 months.
- We continue to deliver toiletries, food & words of encouragement to women on our local red-light area
- The National Probation Service continues to give women the choice of meeting their officers within our venue.

Carrie's Outreach: Empowering Vulnerable Women through Trauma-Informed and Gender-Informed Approaches

Our outreach & drop-in services are led by a leader with lived experience has been a beacon of hope for vulnerable women in our community. By incorporating trauma-informed and gender-informed approaches, we've created a safe and supportive environment that acknowledges the complex needs of the women.

Trauma-Informed Approach

Our trauma-informed approach recognizes the prevalence of trauma in the lives of the women we serve. We prioritize creating a sense of safety, trust, and allowing women to feel empowered and supported. This approach informs every aspect of our work, from our initial outreach to our ongoing support services.

The safeguarding frum we co- founded with The National Probation Service & Southchurch Council which was adopted from training we had delivered continue s to go from strength to strength. Having seen a reduction in antisocial behavior in the area amongst the women.

We have been able to encourage & support women in to securing convictions against their perpetrators which had lead to custodial sentences for their perpetrators highlights the trauma Informed approaches we deliver building trust and empowering the women not to allow perpetrators to get away with the harms they have caused creating the safety the deserve.

Gender-Informed Approach

Our gender-informed approach acknowledges the unique experiences and challenges faced by women. We understand that women's lives are shaped by societal, cultural, and economic factors that impact their well-being and opportunities. By taking a gender-informed approach, we're able to tailor our services to meet the specific needs of women, addressing the intersections of gender, trauma, and vulnerability.

ASPIRATIONS DAY PROGRAM

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 AUGUST 2024

Working with Vulnerable Women

Working with vulnerable women requires a deep understanding of their experiences and needs. Our team is committed to providing a safe, non-judgmental space where women can share their stories, receive support, and access resources. By doing so, we're able to:

- Build trust and rapport with women who may have been let down by services in the past
- Provide tailored support that addresses the complex needs of each woman
- Empower women to take control of their lives, making informed choices about their well-being and futures

Impact and Outcomes

Our trauma-informed and gender-informed approaches have led to significant outcomes for the women we serve. We've seen:

- Increased engagement and retention in our services
- Improved mental health and well-being
- Enhanced sense of safety and control
- Greater empowerment and confidence

By working with vulnerable women in a trauma-informed and gender-informed way, we're not only providing essential support services – we're also creating a platform for women to thrive. We're proud of the work we've accomplished and look forward to continuing our mission to empower women in our community.

The Voices of the women we serve

The women we serve have shared their stories, and their words speak volumes about the impact of our services. Here's what some of them have to say:

"For the first time in my life, I feel like I'm being heard and believed. Carries Outreach has given me the courage leave my home again because I know I'm safe when I reach that door"

I don't know what I would do with the team at Carries, they've made all the difference. I feel safe and supported, and for the first time, I was able to talk about my experiences without feeling judged.

"Your service has been a lifeline for me"

These testimonials are a testament to the power of our services and the impact they have on the women we are honored they allow us to build up trust and walk this journey with them.

Aspirations Day Program

Celebrating Recovery Milestones

We are delighted to report that 15 individuals have successfully achieved abstinence-based recovery through our Day Program. This remarkable achievement is a testament to the dedication and hard work of our attendees, as well as the effectiveness of our program.

Many of our graduates have made significant progress in rebuilding their lives. Some have reunited with their children and families, strengthening relationships and building a more stable future. Others have gone on to seek employment, taking the first steps towards financial stability and independence. We are also proud to see some of our graduate's attending college, pursuing new educational opportunities and developing new skills.

In addition to these personal achievements, two of our post-graduates have secured part-time roles at our charity, bringing their experiences and insights to our team. Furthermore, five have started to peer mentor, using their own experiences to support and guide others on their recovery journey. These individuals are not only rebuilding their own lives but also giving back to the community and supporting others in their journey towards recovery.

ASPIRATIONS DAY PROGRAM

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 AUGUST 2024

These achievements are not only a celebration of individual successes but also a testament to the positive impact of our program on the lives of those we serve. We are proud to support individuals in their journey towards recovery and look forward to continuing to provide a supportive and empowering environment for all.

Empowering Voices: Aspirations Day Program

Our Aspirations Day Program has been a transformative experience for many of our service users. Here's what some of them have to say about how the program has changed their lives:

- "The Aspirations Day Program has given me hope and a sense of purpose. For the first time in years, I feel like I can see a future for myself. The support and guidance I've received have been invaluable."
- "I was struggling to cope with daily life, but the program has helped me develop the skills and confidence I needed to take care of myself. I'm grateful for the abstinence-based recovery approach, it's given me my life back."
- "The program has been a game-changer for me. I've been able to overcome addiction and focus on rebuilding my life. The support of the staff and peers has been amazing."
- "I've been able to stay sober and focus on my recovery, and I've even been able to reunite with my children, which is something I never thought possible. The program has given me a second chance at life and I'm determined to make the most of it."
- "The Aspirations Day Program has helped me find a sense of purpose and direction. I've learned new skills and made new friends, and I feel like I'm finally moving forward."

These voices are a testament to the power of our Aspirations Day Program and the impact it has on the lives of our service users. We're proud to be a part of their journey towards recovery, empowerment, and a brighter future.

Road 2 Recovery

In the past year, we launched our Road to Recovery groups on Thursday March 20th, thanks to a small grant from the Southend City Council's Drug & Alcohol Commissioning team.

These groups, designed and led by program graduates with lived experience, were run by peer mentors and a postgraduate from Aspirations who had secured employment with us.

The groups provided a non-judgmental and safe environment for individuals seeking recovery from addiction. The groups were open to anyone struggling with addiction, with no requirements to join. An outreach service was also taken into local services and the High Street, offering groups and signposting information to help individuals find their path to recovery.

The initiative aimed to plant the seeds of hope and support, nurturing them into freedom from addiction, and helped individuals take the first steps towards a life free from addiction.

This peer-led project was co-produced and designed by post-graduates and peer mentors from our Day Program, with the goal of making Aspirations more inclusive to the drug and alcohol community and offering more support for individuals stuck in the cycle of addiction and contemplating.

Family Support

Our Family Support team has had another productive Christmas of our providing support to family members affected by addiction. This year, we've continued to demonstrate our commitment to these families through various initiatives.

ASPIRATIONS DAY PROGRAM

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 AUGUST 2024

Christmas Support Initiative

The Christmas support initiative, where we provided 16 family members with Christmas presents, a week's worth of shopping, and Christmas dinner with all the trimmings. This was made possible through the generosity of our donors and supporters. We were thrilled to bring some festive cheer and relief to these deserving families, who often face significant challenges and stress due to their loved one's addiction.

The feedback from families has been overwhelmingly positive, with many expressing gratitude for the support and care they've received. Our Family Support team has continued to provide a safe and non-judgmental service.

Looking Ahead

We're proud of the work our Family Support team has accomplished this year, and we're committed to continuing our support for families affected by addiction. We're grateful for the opportunity to make a difference in the lives of these families and look forward to building on our successes in the years to come.

ASPIRATIONS DAY PROGRAM

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 AUGUST 2024

Achievements and performance

Aspirations have had a remarkable year, with several exciting developments that have helped us reach more people and make a greater difference.

We secured funding through Southend on Sea City Council for a full-time Project/Volunteer Coordinator.

We're also thrilled to report that our charity shop has been a huge success. The shop has not only provided a valuable service to the community but has also become an important source of income for us. Every pound raised through the shop goes directly towards funding our projects, helping us to sustain and grow our work.

Award and Recognition

We are proud that Aspirations has been awarded the High Sheriff of Essex Cup. This prestigious award recognizes our dedication and commitment to supporting individuals in need. We are honored to receive this recognition and grateful for the support of the High Sheriff of Essex and Essex Community Foundation.

Fundraising activity

We've had an amazing time hosting a wide range of fundraising events that brought our community together! From spooky fun at our Halloween Parade to festive cheer at our Christmas Bizarre, we've had a blast. Other highlights included:

- A quiz night
- A creative Art & Crafts afternoon
- A delightful Afternoon Tea
- Recovery got talent

We're grateful for the support of our funders, including & Partners and Victoria Plaza Centre, Southend, who have helped make these events possible. We've also had some fantastic community-led initiatives, including boot sales and a curry night. Thanks to everyone who participated, donated, and helped us raise vital funds for our cause!

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We're also thrilled to report that our charity shop has been a huge success. The shop has not only provided a valuable service to the community but has also become an important source of income for us. Every pound raised through the shop goes directly towards funding our projects, helping us to sustain and grow our work.

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ASPIRATIONS DAY PROGRAM

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 AUGUST 2024

We would like to thank our funders:

National Lottery Community Fund	39,000
Tudor Trust	35,000
Lloyds Bank Foundation	25,000
Garfield Weston Foundation	10,000
Randal Foundation	7,527
Trusthouse Charitable Foundation	6,000
Tudwick Foundation	6,000
Neighbourly Foundation (B&Q)	3,900
Albert Hunt	3,750
Southend Emergency Fund	3,000
High Sheriff Fund(Essex Community Foundation)	2,917
Rosca Trust	2,333
Southend City Council	2,299
Ashworth Charity	2,250
Grocers Charity	1,667
Groundwork	1,083
Annie Trammer Charitable Trust	833
	152,559

Financial review Reserve Policy

The Trustees have established a level of reserves (that is funds that are freely available) that the charity needs to have of £30,000 that is to mitigate against the financial impact of risk. Working capital represents a significant element of our reserves but not all balances are immediately available.

The Trustees will continue to review the reserves policy on an annual basis.

Reserves policy

It is the policy of the charity that unrestricted funds which have not been designated for a specific use should be maintained at a level equivalent to between three- and six-month's expenditure. The Trustees consider that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the charity's current activities while consideration is given to ways in which additional funds may be raised. This level of reserves has been maintained throughout the year.

ASPIRATIONS DAY PROGRAM

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 AUGUST 2024

Structure, governance and management

The Trustees who served during the year and up to the date of signature of the financial statements were:

L Snow	(Appointed 29 October 2024)
T J Harris	(Appointed 18 February 2025)
H Blackburn	(Appointed 5 June 2024)
C J Emerton	(Appointed 6 September 2023)
Mr J P Gosnell	

Recruitment and appointment of trustees

New Trustees undergo an orientation day to brief them on their legal obligations under charity law, the content of the constitution, the committee and decision-making processes, the business plan and recent financial performance of the charity. During the induction day they meet key employees and other trustees. Trustees are encouraged to attend appropriate external training events where these will support them in their role.

None of the Trustees has any beneficial interest in the company. All the Trustees are members of the company and guarantee to contribute £1 in the event of winding up.

The company's current policy concerning the payment of trade creditors is to follow the CBI's Prompt Payers Code (copies are available from the CBI, Centre Point, 103 New Oxford Street, London WC1A 1DU).

The company's current policy concerning the payment of trade creditors is to:

- settle the terms of payment with suppliers when agreeing the terms of each transaction;
- ensure that suppliers are made aware of the terms of payment by inclusion of the relevant terms in contracts; and
- pay in accordance with the company's contractual and other legal obligations.

The trustees' report was approved by the Board of Trustees.



John Gosnell (Jun 23, 2025 18:00 GMT+1)

Mr J P Gosnell

Trustee

23 June 2025

ASPIRATIONS DAY PROGRAM

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF ASPIRATIONS DAY PROGRAM

I report to the Trustees on my examination of the financial statements of Aspirations Day Program (the charity) for the year ended 31 August 2024.

Responsibilities and basis of report

As the Trustees of the charity you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011.

I report in respect of my examination of the charity's financial statements carried out under section 145 of the Charities Act 2011. In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the Charities Act 2011.

Independent examiner's statement

Your attention is drawn to the fact that the charity has prepared the financial statements in accordance with the relevant version of the Statement of Recommended Practice applicable to charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has now been withdrawn. I understand that this has been done in order for the financial statements to provide a true and fair view in accordance with UK Generally Accepted Accounting Practice.

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

- 1 accounting records were not kept in respect of the charity as required by section 130 of the Charities Act 2011.
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the applicable requirements concerning the form and content of financial statements set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the financial statements 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 financial statements to be reached.



Mr R J Wybrow FCA

Matrix House
12-16 Lionel Road
Canvey Island
Essex
SS8 9DE
23 June 2025

ASPIRATIONS DAY PROGRAM

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 AUGUST 2024

	Notes	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
Income from:							
Donations and legacies	3	6,355	-	6,355	23,499	100	23,599
<u>Charitable activities</u>							
Core Costs	4	43,206	135	43,341	65,226	113,143	178,369
Grants	4	59,944	92,616	152,560	11,552	87,150	98,702
Carries	4	8,972	-	8,972	6,930	-	6,930
Charity Shop	4	14,646	-	14,646	-	-	-
Investments	5	5	-	5	-	-	-
Total income		133,128	92,751	225,879	107,207	200,393	307,600
Expenditure on:							
<u>Charitable activities</u>							
Core Costs	6	95,811	-	95,811	116,011	53,915	169,926
Grants	6	28,432	43,931	72,363	4,410	33,104	37,514
Carries	6	26,492	-	26,492	56,659	-	56,659
Charity Shop	6	20,489	-	20,489	-	-	-
Total charitable expenditure		171,224	43,931	215,155	177,080	87,019	264,099
Total expenditure		171,224	43,931	215,155	177,080	87,019	264,099
Net income/(expenditure)		(38,096)	48,820	10,724	(69,873)	113,374	43,501
Transfers between funds		35,718	(35,718)	-	113,374	(113,374)	-
Net movement in funds	8	(2,378)	13,102	10,724	43,501	-	43,501
Reconciliation of funds:							
Fund balances at 1 September 2023		75,858	-	75,858	32,357	-	32,357
Fund balances at 31 August 2024		73,480	13,102	86,582	75,858	-	75,858

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

The entity has reported a period of 12 months which is a shorter reporting period than the previous set of accounts which had a longer period of 14 months due to a change of year end. In light of this fact, the comparative amounts presented in the financial statements (including the related notes) are not entirely comparable.

ASPIRATIONS DAY PROGRAM

BALANCE SHEET

AS AT 31 AUGUST 2024

		2024		2023	
	Notes	£	£	£	£
Fixed assets					
Intangible assets	12		566		644
Tangible assets	13		3,158		4,843
			<u>3,724</u>		<u>5,487</u>
Current assets					
Debtors	14	7,144		2,128	
Cash at bank and in hand		154,287		137,222	
		<u>161,431</u>		<u>139,350</u>	
Creditors: amounts falling due within one year	15	<u>(78,573)</u>		<u>(68,979)</u>	
Net current assets			<u>82,858</u>		<u>70,371</u>
Total assets less current liabilities			<u>86,582</u>		<u>75,858</u>
The funds of the charity					
Restricted income funds	18		13,102		-
Unrestricted funds	19		73,480		75,858
			<u>86,582</u>		<u>75,858</u>

The entity has reported a period of 12 months which is a shorter reporting period than the previous set of accounts which had a longer period of 14 months due to a change of year end. In light of this fact, the comparative amounts presented in the financial statements (including the related notes) are not entirely comparable.

The financial statements were approved by the Trustees on 23 June 2025


John Gosnell (Jun 23, 2025 18:00 GMT+1)

Mr J P Gosnell
Trustee

ASPIRATIONS DAY PROGRAM

STATEMENT OF CASH FLOWS

FOR THE YEAR ENDED 31 AUGUST 2024

	Notes	2024 £	£	2023 £	£
Cash flows from operating activities					
Cash generated from operations	22		17,329		26,147
Investing activities					
Purchase of tangible fixed assets		(269)		(3,911)	
Investment income received		5		-	
Net cash used in investing activities			(264)		(3,911)
Net cash generated from financing activities			-		-
Net increase in cash and cash equivalents			17,065		22,236
Cash and cash equivalents at beginning of year			137,222		114,986
Cash and cash equivalents at end of year			154,287		137,222

ASPIRATIONS DAY PROGRAM

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 AUGUST 2024

1 Accounting policies

Charity information

Aspirations Day Program is a Charity Incorporated Organisation (CIO).

1.1 Reporting period

The entity has reported a period of 12 months which is a shorter reporting period than the previous set of accounts which had a longer period of 14 months due to a change of year end. In light of this fact, the comparative amounts presented in the financial statements (including the related notes) are not entirely comparable.

1.2 Accounting convention

The financial statements have been prepared in accordance with the charity's governing document, the Charities Act 2011, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and the Charities SORP "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)". The charity is a Public Benefit Entity as defined by FRS 102.

The financial statements have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved following the Statement of Recommended Practice for charities applying FRS 102 rather than the version of the Statement of Recommended Practice which is referred to in the Regulations but which has since been withdrawn.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention, [modified to include the revaluation of freehold properties and to include investment properties and certain financial instruments at fair value]. The principal accounting policies adopted are set out below.

1.3 Going concern

At the time of approving the financial statements, the Trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the Trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.4 Charitable funds

Unrestricted funds are available for use at the discretion of the Trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors or grantors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

1.5 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

ASPIRATIONS DAY PROGRAM

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 AUGUST 2024

1 Accounting policies (Continued)

1.6 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

1.7 Intangible fixed assets other than goodwill

Intangible assets acquired separately from a business are recognised at cost and are subsequently measured at cost less accumulated amortisation and accumulated impairment losses.

Intangible assets acquired on business combinations are recognised separately from goodwill at the acquisition date where it is probable that the expected future economic benefits that are attributable to the asset will flow to the entity and the fair value of the asset can be measured reliably; the intangible asset arises from contractual or other legal rights; and the intangible asset is separable from the entity.

Amortisation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Website	10% Straight line
---------	-------------------

1.8 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Fixtures and fittings	20% Straight line
Computers	33.33% Straight line

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.9 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible and intangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.10 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

ASPIRATIONS DAY PROGRAM

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 AUGUST 2024

1 Accounting policies

(Continued)

1.11 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.12 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.13 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

ASPIRATIONS DAY PROGRAM

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 AUGUST 2024

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the Trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Income from donations and legacies

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
Donations and gifts	6,355	-	6,355	23,499	100	23,599

ASPIRATIONS DAY PROGRAM

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 AUGUST 2024

4 Income from charitable activities

	Core Costs	Grants	Carries	Charity Shop	Total	Core Costs	Grants	Carries	Total
	2024	2024	2024	2024	2024	2023	2023	2023	2023
	£	£	£	£	£	£	£	£	£
Charitable activities	43,341	-	8,972	14,646	66,959	178,369	-	6,930	185,299
Grant income	-	152,560	-	-	152,560	-	98,702	-	98,702
	<u>43,341</u>	<u>152,560</u>	<u>8,972</u>	<u>14,646</u>	<u>219,519</u>	<u>178,369</u>	<u>98,702</u>	<u>6,930</u>	<u>284,001</u>
Analysis by fund									
Unrestricted funds	43,206	59,944	8,972	14,646	126,768	65,226	11,552	6,930	83,708
Restricted funds	135	92,616	-	-	92,751	113,143	87,150	-	200,293
	<u>43,341</u>	<u>152,560</u>	<u>8,972</u>	<u>14,646</u>	<u>219,519</u>	<u>178,369</u>	<u>98,702</u>	<u>6,930</u>	<u>284,001</u>

ASPIRATIONS DAY PROGRAM

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 AUGUST 2024

Performance related grants analysis

	Grants 2024 £	Grants 2023 £
National lottery	39,000	50,552
HSBC	-	1,150
Hobson Charity	-	12,000
Tudor Trust	35,000	35,000
LLoyds Bank Foundation	25,000	-
Garfield Weston Foundation	10,000	-
Randal Foundation	7,527	-
Tudwick Foundation	6,000	-
Trusthouse Charitable Foundation	6,000	-
Neighbourly Foundation (B&Q)	3,900	-
Albert Hunt	3,750	-
Southend Emergency Fund	3,000	-
High Sheriff Fund (Essex Community Foundation)	2,917	-
Rosca Trust	2,333	-
Southend City Council	2,299	-
Ashworth Charity	2,250	-
Grocers Charity	1,667	-
Groundwork	1,083	-
Annie Trammer Charitable Trust	833	-
	<u>152,559</u>	<u>98,702</u>

5 Income from investments

	Unrestricted funds 2024 £	Unrestricted funds 2023 £
Interest receivable	<u>5</u>	<u>-</u>

ASPIRATIONS DAY PROGRAM

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 AUGUST 2024

6 Expenditure on charitable activities

	Core Costs	Grants	Carries	Charity Shop	Total	Core Costs	Grants	Carries	Total
	2024	2024	2024	2024	2024	2023	2023	2023	2023
	£	£	£	£	£	£	£	£	£
Direct costs									
Staff costs	28,272	57,332	4,324	6,010	95,938	71,869	26,518	2,757	101,144
Delegate Social Hour (Lunches)	5,038	281	985	-	6,304	3,685	25	741	4,451
Emergency B&B	56	400	(4)	65	517	4,805	2,911	8,199	15,915
Fund Raising Cost	2,766	1,295	219	124	4,404	19,356	1,679	641	21,676
Meals & Food Parcels	4,199	926	4,437	440	10,002	4,108	84	4,068	8,260
Outreach Supplies	1,497	291	2,279	28	4,095	2,468	360	8,295	11,123
Rehabilitation Programs	2,308	-	-	-	2,308	1,406	168	28,033	29,607
Travel and Entertaining	1,238	773	780	260	3,051	3,042	117	1,870	5,029
Admin Costs	10,876	1,469	677	659	13,681	12,202	986	727	13,915
Charitable and Political Donations	64	-	-	-	64	1,329	59	193	1,581
Legal Expenses	284	-	-	110	394	498	-	-	498
Office Costs	29,762	5,819	12,480	12,431	60,492	35,999	3,888	760	40,647
Printing, Postage and Stationery	4,215	786	83	75	5,159	2,641	34	331	3,006
	<u>90,575</u>	<u>69,372</u>	<u>26,260</u>	<u>20,202</u>	<u>206,409</u>	<u>163,408</u>	<u>36,829</u>	<u>56,615</u>	<u>256,852</u>
Share of support and governance costs (see note 7)									
Support	1,200	685	82	66	2,033	1,791	365	44	2,200
Governance	4,036	2,306	150	221	6,713	4,727	320	-	5,047
	<u>95,811</u>	<u>72,363</u>	<u>26,492</u>	<u>20,489</u>	<u>215,155</u>	<u>169,926</u>	<u>37,514</u>	<u>56,659</u>	<u>264,099</u>

ASPIRATIONS DAY PROGRAM

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 AUGUST 2024

6 Expenditure on charitable activities

(Continued)

Analysis by fund

Unrestricted funds	95,811	28,432	26,492	20,489	171,224	116,011	4,410	56,659	177,080
Restricted funds	-	43,931	-	-	43,931	53,915	33,104	-	87,019
	<u>95,811</u>	<u>72,363</u>	<u>26,492</u>	<u>20,489</u>	<u>215,155</u>	<u>169,926</u>	<u>37,514</u>	<u>56,659</u>	<u>264,099</u>

ASPIRATIONS DAY PROGRAM

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 AUGUST 2024

7 Support costs allocated to activities

	2024	2023
	£	£
Depreciation	2,033	2,200
Governance costs	6,713	5,047
	<u>8,746</u>	<u>7,247</u>
Analysed between:		
Core Costs	5,236	6,518
Grants	2,991	685
Carries	232	44
Charity Shop	287	-
	<u>8,746</u>	<u>7,247</u>

8 Net movement in funds

	2024	2023
	£	£
The net movement in funds is stated after charging/(crediting):		
Fees payable for the independent examination of the charity's financial statements	-	-
Depreciation of owned tangible fixed assets	1,955	2,102
Amortisation of intangible assets	78	98
	<u>1,955</u>	<u>2,102</u>

9 Trustees

None of the Trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

10 Employees

The average monthly number of employees during the year was:

	2024	2023
	Number	Number
	8	8
	<u>8</u>	<u>8</u>
Employment costs	2024	2023
	£	£
Wages and salaries	94,855	99,164
Social security costs	331	96
Other pension costs	752	1,884
	<u>95,938</u>	<u>101,144</u>

ASPIRATIONS DAY PROGRAM

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 AUGUST 2024

10 Employees

(Continued)

There were no employees whose annual remuneration was more than £60,000.

11 Taxation

The charity is exempt from taxation on its activities because all its income is applied for charitable purposes.

12 Intangible fixed assets

	Website £
Cost	
At 1 September 2023 and 31 August 2024	781
Amortisation and impairment	
At 1 September 2023	137
Amortisation charged for the year	78
At 31 August 2024	215
Carrying amount	
At 31 August 2024	566
At 31 August 2023	644

13 Tangible fixed assets

	Fixtures and fittings £	Computers £	Total £
Cost			
At 1 September 2023	4,920	2,656	7,576
Additions	-	269	269
At 31 August 2024	4,920	2,925	7,845
Depreciation and impairment			
At 1 September 2023	1,543	1,189	2,732
Depreciation charged in the year	1,018	937	1,955
At 31 August 2024	2,561	2,126	4,687
Carrying amount			
At 31 August 2024	2,359	799	3,158
At 31 August 2023	3,377	1,466	4,843

ASPIRATIONS DAY PROGRAM

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 AUGUST 2024

14 Debtors		2024	2023
		£	£
Amounts falling due within one year:			
Trade debtors		2,178	1,498
Prepayments and accrued income		4,966	630
		<u>7,144</u>	<u>2,128</u>
		<u><u>7,144</u></u>	<u><u>2,128</u></u>
15 Creditors: amounts falling due within one year		2024	2023
		£	£
	Notes		
Other taxation and social security		1,361	1,774
Deferred income	16	71,782	64,489
Trade creditors		1,782	1,256
Other creditors		648	-
Accruals		3,000	1,460
		<u>78,573</u>	<u>68,979</u>
		<u><u>78,573</u></u>	<u><u>68,979</u></u>
16 Deferred income		2024	2023
		£	£
Other deferred income		71,782	64,489
		<u>71,782</u>	<u>64,489</u>
		<u><u>71,782</u></u>	<u><u>64,489</u></u>
Deferred income is included in the financial statements as follows:			
		2024	2023
		£	£
Deferred income is included within:			
Current liabilities		71,782	64,489
		<u>71,782</u>	<u>64,489</u>
Movements in the year:			
Deferred income at 1 September 2023		64,489	85,493
Released from previous periods		(64,489)	(85,493)
Resources deferred in the year		71,782	64,489
		<u>71,782</u>	<u>64,489</u>
Deferred income at 31 August 2024		<u>71,782</u>	<u>64,489</u>
		<u><u>71,782</u></u>	<u><u>64,489</u></u>
17 Retirement benefit schemes		2024	2023
		£	£
Defined contribution schemes			
Charge to profit or loss in respect of defined contribution schemes		752	1,884
		<u>752</u>	<u>1,884</u>
		<u><u>752</u></u>	<u><u>1,884</u></u>

ASPIRATIONS DAY PROGRAM

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 AUGUST 2024

18 Restricted funds

The restricted funds of the charity comprise the unexpended balances of donations and grants held on trust subject to specific conditions by donors as to how they may be used.

	At 1 September 2023	Incoming resources	Resources expended	Transfers	At 31 August 2024
	£	£	£	£	£
	-	92,751	(43,931)	(35,718)	13,102
	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>
Previous year:	At 1 September 2022	Incoming resources	Resources expended	Transfers	At 31 August 2023
	£	£	£	£	£
	-	200,393	(87,019)	(113,374)	-
	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>

19 Unrestricted funds

The unrestricted funds of the charity comprise the unexpended balances of donations and grants which are not subject to specific conditions by donors and grantors as to how they may be used. These include designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes.

	At 1 September 2023	Incoming resources	Resources expended	Transfers	At 31 August 2024
	£	£	£	£	£
General funds	75,858	133,128	(171,224)	35,718	73,480
	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>
Previous year:	At 1 September 2022	Incoming resources	Resources expended	Transfers	At 31 August 2023
	£	£	£	£	£
General funds	32,357	107,207	(177,080)	113,374	75,858
	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>

ASPIRATIONS DAY PROGRAM

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 AUGUST 2024

20 Analysis of net assets between funds

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
At 31 August 2024:			
Intangible fixed assets	566	-	566
Tangible assets	3,158	-	3,158
Current assets/(liabilities)	69,756	13,102	82,858
	<u>73,480</u>	<u>13,102</u>	<u>86,582</u>
	<u><u>73,480</u></u>	<u><u>13,102</u></u>	<u><u>86,582</u></u>
	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
At 31 August 2023:			
Intangible fixed assets	644	-	644
Tangible assets	4,843	-	4,843
Current assets/(liabilities)	70,371	-	70,371
	<u>75,858</u>	<u>-</u>	<u>75,858</u>
	<u><u>75,858</u></u>	<u><u>-</u></u>	<u><u>75,858</u></u>

21 Related party transactions

There were no disclosable related party transactions during the year (2023 - none).

22 Cash generated from operations

	2024 £	2023 £
Surplus for the year	10,724	43,501
Adjustments for:		
Investment income recognised in statement of financial activities	(5)	-
Amortisation and impairment of intangible assets	78	98
Depreciation and impairment of tangible fixed assets	1,954	2,721
Movements in working capital:		
(Increase) in debtors	(5,016)	(2,128)
Increase in creditors	2,301	2,959
Increase/(decrease) in deferred income	7,293	(21,004)
Cash generated from operations	<u>17,329</u>	<u>26,147</u>
	<u><u>17,329</u></u>	<u><u>26,147</u></u>

23 Analysis of changes in net funds

The charity had no material debt during the year.

Aspirations Day Program

England & Wales - Charity number 1195424

Accounts



ASPIRATIONS PROGRAM ANNUAL REPORT

01 June 22 – 31 Aug 23

Charity No. 1195424



We are incredibly proud of what the Charity has achieved this year.

We really have achieved the charity aims and supported people break free from the cycle of addiction and make positive improvements in their lives. We have seen significant growth over the last year, with the increased cost of living bringing more people to us in need of support. We have been able to develop and grow our existing programs and grow the charity this year. We continue to speak out against addiction and violence against women. This report is a summary of what we have achieved in the past year.

Carrie's Outreach

Carrie's Outreach is our women's only project that collaborates with women involved in prostitution in active addiction. In 2022, due to demand, we opened the program up for women living with disadvantages and complex needs.

Due to the complex lives of the women, we work with, measuring actual achievements and impact can never be fully achieved as there are so many over factors in their lives such as custody, DWP payments and the general nature of addiction. However, what we have been able to measure shows our work is important and making a difference. Both from data collected, but also from the feedback we receive from the women.

Since December 2022 we have thirty-one women who sell sex registered with us. It is important to recognize that these are women who do not come forward easily. They are scared and untrusting because of their past experiences. All the women registered with us have experienced some form of Sexual Violence or Domestic Violence, all have at some stage slept rough or have been sofa surfing. All have substance misuse problems and all score between an 8-10 on the ACE Studies score. The ages of our women range between 20-46, all women have lost custody of their children.

There are currently six women noted on our outreach log who have yet to attend drop-in we have anything between 2-10 women on Ambleside Drive while on outreach.

In the last fourteen months we have:

- Supported four women who have lost their children due to substance misuse.
- Housed ten into emergency accommodation either leaving prison, fleeing domestic violence or sofa surfing. All those women are now housed in their own accommodation or supported housing.
- Provided forty women who sell sex with access food parcels, toiletries, and condoms.
- Handed out seven hundred Outreach Bags and food parcels to women who sell sex and women living with multiple disadvantages and complex needs. Ten of those women are now accessing drug and alcohol treatment.
- Helped one woman exit street prostitution. She has completed 6 months residential treatment.
- Seen ten women attend our weekly mental health drop-in.
- Handed out sixty personal safety alarms and fifteen mobile phones for safety.
- Helped five women receive PIP with support from our support workers.
- Launched a monthly activity timetable. This will assist with cooking on a budget, selfcare and purpose.
- Seen 85% of women seeing improved mental health.
- Ninety-five percent of women accessing more services
- Fast tracked our first women into treatment,

Additionally, reports from National Probation Service show that the crime rate has dropped 76% amongst the women who sell sex since we launched the safeguarding forum demonstrating our impact.



This is what the women themselves have had to say about our work:

"There is so much I love about this service that all you lovely ladies do for us girls. Most importantly is that you are always here for me whenever I need a shoulder to cry on, hear my worries. Thanks for everything, clothes, food etc. But most important thanks for being you."

"I enjoy volunteering at Aspirations because of the trusting relationships you build with the girls. Having each one of them attend down and feel comfortable enough to open to you

about their day-to-day life is extremely rewarding, especially when you can assist and support them where needed. I could not ask for a better team to work with. Each of us brings a special little something to ensure we provide the best support from d areas to support their needs. The way our team comes together as a whole determines our succeed, I value each one of them. Together we will continue to make a difference."



Recovery Day Program

Our Day Program continues to grow and help people on their way to recovery from addiction. In the last year we have seen:

- sixty-four people have now completed the day program, of which:
- 50 are now either working full time in college or university or volunteer placements.
- Five of those people have been in employment with us.
- All attendees have seen improved mental & emotional health, relationships with family and children.

We currently have fifteen people attending the program, and a waiting list of a further ten people.

This is what the attendees themselves have had to say about our work:

"I love the Aspirations Program. It gave me hope when I got clean and gave me routine and the opportunity to socialize with peers. I feel really supported. The staff are kind and encouraging."

"All staff are friendly and helpful, i.e., good at their job. Anything I need help with is put into motion and sorted. This service benefits people with various issues including mental health, general wellbeing, and overall recovery. Not just with regards to past substance misuse."

Family Support Program

We have supported nineteen families with children's Christmas presents and dinner, and fifty families have received food parcels throughout the year. Our Family Program, whilst a small part of what we do, continues to provide vital support to the wider families who are impacted by someone going through addiction.

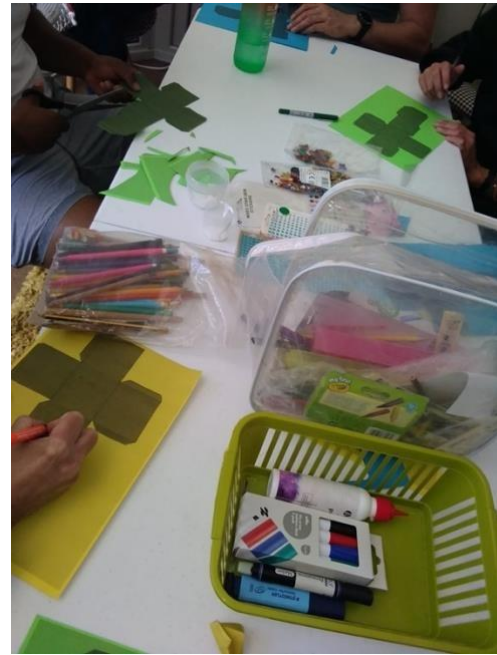
Harley's Space

In March 2023, we launched our newest program, Harley's Space. This service provides peer-led support once a week for young people battling addiction. It started because a mother whose teenage son lost his battle with addiction wanted to collaborate with us to provide support for other young people. There was no support for her son, and she now wants to provide young people with the recovery support Harley could not get. So far, we are seeing around 4-8 young people a week and have been able to organize a day trip to the beach for them.

Other News

We are continuing to grow and build resilience as a charity, being able to expand our staff team to meet the demand for our services. In July 2023, we were awarded funding from the Lloyds Bank Foundation, which not only has provided us with £25,000 of unrestricted funding a year for three years but comes with support in developing the charity further. This includes HR support and support with governance and appointing new trustees to further strengthen. This is all helping us to build a strong and resilient charity that can continue to grow.

In August 2023, we held our first Summer Ball which was a fundraising event for the charity and an opportunity to link up with corporate sponsors. It was a well-attended event and gained lots of positive feedback and we plan to make it an annual event moving forward.





We have also been nominated for The Kings Volunteer Award, and are delivering training on adult exploitation, public speaking and safeguarding and boundaries to numerous services. This includes police on a national level, NPS locally, leading homeless charities and recovery services, which is providing another source of income.

In September 2023, Tracy Harris (Head of communities at Southend-on-Sea City Council), Kerry Mayers (Psychological services lead for the South-East Essex Trauma Alliance in Essex Partnership University Trust), and Marie Edmonds, Founder of Aspirations) were asked to speak about the health and professional empathy shown to women who sell sex at a national conference.

The conference was called 'Putting a spotlight on women's health: addressing disparities in access, experience and quality of care for women', the conference looked at all aspects and barriers to women seeking health care.

Tracy, Kerry, and Marie, spoke about their work at developing a joint strategy to understand the health needs of women who sell sex, to put in place harm reduction measures to make them feel safe to ask for health support, and work collaboratively to develop trauma informed support. Tracy said: "Speaking at the conference allowed us to demonstrate the partnership working that has taken place across our organizations to understand, help and support, this small but significant community."

"Our understanding is that women will exit the sex trade when they feel they are properly supported and the first step of that is taking care of themselves, taking care of their health. If they are not met with a compassionate doctor, who can respond to them, understanding they are coming from a place of trauma, then the trust is immediately broken."



Aspirations Charity Shop



Following many successful pop-up charity shop fundraising events, we felt a permanent shop was the next step in our journey and within the foreseeable future of Aspirations.

We receive some phenomenal donations from our wonderful support network which we feel can be used to stock a wonderful charity shop. This enables us to recycle any items we do not use within our services, offer a new and exciting shopping experience to not only for our service users but to our community as well as the charity shop providing an additional and very important funding stream to allow Aspirations to continue the good work we do within our community.

The charity shop will be staffed by volunteers assisting with a range of tasks, such as donation sorting, hanging items in correct sizes, pricing items, supporting customers in the shop, serving customers, and operating the till and card payment system.

19 graduates from the Day program are helping with the logistics of the charity shop which is fantastic to see and witness such success stories.

Volunteering in this capacity helps our graduates in so many ways. Not only are they contributing and helping the charity, supporting, and giving back to their community, but gaining important life skills in the process such as, time keeping, working as a team, communication, customer service and creativity which we believe will stand them all in good stead throughout their journey.

At the end of 2023, we found a new location, which had dual usage, to expand our current services and a fully functional charity shop, in the Heart of Southend on Sea.

With the location being on the London Road, we really are in a prime location for all walking trade, as well as a few steps away from the High Street, welcoming all shoppers to come and look around.

The Charity Shop launched on Saturday 6th April, with queues outside hours before we were due to open, the shop was busy from open till close and was a huge success.

High Sheriff Awards

We're a small team with a big heart, we do what we do because we care about those we serve.

Last night we attended the High Sheriff of Essex awards hosted by Essex Community Foundation.

So proud and happy to announce we won the #highsheriff cup. We were just grateful to be nominated and receive funding towards the project, we really hand on heart didn't expect to win.

Proud is an understated, I'm so proud of our team. They work their socks off with limited resources to make the world a little better for those we serve.

At the heart of this, is them, those who must get up every day and fight to survive, those who live in a world that hasn't been very kind to them & still chose to live. They're the hero's in this story.



We will continue to be the voice for those that feel they don't have one.

Looking forward to going into work today and showing the ladies the cup.

Big thank you to the High Sheriff of Essex and Essex Community Foundation for your support.

Next year's aims

- More women off the streets and in stable accommodation
- Greater connection with and practical support for women selling sex and being homeless.
- Improvement in the lives of men & women affected by addiction.
- We will have greater organizational capacity and resilience.

We are already making an impact in achieving all these outcomes and look forward to continuing to report on the positive impact the Aspirations Program is having over next year.

Charity No. 1195424

Unaudited Financial Statements

Aspirations Program CIO
For the 15 months ended 31 August 2023

Prepared by Bronze Oak Accountancy Ltd

Contents

3	.
4	Organisation Information
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9	Notes to the accounts
11	9. Depreciation Schedule
12	Income Statement

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**Aspirations Program CIO
For the 15 months ended 31 August 2023**

Charity Reg: 1195424 (England & Wales)

Aspirations Program CIO

Report of the Trustees and Audited Financial Statements

For the period ended 31 August 2023

Organisation Information

Aspirations Program CIO

For the 15 months ended 31 August 2023

Trustee(s)

Duncan Harold Smith

Gareth Peter Evans

Grant Darren Selby

John Phillip Gosnell

Registered Office:

Marie Edmonds, 573 Southchurch Road, Southend-On-Sea, Essex, GBR, SS1 2PN

1. Charity Registration No.

1195424 (England and Wales)

Accountants

Bronze Oak Accountancy Ltd
Suite 101, 12 Bonner Walk
Grays, Essex
RM16 6PW

Trustee's Report

Aspirations Program CIO

For the 15 months ended 31 August 2023

The Trustees presents their report with the financial statements of the Aspirations Program CIO for the period ended 31 August 2023.

Principial activities

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Going Concern

The charity will continue to adopt the going concern basis in preparing the annual financial statement

Trustees

The trustee(s) shown below have held office during the whole of the period ending 31 August 2023

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The trustee(s) shown below joined the chartiy during the reporting period

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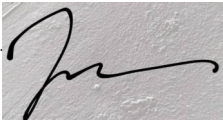
Catherine Story

Maria Folivi

Esther Rosenblatt

This report was approved by the board of trustees on ~~30/04/2024~~

And signed on Behalf of the Board by:

Trustee/ Date:  15/05/2024

Accountants Report

Aspirations Program CIO

For the 15 months ended 31 August 2023

Accountants' report to the board of directors on the preparation of the unaudited statutory accounts of Aspirations Program CIO for the year ended 31 August 2023

In order to assist you to fulfil your duties under the Companies Act 2006, we have prepared for your approval the accounts of Aspirations Program CIO for the year ending 31 August 2023 which comprises of the Profit and Loss Account, the Balance Sheet and the related notes from the company's accounting records and from information and explanations you have given us.

As a practising member of the Institute of Chartered Accountants in England and Wales (ICAEW), we are subject to its ethical and other professional requirements which are detailed at icaew.com/membershandbook.

This report is made solely to the Company's Board of Directors, as a body, in accordance with the terms of our engagement. Our work has been undertaken solely to prepare for your approval the accounts of Aspirations Program CIO and state those matters that we have agreed to state to them, as a body, in this report in accordance with AAF 2/10 as detailed at icaew.com/compilation. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the Company and its Board of Directors, as a body, for our work or for this report.

It is your duty to ensure that Aspirations Program CIO has kept adequate accounting records and to prepare statutory accounts that give a true and fair view of the assets, liabilities, financial position and profit [//loss] of Aspirations Program CIO. You consider that Aspirations Program CIO is exempt from the statutory audit requirement for the year.

We have not been instructed to carry out an audit or a review of the accounts of Aspirations Program CIO. For this reason, we have not verified the accuracy or completeness of the accounting records or information and explanations you have given to us and we do not, therefore, express any opinion on the statutory accounts.

Signature. 

Ricardo Bernard FCCA PGrd Financial Services

Balance Sheet

Aspirations Program CIO As at 31 August 2023

31 AUG 2023 31 AUG 2022

Assets (liabilities)

Assets less current liabilities

Fixed Assets	5,487	6,512
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Current assets (liabilities)

Assets

Cash at bank & at hand	137,222	84,072
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Trade debtors	1,500	-
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Total Assets	138,722	84,072
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Prepayments and accrued income	630	-
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Creditors: amounts falling due within one year

Corporation tax	-	(823)
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Creditors: Amounts falling due within one year	-	(1)
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Other taxes and social security	(1,774)	(38)
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Trade creditors	(1,256)	(444)
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Accruals and deferred income	(65,949)	(51,177)
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Total Creditors: amounts falling due within one year	(68,979)	(52,483)
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Total Current assets (liabilities)	70,372	31,589
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Total Assets less current liabilities	75,859	38,101
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Total Assets (liabilities)	75,859	38,101
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Capital and reserves

Equity	75,859	38,101
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Total Capital and reserves	75,859	38,101
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Income Statement

Aspirations Program CIO

For the 15 months ended 31 August 2023

JUN 2022-AUG 2023 JUN 2021-AUG
2022

Income Statement

Trading Income	307,600	160,215
Cost of Operations	(104,450)	(46,131)
Staff costs	(75,559)	(42,158)
Depreciation and other amounts written off assets	(2,200)	(984)
Operating Expenses	(81,888)	(40,165)
Surplus/ (Deficit)	43,503	30,776

This note form part of the financial statements

Notes to the accounts

Aspirations Program CIO

For the 15 months ended 31 August 2023

1. Charity Purpose

Aspirations Program Charity Interest Organisation is a community-based instrument created to address the need and the preservation and protection of physical and mental health of people in recovery from harmful addictions and other mental health issues.

To fully support them with their recovery and re-integrate with society. Nothing in this constitution shall authorise an application of the property of the CIO For the Purposes which are not charitable in accordance with [Section 7 Of the Charities and Trustee Investment (Scotland) Act 2005] and [Section 2 Of the Charities Act (Northern Ireland) 2008].

2. Accounting Policies

The following accounting policies have been applied consistently in dealing with items which are considered material in relation to the financial statements, except as noted below

3. Basis of Preparation

The financial statements have been prepared under the historical cost convention applicable in the United Kingdom and in accordance with the Financial Reporting Standard for Smaller Entities (Effective April 2008)

4. Going Concern

The trustees will continue to adopt the going concern basis of accounting in preparing the annual financial statements

5. Income Policy

The Income shown in the Income statement represents Funds deployed during the period, exclusive of Value Added Taxation and Trade discounts

	2023	2022
6. Creditors: amounts falling due within one year		
Social Security & Taxation	(1,774.45)	(823.00)
Accounts Payable	(1,256.26)	-
Accruals	(1,460.00)	-
Income in Advance	(64,488.66)	(53,780.00)
Total Creditors: amounts falling due within one year	(68,979.37)	(54,603.00)

7. Employees

The average number of employees during the period was (x) (2022 5)

8. Preparation of accounts

The charity is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the period ended 31 August 2023 .

The members have not required the company to obtain an audit of its financial statements for the period ended 5th August 2021 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for:

(a) ensuring that the company keeps accounting records which comply with Sections 386 and 387 of the Companies Act 2006 and

(b) preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395

and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.

The financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

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

Trustee: / Date -----

Trustee: / Date -----

9. Depreciation Schedule

Aspirations Program CIO

For the 15 months ended 31 August 2023

COST ACCOUNT	NAME	RATE	COST	OPENING VALUE	PURCHASES	DISPOSALS	DEPRECIATION	CLOSING VALUE
Computer Equipment			1,282	603	477	-	521	560
Fixtures, Furniture & Fittings			5,090	2,431	2,230	-	1,114	3,547
Intangibles			781	742	-	-	98	644
Office Equipment			1,374	-	1,374	-	468	906
Total			8,526	3,776	4,081	-	2,200	5,657

Income Statement

Aspirations Program CIO

For the 15 months ended 31 August 2023

JUN 2022-AUG 2023 JUN 2021-AUG 2022

Income Statement

	JUN 2022-AUG 2023	JUN 2021-AUG 2022
Trading Income		
Revenue	307,600	160,215
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Cost of Operations		
Fund Raising Cost	(51,527)	(39,654)
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Employers national insurance	(329)	(482)
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Operating Expenses		
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Repairs, renewal and maintenance	(7,127)	(4,433)
Subscriptions	(95)	(56)
Telephone and data	(3,119)	(1,765)
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Accounting services	(5,046)	(1,925)
Bank charges	(2)	-
Cleaning	(3,746)	(185)
Computer software, IT consumables and maintenance	(2,820)	-
General administration	(2,545)	(2,045)
Insurance	(1,344)	(2,139)
Legal and professional fees	(17,542)	(11,225)
Printing, postage and stationery	(2,975)	(249)
Donations	(1,581)	(223)
Entertainment	(241)	-
Total Operating Expenses	(81,888)	(40,165)
Surplus/ (Deficit)	43,503	30,776

This note form part of the financial statements

Unaudited Financial Statements

Aspirations Program CIO
For the 15 months ended 31 August 2023

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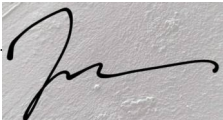
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This note form part of the financial statements

Aspirations Day Program

England & Wales - Charity number 1195424

Accounts



**Carrie's
Outreach**

**Aspirations
Program**

**Family
Support**

breaking the chains of addiction

Annual Report 2021-22



Contents

Founders Report	6
Report from Chair	8
Why is our work important?	12
Carries Outreach	14
Day Program	20
Family Program	26
Other Achievements	30
Fundraising	32





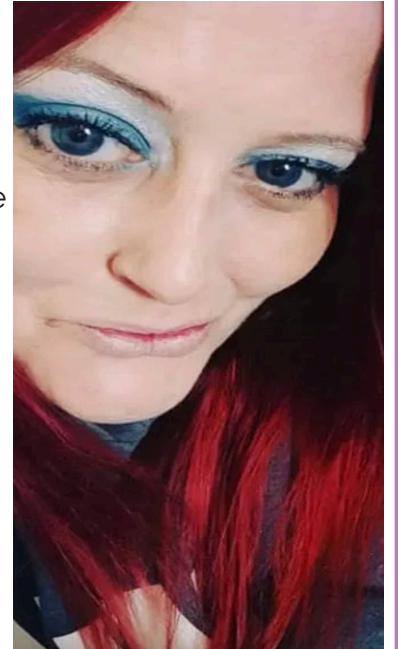
Our mission is to see people free from addiction and the damaging impact it has on all aspects of life

Founders Report

Thank You

I would like to start by thanking our volunteers, staff, and trustees for all their hard work, commitment and dedication to Aspirations Program over the last year. It's the compassion and empathy of the team that makes this project work. And the biggest heartfelt thank you goes out to our funders, without whom Aspirations would not be at the level it is at now.

But the BIGGEST thank you goes to the people we serve, the vulnerable adults who inspire me daily with their bravery and courage to fight to live another day, who show kindness in a world that at times hasn't been very kind to them, but they choose to carry on after facing such adversity. These people are the real heroes here. It's an absolute honour and a privilege that they allow us to be a very small part of their journey.



Our Main Program's

Our Day Program has gone from strength to strength. Watching people get clean and stay clean, turning their lives around is one of my favourite things. We see people in college fulfilling their own hopes, dreams, and aspirations, and people returning to work and repairing their relationships with family and children. Some go on to volunteer in the community while others have returned to peer mentor with us, showing new referrals there is a way out of the darkness. The light the mentors shine is very bright indeed.

So much has happened this year. Because of the growth and continued demand, we have moved our Day Program to a larger venue. We have increased our numbers and have an ever-growing waiting list.

We enjoyed a day trip to Portsmouth to a mutual aid groups convention, and we've had days out in the park and at the beach. All these activities support people to build trustworthy relationships which supports them in their recovery.

Overall, the program is growing and thriving day by day.

We are continuing to see a rise in the number of women accessing our service. We have extended who we support to include not just women who sell sex, but any women living with multiple disadvantages and complex needs. This can be mental health, addiction, homelessness, domestic abuse, and women who are separated from their children.

We are now delivering meaningful activity groups and are incredibly pleased that we have been able to extend our drop-in days to three times per week. We have Meaningful Monday's, Wonderful Wednesday's, and Therapeutic Thursday's. Each day is designed around the women's care plans, so we cover all aspects of the women's lives. From self-care, to responsibilities, to managing mental and addictions, life skills, and confidence.

We continue to collaborate with partner organisations to safeguard the women. We have built wonderful trustworthy relationships with some of the most entrenched and



marginalised women in our society who at one point were not engaging with any local services. Our safe non-judgmental environment gives women a space to come where they feel seen and heard. We encourage them to make healthy choices and collaborate with the women on what their unique needs are. We are delighted that we have been able to open for longer hours and for another two days for the women.

We are excited to be collaborating with Southend City Council and The Store House in October 2022 on our first conference which has been born from The Street Prostitution Strategy. Our aim is to educate and reach third sector and strategic organisations on the importance of trauma informed approaches and to ensure faster exit pathways for the women who sell sex.

We have continued to support families remotely and in our monthly group meetings. While also providing family members with children food parcels and electricity vouchers, it is important for us at Aspirations to recognise children and family members who have loved ones with addiction problem. From my own experience, I am fully aware of the effect that addiction has over family members. I call it the children that don't have a choice.

Fundraising

We have held various fundraising events over the year, but I really enjoyed the afternoon tea at the mayor's house with the Mayor and High Sheriff of Essex when I was presented with an award for valuable contributions to the

community. I never set out to found Aspirations to receive awards or for any kind of applause, but to have the work we do recognised is important for our team. The award is for us all. The people we serve is the most rewarding opportunity I can be given.

The fundraising events that I felt the most pride in was watching three of our peer mentors raising funds through planning their own events. One ran the Southend Triathlon, and two others did a sponsored walk. Between them they raised over £3,000. To initially meet people at their darkest, then witness them shining bright, really is testament to our whole team, and an even bigger testimony to the guys who show up and work hard for their recovery.

I'm extremely grateful to everyone past and present who have played a role in to making Aspirations the wonderful charity it is. I'm looking forward to seeing what the next year will bring.

Thank you
Marie Edmonds

Report from the Chair



I became a trustee of Aspirations Program in January 2020 when it was a CIC. At this time the Day Program was in the early planning stages. Aspirations Program became a registered charity August 2020, and by then the Day Program was running very successfully, as was Carrie's outreach and the Family Support Program. Aspirations has grown exponentially, transforming the lives of many.

Aspirations fundraising has been outstanding. The accounts are now on an electronic system and always up to date. Aspirations outgrew the venue and has moved into a bigger venue. The finances have always been very healthy with funding coming in on a regular basis. National Lottery funding has recently been secured. Aspirations had always grown within its means and is on track with the 5 year business plan.

Aspirations now has a fast track route for ladies needing residential rehabilitation which is an incredible achievement.

With the growth of Aspirations, staff numbers have been increased in close consultation with trustees, as has all decision making, thus ensuring Aspirations grows on a firm foundation.

Aspirations is now a leading voice that commissioners and other services in the sector listen to.

Warm regards

Duncan Smith





Our
pla
sup
for,
our

Our venues provide safe, secure and welcoming spaces for people to come and receive the support and help they need. People are cared for, valued, loved and treated as individuals by our team.

Why is our work important

"There is a desperate need for a service locally which is survivor led and trauma informed. Local third sector and statutory agencies and the Council do not have a sound understanding of the specific needs of women in prostitution and there is a lack of will to change this. At present, the voice of women who were in prostitution or who are currently selling sex are not being heard by these groups.

Aspirations have already made incredible progress in engaging women in prostitution through their in-depth appreciation of the unique difficulties of exiting the sex trade. I fully support Aspirations as the organisation who have the knowledge, understanding and expertise to give a voice to the women exploited in prostitution in Southend-on-Sea and to make a change for women who have been ignored and not listened to for too long."

Cllr Helen McDonald on our service

Southend-on-Sea is in the highest 50% most deprived areas in the country and many parts are within the highest 15% most deprived. There are pockets of extreme poverty, which includes a vast amount of unemployment, child poverty, homelessness, lack of opportunities and social challenges. People here face particularly high levels of deprivation in health and crime, all contributing factors in addiction, and trauma and selling sex.

Street prostitution rates are high in Southend. Various police operations have succeeded in moving the women selling sex from one road to another, but no intervention has had a significant impact and today there are high levels of women at high risk of all forms of harm, be that physical violence, sexual violence or the psychological impacts of trauma.

The impact of the sex trade on women ranges from serious sexual assaults of women in prostitution, to women who live nearby or use the train station being

propositioned and kerb-crawled by sex buyers, to general and street harassment and women feeling generally unsafe. It is important something is done to make it safer for all women and girls here.

Historically, prostituted women have been seen as disposable and less important. The psychological impacts of selling sex are immense and multiply the longer a woman remains in prostitution. Trauma responses make managing everyday life more difficult, so accessing services and agencies is more challenging which, in turn, leads to increased vulnerability and further exploitation. Being in prostitution becomes a cycle that is incredibly difficult to break.

Most of the women who selling sex are dependent on drugs, are homeless and/or living in highly vulnerable and dangerous situations. They have been subjected to violence, abuse and judgement and are trapped feeling scared and alone with no access to help.

t?

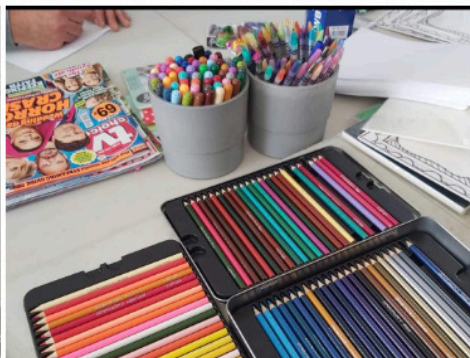
We help people become clean and stay clean so they can rebuild their lives. We help people rebuild broken family relationships, improve mental and physical health, find employment, re-enter education, and secure accommodation so people can learn to thrive rather than just survive.

The right treatment at the right time can be lifesaving. Our aim is to see people abstain from drug / alcohol use, but we want to see life-long recovery beyond that. To see people making the necessary steps to improve their lives so that they can stay substance free and start to thrive.

Addiction has a negative impact on society as well as individual lives

£15.4 billion	This is the annual cost of drug abuse costs
£21 billion	This is the annual cost of alcohol abuse costs
£488 million	This is the annual cost of drug misuse to the NHS in England
£960 million	This is the estimated saving to the public, businesses, criminal justice and the NHS from drug treatment

Carrie's Outreach



“

There is so much I love about this service that all you lovely ladies do for us girls. Most importantly is that you're always here for me whenever I need a shoulder to cry on, hear my worries. Thanks for everything, clothes, food etc.

But most important thanks for being you.

”

Carrie's Outreach is a support service for women who sell sex and other vulnerable women living with multiple disadvantage and need. For many women, selling sex is a way to fund active addiction and substances are a way to block out the reality of selling sex. We work with other local organisations to provide routes out of selling sex.

Outreach

Twice a week, our volunteers go into the community to speak to women who sell sex on the street.

The women are offered hygiene essentials, snacks and little luxuries in 'bags of love'. The purpose of our outreach is to show the women that we are thinking about them and we care about their safety.

By building positive relationships built on trust we hope to enable women to feel secure enough to visit the drop-in and to engage with support services.

Care Plans

Each woman who works is regularly risk assessed and has an individual care plan to ensure that she is kept safe from harm and has her needs met. Care plans might include support with physical and sexual health needs, mental health and emotional wellbeing, housing, contact with children and substance misuse.

Women's Only Drop-in

Three times a week, volunteers run a trauma-informed drop-in service, initially for women who sell sex, but now open to any women who feels they need our support.

The women can collect 'bags of love', have access to free toiletries and clothes, and are helped to engage with a range of support services to provide services in a way that the women can access.

Collaborative Working

We are instrumental in the safeguarding forum and other multi-agency meetings for women who sell sex in Southend.

We work collaboratively to ensure that women get the support in a way that is suitable to their needs.

We raise awareness of the realities of selling sex and make sure the women's voices are heard and listened to.

Training

Carrie's Outreach delivers high quality, trauma-informed training for volunteers and others organisations who work with women who sell sex.

Carrie's Outreach impact t

“

It's really lovely to know that people care enough to bring me food and even better to have toiletries and be clean. I'm still amazed at how well my daughter was cared for, housed and provided for when she was pregnant. Even her mental health issues were addressed (As far as she would allow). I had no idea there were such wonderful people that would help ladies such as myself. Thank you

I enjoy volunteering at Aspirations because of the trusting relationships you build with the girls. Having each and every one of them come down and feeling comfortable enough to open up to you about their day to day life is extremely rewarding, especially when you can help assist and support them where needed.

I couldn't ask for a better team to work alongside. Each of us brings a special little something to ensure we provide the best support from all areas to support their needs. The way our team comes together as a whole determines our success and I value each and everyone of them. Together we will continue to make a difference.

I like you guys so much.

”

through 2021-22

90

Women reached
through Carrie's
Outreach

60

Women
given free
clothes and
toiletries

40

Women
felt safer

20

Women referred
to specialist
services

9

Women
found safe and
secure housing

1

Woman exited
street
prostitution





Lighthouses don't go running all over an island looking for boats to save they just stand there shining.

I'M SORRY FOR HOW I SAID WHEN I WAS HANGRY

GETTING INTO TRAINING

BOOST YOUR CONFIDENCE

ALL YOU

SHN

Day Program



No time limit

The Day Program is at least 12 weeks long and there is no time limit on support.



No cost

The Day Program is free to those who meet the referral criteria.



Identify & Address

The Day Program supports people to identify and address the reasons they misuse substances.



Therapeutic Support

Therapy will be available for those who wish to access it.

The Aspirations Day Program is a abstinence-based drug recovery program that is structured, non-residential, non-religious and led by trauma-informed, trained counsellors and group facilitators. The Day Program moved into its own venue in May 2022.

We run each recovery program course over a 12 week period and people can join us at any point. People are also able to stay on the program for as long as they need as addiction recovery cannot be limited to a one size fits all. Some people find 12 weeks is enough to start their journey, but for others they need longer and we have also had people on the program for six months.



The Award is made by
The High Sheriff of Essex
In recognition of the Award Program
in support of
the work of the Essex
County Council
in the area of
the High Sheriff of Essex
2023/24



High Sheriff of Essex
2023/24

Day Program impact throu

In October 2022 we were extremely proud to offer our first Peer Mentor a paid job as a Recovery Support Worker.

This person has been with us since day one of the Day Program journey and started with us by painting walls. They've put thier heart and soul into this project. They're shown up and taken part in every peice of training we've sent thier way. They're listened, they're asked questions and they've learnt.

I meet this person when they were just a few days clean. They're now over 3 years clean and a productive member of society.

This has been achieved by joint up working with First Place Housing CIC. Give someone a nice home, recovery support and tell them they can achieve anything they want to achieve & the miracles happen.

ugh 2021-22



55

People
attended the
Day Program



19

People
graduated the
Day Program



3

Graduates have
enrolled in
college courses



2

Graduates are
in paid
employment



1

Graduate is at
university



PLEASE LEAVE THE VENUE AS YOU FIND IT
1. Lights are switched off
2. All doors are locked
3. Venue is GDPR Compliant
4. Bins are empty and surfaces clear
5. Please ensure alarm is on when you leave
Thank you for helping to keep Aspirations a safe environment

Life changing, for me and everyone around me. Supportive and inspiring

Aspirations Program
Congratulations
YOU'VE Officially
DONE IT

I love the Aspirations Program. It gave me hope when I got clean and gave me routine and the opportunity to socialise with peers. I feel really supported. The staff are kind and encouraging

All staff are friendly and helpful .I.E good at their job. Anything I need help with is actually put into motion and sorted. This service benefits people with various issues including mental health, general wellbeing and overall recovery. Not just with regards to past or present substance misuse.

**Compliments and facts about this service.
Helps a huge variety of people in crisis and recovery.
Covers group work helps with community and supports a wide range of individuals on all levels. For example have multiple diagnoses with past substance issues.
With this service i have managed to completely stop sex work and have managed to abstain from drugs.**

Sense of self worth self esteem. Feeling valued and appreciated support

Family Support



When someone suffers in addiction, their family and friends suffer too. The Family Support service is a group for those who wish to learn more about addiction so they can support someone close to them.

Our Family Support service is peer led by people with personal experience of caring for someone through active addiction, relapse and recovery.

We understand that recovery is a life long process, that trauma is felt across families and that professional and compassionate support is needed for the whole family, which is why this program exists. Our addiction specialist teaches the family the science of addiction with a listening ear to support over the phone or over a coffee.

Family Support impact through 2021-22



10

Families have
been supported



300

Families
received food
parcels

I don't feel so alone, I appreciate this group

Thanks to you my children ate last night



I love being able to help these women by giving them toiletries and clothing when they need it and being able to support them with phone calls and appointments. Our team is wonderful and all have many strengths and we all look out for each other



Other achievements in 202

As well as providing direct support to men and women in need, we have also established and sit on several community forums with other groups to address problems of addiction, homelessness, and street prostitution in Southend.

This includes creating a wraparound service for women only. It is a once-a-week service attended by the National Probation Service, HARP, Sexual Health, and CGL, and is the first trauma informed women's only service of its kind in Southend.

Our founder Marie, has worked in various drug and alcohol rehabilitation centres, has volunteered with CGL, HARP and has taken part in extensive research and training in trauma informed approaches. Marie also sits on a Thriving Communities Panel for SAVS Southend as the voice of lived experience. She also supports SVP as the voice of lived experience.

A major achievement this year was seeing the production of The Street Prostitution Strategy for Southend, a document Aspirations assisted the council in writing. This document acknowledges the importance of providing support for this group of people, recognises key challenges and how they might be overcome.

As we have grown, we have seen our work recognised across Southend and wider Essex. This summer, Marie was awarded for services to the community by the High Sheriff.



**Outreach bags
distributed to
vulnerable women**



**Conference on
trauma informed
approaches
delivered**



**Food parcels
delivered**



**Training courses
delivered**



Peer Mentors



New venue

Fundraising

As the work we do grows and the demand for our services increases, so do the costs of running our projects. We have been able to continue to expand within our means and secure the funding needed to grow, particularly to be able to appoint new staff to work with people.

We are hugely thankful to everyone who supports us financially, whether than be a small or large gift, it all makes a difference. We are especially thankful to people who continue to support us, even throughg the cost of living crisis.

Fundraising Events

From charity football matches, walking challenges, triathlons, to cake sales, quizzes, meals, and car boot sales we run many different fundraising events.

We massively appreciate the time and effort our staff, volunteers and clients go to to make these happen, especially those who have been helped by our programs and want to give back by undertaking their own fundraising activity.

We have had success running pop-up charity shops over the course of this year. It is our vision to one day run a permanent charity shop and cafe so watch this space!

Donations

A significant part of our income comes from individual donations and gifts and we are so thankful to everyone who contributed to our work. There are too many people to name but we value you all. Your money really does make a massive difference.

Grant Making Trusts and Foundations

We are very thankful to have received grants from various trusts and foundations. We would like to thank you all for your support. We are supported by:

The Albert Hunt Trust
The Archer Trust
Cooperative Local Community Fund
Essex Community Foundation
The Fore
Fowler Smith and Jones Trust
Garfield Westion Foundation
Grocers Charity
Hilden Charitable Fund
Martin Geddes Trust
National Lottery Community Fund
Rosca Trust
Southend Community Investment Board
Southend Emergency Fund
Trusthouse Charitable Foundation
Tudor Trust



Management Report- (Detailed)

Aspirations Program CIO
As at 31 August 2022

Prepared by Bronze Oak Accountancy Ltd

Contents

- 3 Summary of Affairs
- 4 Income Statement
- 5 Aged Payables Summary

Summary of Affairs

Aspirations Program CIO As at 31 August 2022

31 AUG 2022 31 AUG 2021

Assets

Bank

Aspirations Day Program	84,072	53,429
Total Bank	84,072	53,429

Fixed Assets

Accummulated Deprec On Fix, Furn & Fittings	(581)	-
Computer Equipment	477	-
Fixtures, Furniture & Fittings	4,539	2,860
Intangibles	781	-
Less Accumulated Amortisation on Intangibles	(59)	-
Less Accumulated Depreciation on Computer Equipment	(295)	-
Less Accumulated Depreciation on Office Equipment	(50)	-
Office Equipment	1,698	804
Total Fixed Assets	6,511	3,664

Total Assets	90,583	57,093
---------------------	---------------	---------------

Liabilities

Current Liabilities

Accounts Payable	444	-
Income in Advance	51,177	53,780
NIC Payable	(46)	-
PAYE Payable	(26)	-
Pensions Payable	110	-
Provision for Corporation Tax	823	823
Total Current Liabilities	52,482	54,603

Total Liabilities	52,482	54,603
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Net Assets	38,101	2,490
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Equity

Current Year Earnings	35,611	(4,834)
Retained Surplus/ (Deficit)	2,490	7,324
Total Equity	38,101	2,490

Income Statement

Aspirations Program CIO

For the year ended 31 August 2022

	2022	2021
Trading Income		
Income - R/Revenue (Core Cost)	105,809	-
Income- Charity Shop & Ebay	6,287	238
Income- General Donations	12,392	1,895
Income- R/Revenue Restricted Funds	18,542	-
Income- Social/ Sporting Events	7,223	1,633
Income- Space Hire	6,136	60
Total Trading Income	156,389	3,825
Cost of Operations		
Direct Expenses	35,203	3,973
Direct Wages	19,794	1,636
Direct Wages- Counselling	5,397	930
Total Cost of Operations	60,394	6,539
Net Income	95,995	(2,714)
Operating Expenses		
Advertising & Marketing	796	125
Audit & Accountancy fees	1,925	-
Bank Fees	-	-
Charitable and Political Donations	171	52
Cleaning	185	-
Consulting	9,000	2,000
Depreciation Expense	984	-
Employers National Insurance	482	-
Insurance	2,088	51
Legal Expenses	195	30
Light, Power, Heating	1,919	126
Pensions Costs	185	-
Postage, Freight & Courier	3	-
Printing & Stationery	247	-
Rent	15,000	-
Repairs & Maintenance	4,433	-
Salaries	16,738	-
Staff Training	2,986	-
Subscriptions	56	-
Telephone & Internet	2,393	(628)
Travel - National	601	364
Total Operating Expenses	60,384	2,120
Surplus/(Deficit)	35,611	(4,834)

Aged Payables Summary

Aspirations Program CIO

As at 31 August 2022

Ageing by due date

CONTACT	CURRENT	< 1 MONTH	1 MONTH	2 MONTHS	3 MONTHS	OLDER	TOTAL
Karen Johnston	-	444.00	-	-	-	-	444.00
Total	-	444.00	-	-	-	-	444.00

Charity Reg: **1195424**

(England and Wales)

Aspirations Program Charitable Interest Organisation

Report of the Trustees and Unaudited Financial Statements

For the period ended 31 August 2022

Aspirations Program Charitable Interest Organisation

Contents of Financial Statement

For the period ended 31 August 2022

Contents	2
Charity Information	3
Report of the Trustees	4
Report of the accountants	5
Statement of Affairs	6
Income Statement	7
Notes to the Financial Statements	8
Detailed Income & Expenditure Report	9

Aspirations Program Charitable Interest Organisation

Company Information

For the period ended 31 August 2022

Trustee(s):	Catherine Emma Storey Duncan Harold Smith Helen MacDonald Maria Ayile Folivi Esther Rosenblatt Gareth Peter Evans
Registered Office:	573 Southchurch Road Southend-on Sea Essex SS1 2PN
Charity Registration No.	1195424 (England and Wales)
Accountants	Bronze Oak Accountancy Ltd Suite 101, 12 Bonner Walk Grays, Essex RM16 6PW

Aspirations Program Charitable Interest Organisation
Trustee's Report
For the period ended 31 August 2022

The Trustee present their report with the financial statements of the charity for the period ended 31st August 2022

Principal activities

The principal activity of the charity in the period under review was: a community-based instrument created to address the need and the preservation and protection of physical and mental health of people in recovery from harmful addictions and other mental health issues.

Going Concern

The charity will continue to adopt the going concern basis in preparing the annual financial statement

Trustee

The Trustee shown below have held office during the whole of the period from **5th August 2021 to 31st August 2022**

Catherine Emma Storey

The Trustee(s) shown below joined the charity during the period

Duncan Harold Smith
Maria Ayile Folivi
Esther Rosenblatt
Gareth Peter Evans
Helen MacDonald

The Trustee(s) shown below resigned during the period

Nil

This report was approved by the board of Trustee on

And Signed On Behalf Of The Board By:

Trustee

_____ Date
Name/ Signature

Aspirations Program Charitable Interest Organisation
Accountants' Report
For the period ended 31 August 2022

Report of the Accountant to the trustees of Aspirations Program Charitable Interest Organisation (the charity)

These financial statements have been prepared in accordance with our terms of engagement and in order to assist you to fulfil your duties under the Charities Commission and Companies Acts that relate to preparing the financial statements of the charity for the year ended 31 August 2022.

We have prepared these finance statements, which include the Income Statement, the Statement of Affairs, and the related notes, based on the accounting records, information and explanations provided by you. We do not express any opinion on the financial statements.

On the Statement of Affairs, you have acknowledged your duties under the prevailing Charities Commission and Companies Acts to ensure that the charity keeps adequate accounting records and prepares financial statements that give "a true and fair view".

You have determined that the company is exempt from the statutory requirement for an audit for this accounting period. Therefore, the financial statements are unaudited.

The financial statements are provided exclusively to the trustees of the charity for the limited purpose mentioned above and may not be used or relied upon for any other purpose or by any other person, and we shall not be liable for any other usage or reliance.

Bronze Oak Accountancy Ltd
Suite 101, 12 Bonner Walk
GRAYS
RM16 6PW
Date: 6 August 2022

This page does not form part of the statutory financial statements

Aspirations Program Charitable Interest Organisation

Statement of Affairs

For the period ended 31 August 2022

		12 mths 2022 £	1 mth 2021 £
FIXED ASSETS			
Total Fixed Assets:	[8]	<u>6,511</u>	<u>3,664</u>
CURRENT ASSETS			
Cash at bank & at hand		84,072	53,429
Total Current Assets:		<u>84,072</u>	<u>53,429</u>
CREDITORS			
Amounts falling due within one year	[6]	52,482	54,603
NET CURRENT ASSETS/(LIABILITIES)		31,590	(1,174)
TOTAL NET ASSETS (LIABILITIES):		<u><u>38,101</u></u>	<u><u>2,490</u></u>
RESERVES			
Retained Surplus		35,611	(4,834)
Retained Surplus/ (Deficit) B/fwd		2,490	7,324
TOTAL RESERVES:		<u><u>38,101</u></u>	<u><u>2,490</u></u>

The notes form part of the financial statements

Aspirations Program Charitable Interest Organisation

Income Statement

For the period ended 31 August 2022

		12 mths 2022 £	1 mth 2021 £
INCOME			
	Income	[5] 156,389.38	3,825.48
	Total Income:	<u>156,389.38</u>	<u>3,825.48</u>
COST OF OPERATIONS			
	Total Cost of Operations:	<u>60,394.04</u> 60,394.04	<u>6,539.42</u> 6,539.42
	Income less Cost of Operations:	<u>95,995.34</u>	<u>(2,713.94)</u>
OPERATING EXPENDITURE			
	Facilities Cost	27,306.27	(450.60)
	Operating Staff Cost	20,991.53	364.00
	Legal & Professional Expenses	12,086.44	2,207.01
	Total Expenses:	<u>60,384.24</u>	<u>2,120.41</u>
SURPLUS (DEFICIT)			
	Net Surplus (Deficit):	<u><u>35,611.10</u></u>	<u><u>(4,834.35)</u></u>

The notes form part of the financial statements

Aspirations Program Charitable Interest Organisation

Notes to the accounts

For the period ended 31 August 2022

1 Charity Purpose

Aspirations Program Charity Interest Organisation is a community-based instrument created to address the need and the preservation and protection of physical and mental health of people in recovery from harmful addictions and other mental health issues.

To fully support them with their recovery and re-integrate with society. Nothing in this constitution shall authorise an application of the property of the CIO For the Purposes which are not charitable in accordance with [Section 7 Of the Charities and Trustee Investment (Scotland) Act 2005] and [Section 2 Of the Charities Act (Northern Ireland) 2008].

2 Accounting policies

The following accounting policies have been applied consistently in dealing with items which are considered material in relation to the financial statements, except as noted below

3 Basis of preparation

The financial statements have been prepared under the historical cost convention applicable in the United Kingdom and in accordance with the Financial Reporting Standard for Smaller Entities (Effective April 2008)

4 Going Concern

The trustees will continue to adopt the going concern basis of accounting in preparing the annual financial statements

5 Income Policy

The Income shown in the Income statement represents Funds deployed during the period, exclusive of Value Added Taxation and Trade discounts

6 Creditors: amounts falling due within one year

	2022	2021
	£	£
Accounts Payable & Taxes	444	-
Social Security & Taxation	861	-
Income in advance	51,177	53,780
	<u>52,482</u>	<u>53,780</u>

7 Employees

The average number of employees during the period was 5 (2021 nil)

Aspirations Program Charitable Interest Organisation

Notes to the accounts

For the period ended 31 August 2022 (Con'd)

8	Intangibles 10%	Computer Equipment 33.30%	Fixtures & Fittings 20%	Office Equipment 33.30%	Total
Cost					
As at 6th August 2021	-	2,449	2,827	-	5,276
Additions	781	477	280	894	2,431
Disposals	-	-	-	-	-
At 31st August 2022	<u>781</u>	<u>2,926</u>	<u>3,107</u>	<u>894</u>	<u>7,707</u>
Depreciation					
As at 06th August 2021	-	647	965	-	1,612
Change for period	59	295	581	50	984
As at 31st August 2022	<u>59</u>	<u>942</u>	<u>1,546</u>	<u>50</u>	<u>2,596</u>
NET BOOK VALUE					
At 31st August 2022	<u><u>722</u></u>	<u><u>1,985</u></u>	<u><u>1,560</u></u>	<u><u>844</u></u>	<u><u>5,111</u></u>
At 06th August 2021	<u><u>-</u></u>	<u><u>1,802</u></u>	<u><u>1,862</u></u>	<u><u>-</u></u>	<u><u>3,664</u></u>

9 The charity is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the period ended 31st August 2022.

The members have not required the company to obtain an audit of its financial statements for the period ended 5th August 2021 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for:

(a) ensuring that the company keeps accounting records which comply with Sections 386 and 387 of the Companies Act 2006 and

(b) preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.

The financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements were approved by the Board of trustees and authorised for issue on

_____ and were signed on its behalf by:

Trustee _____ Name/ Signature Date

Trustee _____ Name/ Signature Date

The notes form part of the financial statements

**Aspirations Program Charitable Interest Organisation
Detailed Income Statement**

For the period ended 31 August 2022

	12 mths 2022	1 mth 2021
Trading Income		
Income - R/Revenue (Core Cost)	105,809	0
Income- Charity Shop & Ebay	6,287	238
Income- General Donations	12,392	1,895
Income- R/Revenue Restricted Funds	18,542	0
Income- Social/ Sporting Events	7,223	1,633
Income- Space Hire	6,136	60
Total Trading Income	156,389	3,825
Cost of Operations		
Direct Expenses	35,203	3,973
Direct Wages	19,794	1,636
Direct Wages- Counselling	5,397	930
Total Cost of Operations	60,394	6,539
Net Income	95,995	(2,714)
Operating Expenses		
Advertising & Marketing	796	125
Audit & Accountancy fees	1,925	0
Bank Fees	0	0
Charitable and Political Donations	171	52
Cleaning	185	0
Consulting	9,000	2,000
Depreciation Expense	984	0
Employers National Insurance	482	0
Insurance	2,088	51
Legal Expenses	195	30
Light, Power, Heating	1,919	126
Pensions Costs	185	0
Postage, Freight & Courier	3	0
Printing & Stationery	247	0
Rent	15,000	0
Repairs & Maintenance	4,433	0
Salaries	16,738	0
Staff Training	2,986	0
Subscriptions	56	0
Telephone & Internet	2,393	(628)
Travel - National	601	364
Total Operating Expenses	60,384	2,120
Surplus/(Deficit)	35,611	(4,834)