

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

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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 & and 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 froum 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!

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.

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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		<u>133,128</u>	<u>92,751</u>	<u>225,879</u>	<u>107,207</u>	<u>200,393</u>	<u>307,600</u>
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		<u>171,224</u>	<u>43,931</u>	<u>215,155</u>	<u>177,080</u>	<u>87,019</u>	<u>264,099</u>
Total expenditure		<u>171,224</u>	<u>43,931</u>	<u>215,155</u>	<u>177,080</u>	<u>87,019</u>	<u>264,099</u>
Net income/(expenditure)		<u>(38,096)</u>	<u>48,820</u>	<u>10,724</u>	<u>(69,873)</u>	<u>113,374</u>	<u>43,501</u>
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		<u>73,480</u>	<u>13,102</u>	<u>86,582</u>	<u>75,858</u>	<u>-</u>	<u>75,858</u>

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
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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>
	<u><u>43,341</u></u>	<u><u>152,560</u></u>	<u><u>8,972</u></u>	<u><u>14,646</u></u>	<u><u>219,519</u></u>	<u><u>178,369</u></u>	<u><u>98,702</u></u>	<u><u>6,930</u></u>	<u><u>284,001</u></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>
	<u><u>43,341</u></u>	<u><u>152,560</u></u>	<u><u>8,972</u></u>	<u><u>14,646</u></u>	<u><u>219,519</u></u>	<u><u>178,369</u></u>	<u><u>98,702</u></u>	<u><u>6,930</u></u>	<u><u>284,001</u></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
	90,575	69,372	26,260	20,202	206,409	163,408	36,829	56,615	256,852
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
	95,811	72,363	26,492	20,489	215,155	169,926	37,514	56,659	264,099

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></u>	<u></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 Number	2023 Number
	<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>

15 Creditors: amounts falling due within one year

	Notes	2024 £	2023 £
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>

16 Deferred income

	2024 £	2023 £
Other deferred income	<u>71,782</u>	<u>64,489</u>

Deferred income is included in the financial statements as follows:

	2024 £	2023 £
Deferred income is included within:		
Current liabilities	<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	<u>71,782</u>	<u>64,489</u>
Deferred income at 31 August 2024	<u>71,782</u>	<u>64,489</u>

17 Retirement benefit schemes

	2024 £	2023 £
Defined contribution schemes		
Charge to profit or loss in respect of defined contribution schemes	<u>752</u>	<u>1,884</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
Previous year:	At 1 September 2022	Incoming resources	Resources expended	Transfers	At 31 August 2023
	£	£	£	£	£
	-	200,393	(87,019)	(113,374)	-

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
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

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>
	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>

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>

23 Analysis of changes in net funds

The charity had no material debt during the year.