



celebrating  
**35**  
years



# Reference and Administration



**Charity Registration No:**  
1197273

**Registered Company No:**  
CE027753 (England and Wales)

**Address:**  
3 Kingswell Street (off Gold Street),  
Northampton, NN1 1PP

**Honorary Presidents:**  
Jan Jourard and Dr John Toby

**Current Trustees:**  
Chair - Stephen Edmonds  
Vice Chair - Andrea Martin  
Treasurer - Jonathan Smith  
Brendan Dunphy  
Georgina Bayliss  
Dr Mike Scanlan  
Dr Martin Clarke (left October 23)  
Matt Toresen MBE (left June 23)  
Dr Deborah Patton  
Andre Gore (joined June 23)

**Bankers:**  
Metro Bank Northampton

**Auditors:**  
Shaw Gibbs  
(who acquired DNG Dove Naish LLP)



## Contents

<b>2</b>	Chairs Report	<b>15</b>	Accessibility	<b>25</b>	Report of the Trustees
<b>3</b>	CEO Report	<b>16</b>	Youth Groups	<hr/> Accounts (separately numbered pages)	
<b>4</b>	Mission and Aims	<b>17</b>	Young Adult Social • LGBTQ+	<b>26</b>	Treasurers Report and Financial Review
<b>5</b>	A Year in the Life	<b>18</b>	OutThere Residential	<b>27</b>	How to Contact Us
<b>6-7</b>	Objectives	<b>19</b>	Happier Families • Mindspace		
<b>8</b>	Our Impact	<b>20</b>	Wellbeing Café		
<b>9</b>	Accessibility Statistics	<b>21</b>	Fundraising		
<b>10</b>	REACH Collaborative	<b>22</b>	How to Support Us		
<b>11</b>	Counselling Services	<b>23</b>	Who's Who		
<b>12</b>	Re:Start	<b>24</b>	Acknowledgements and Thanks		
<b>13</b>	Youth Advisory Board (YAB)				
<b>14</b>	Work Experience Week				





# Chairs Report

**Welcome to our annual report which once again reveals that we have provided record levels of much-needed support for our young people.**

Last year was very much about adopting strategies to cope with the huge level of demand for our services. This financial year we have continued with the development of our wrap around services to provide a holistic support package, tailoring our provision to the changing needs of young people with the help of our Youth Advisory Board.

The plan announced last year for the two-storey extension to our building is now a reality with the inevitable challenges that a major construction project presents, particularly disruption, but we are hopeful of a late autumn completion date and return to our much-improved facilities.

Whilst these are very exciting and positive developments for us, challenges remain, particularly the changing funding landscape, uncertainty and general financial pressures.

I would like to once again extend my heartfelt thanks to the wonderful and hugely dedicated team at The Lowdown coupled with our fantastic donors, volunteers and supporters. I hope you enjoy reading our report.



**Steve Edmonds**

Chair of Trustees



# CEO Report

Another record-breaking year for The Lowdown with 17,688 support contacts provided for young people and their families. Whilst demand for our services has started to stabilise, the risk and complexity of the presentation from the young people we support continues to increase.

The Lowdown's strategy is based on implementing a full YIACS (Youth Information, Advice and Counselling Services) model for the young people of Northamptonshire. This framework is proven and provides a holistic approach to supporting young people with easy access, community-based services and has been developed by Youth Access ([www.youthaccess.org.uk](http://www.youthaccess.org.uk)).

Youth Work and Participation Initiatives have been the focus in terms of service development. Because of this, we have launched, (thanks to Youth Investment Funding) the following new services/roles:

- **Youth Advisory Board**
- **Mindspace**
- **Youth groups (in collaboration with Free2Talk)**
- **Access and Engagement**

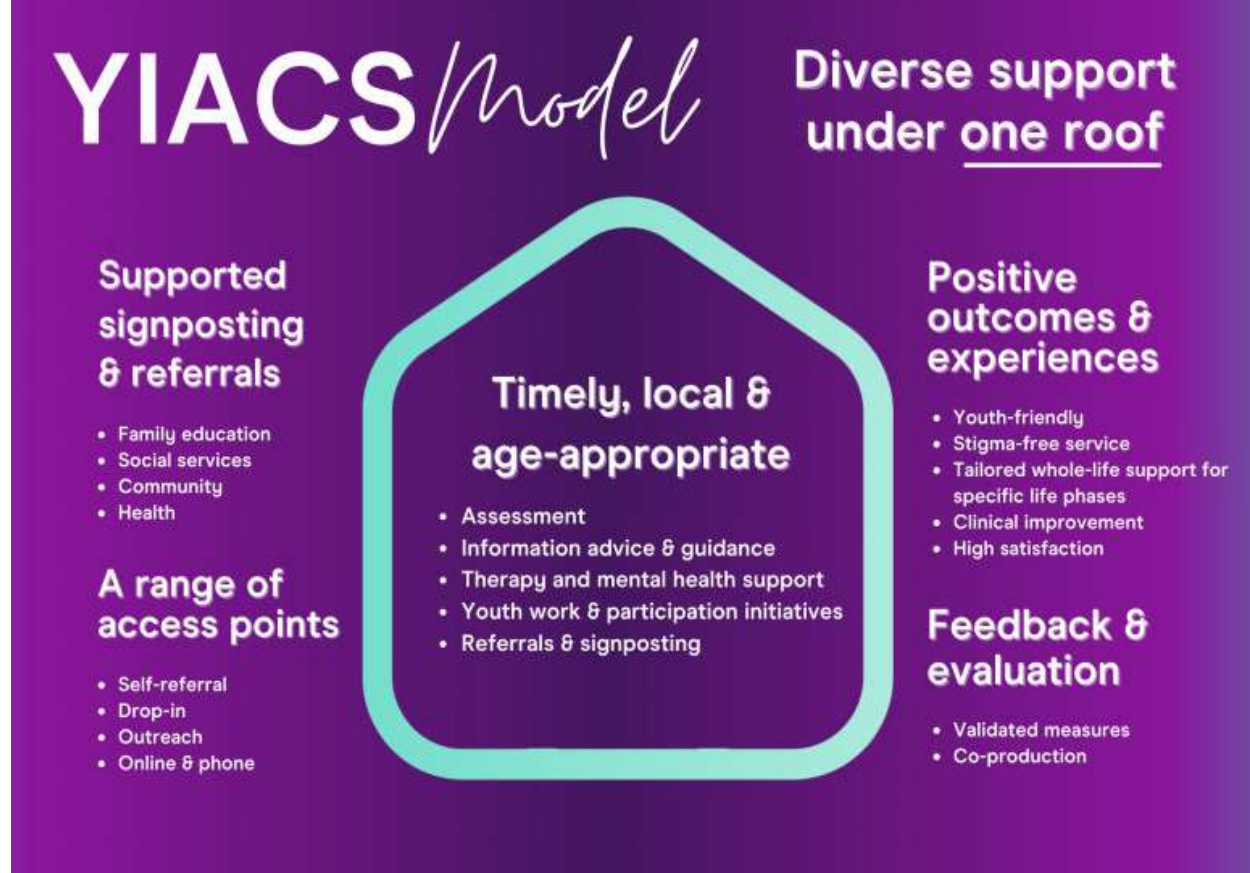
All of the above is helping us to amplify the “youth voice” to ensure our services meet young people's needs.

Further details of all the services we offer, their impact and the challenges young people are facing are detailed in this annual report.

In parallel, we are also undergoing an extensive refurbishment and extension of our 3 Kingswell Street building. Work started in January 2024, and all our services were moved out of the building so work could be completed as quickly as possible.

This work will increase the capacity of our building to be able to meet the increased demand for our services.

None of this would happen without the brilliant Lowdown team (staff, volunteers, trustees, and counselling student placements) who continue to deliver high-quality services for the young people of Northamptonshire.



One of our service user's recent quotes says it all:

**“Genuinely the best mental health support that I've ever accessed.”**

A huge thank you also goes to our supporters, donors, funders, and Reach partners who make all this possible.

Young people will always be at the heart of everything we do, and we will continue to strive to expand and improve our services to give young people the vital support they need.



**Sharon Womersley**  
CEO





## Who we are

**A Mental Health Charity, providing free and confidential support services for 11-25 year olds in Northamptonshire.**

## Our Mission

To offer a caring environment where young people are always supported on their journey towards positive emotional health and wellbeing.

## Our Vision

No young person should face mental health issues alone.

## Our Purpose and Values

Accessible to all, welcoming, non-judgemental, safe, responsive, and adaptable.

## Theory of Change

Young people have free and timely access to evidence-based early intervention services that improve their mental health, emotional wellbeing and resilience.

**The Lowdown changes lives and sometimes saves them.**



# A year in the life of



**APRIL 2023**

Our Youth Advisory Board was launched.



**MAY 2023**

Mental Health Week and IDAHOBIT\* celebrations.



**JUNE 2023**

We took part in Northampton Carnival & launched our Wellbeing Wednesday Group.



**JULY 2023**

We hosted Work Experience Week for Youth Advisory Board members.



**AUGUST 2023**

Wellbeing Care Packages for young people funded by Northamptonshire Community Foundation.



**SEPTEMBER 2023**

Our Youth Groups were launched.



**OCTOBER 2023**

We hosted our Annual General Meeting.



**NOVEMBER 2023**

Our Volunteer – Steph Clayson won the Lady Juliet Townsend Award for Volunteering.



**DECEMBER 2023**

We took part in The Santa Run organised by The Rotary Clubs of Northampton.



**JANUARY 2024**

We hosted the Breaking Ground Event - Launching our building extension and renovation.



**FEBRUARY 2024**

First RE:Start Conference was hosted by Youth Works and us.



**MARCH 2024**

Sharon, our CEO, visited YPAS in Liverpool to share learnings.



\*International Day Against Homophobia, Biphobia, Interphobia and Transphobia.



# Objectives

The Lowdown is a Mental Health Charity, providing free and confidential support services for 11- 25 year olds in Northamptonshire. Our services include Counselling, Information, Advice & Advocacy, Wellbeing, LGBTQ+, Youth Groups and Sexual Health.



Our services are developed based on the proven YIACS (Youth Information Advice and Counselling) model developed by Youth Access (youthaccess.org.uk) to provide a holistic approach to supporting young people. Part of this is ensuring that young people's voices are heard, and we are developing our services **with** young people to meet **their** needs.



Our services are easy to access, as young people can either, drop-in, self-refer or be referred by professionals such as CAMHS, schools or their GP.



We actively promote all our services in the local community so that young people and their families are aware of what we have to offer and how to access them.



Robust safeguarding procedures are implemented and regularly reviewed to ensure that any disclosures are dealt with appropriately.



The Lowdown offers unique and rewarding volunteering and personal development opportunities for young people and members of the public. We also partner with Higher Education providers, including The University of Northampton, Tresham College, Chrysalis etc. to offer placements and internships for students.



We also provide Outreach Services to schools, colleges, youth and community groups offering bespoke counselling/wellbeing support services.

Further details of our services are shown right, and **continue on the next page:**



## Counselling

Supporting 11-25 year olds from the NN1–NN7 postcode area to manage and improve their mental health. Counselling can facilitate, support and empower young people to make positive changes in a safe, friendly and non-judgemental environment.

Counselling support is person-centred, with aspects of cognitive behavioural therapy (CBT) and solution focused therapy.

We offer on average between six and twelve sessions, either face-to-face or remotely via telephone or videocall, on a wide range of issues that young people present with.

[See page 11](#)



## LGBTQ+ Youth Groups

Our Out There LGBTQ+ groups offer a safe and confidential space for young people to socialise, meet like-minded people, discuss issues and take part in activities.

The Out There Junior Group is for school years 7, 8 and 9, our Youth Group is for school years 10, 11, 12 and 13, and the Out There Plus Group is for 18-25 year olds.

For parents and carers of young people in the LGBTQ+ community we offer a Facebook group that is accessed by searching for 'Out There Group Parent and Carers Support Network Northamptonshire'.

[See pages 17-18](#)

# Objectives continued...



## Wellbeing Services

The **'Espresso Yourself' Wellbeing Café** for 11-18 year olds offers face-to-face and remote support. These drop-in sessions with professional mental health workers offer a young person and their parents and carers a safe space to talk, be listened to and receive support. There are 9 cafés operating 6 days per week across Northamptonshire.

### Mindspace

Our weekly Mindspace group for 11 to 18 year olds provides a safe space to explore emotional and personal wellbeing with activities such as relaxation, mindfulness, self-care and creativity.

### Happier Families

A 6-week programme that supports families to learn and try out tips, skills, and tools to boost the wellbeing of individual members and the family as a whole to improve the quality of the time spent together.

See pages 19-20



## Youth Voice

We have established a **Youth Advisory Board (YAB)** for 11 to 25 year olds to volunteer their time, share views on our services, building, accessibility, website, social media etc.

This helps ensure we are providing what young people need and want while offering those involved the opportunity to learn new skills, meet new people and make a difference in their community.

See page 13



## Youth Groups

Our 4, weekly youth groups for 11 to 18 year olds are a place for young people to have fun and just be themselves.

It's an inclusive and safe space, a chance to meet new people and participate in fun activities; designed collaboratively with the young people that attend.

### Young Adult Social Group

This free weekly group for 18 to 25 year olds is a space to meet new people and connect with others through fun activities. Our support workers are on hand if needed.

See pages 16-17



## Advice and Information Services

The **RE:Start** Service is for 16 to 25 year olds and provides practical and emotional wellbeing support for young people transitioning from CAMHS (Child and Adolescent Mental Health Services) to AMS (Adult Mental Health Services).

Our **Sexual Health Service** provides information and support on all aspects of sexual health and relationships including free condoms, pregnancy testing and chlamydia and gonorrhoea screening for 14 to 25 year olds.

See page 12





## Our Impact 2023/24

**2,240** young people were supported.



Through all The Lowdown services we provided  
**17,688** support contacts for young people and their families.

An increase of **8%** on the previous year.

### Main issues >

- anxiety
- low mood
- family/relationship problems
- education and training
- sleep problems
- loneliness
- suicidal feelings
- self harm
- self-esteem
- stress

### What do our service users say?

**99%**  
would recommend our  
service to others.

**97%**  
felt they had a positive  
outcome using our  
services.

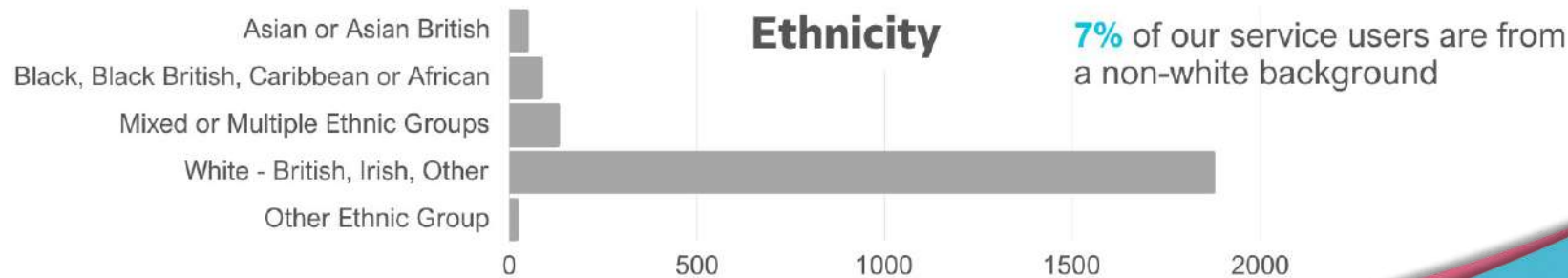
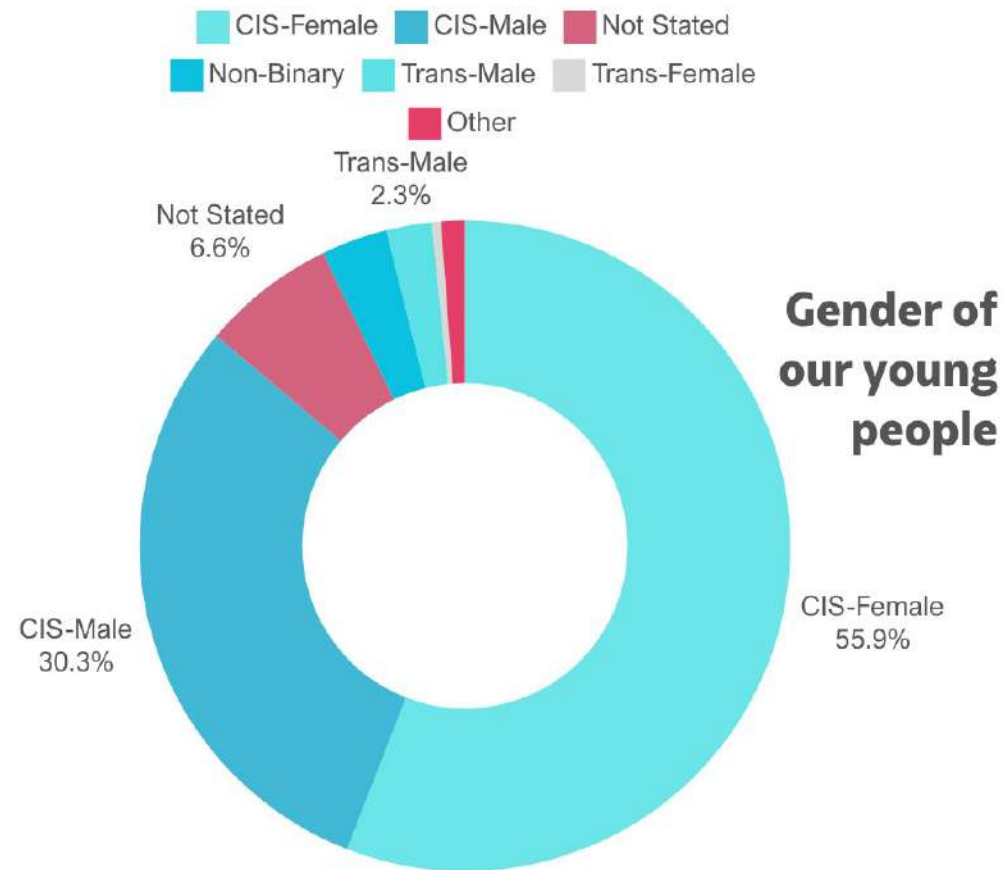
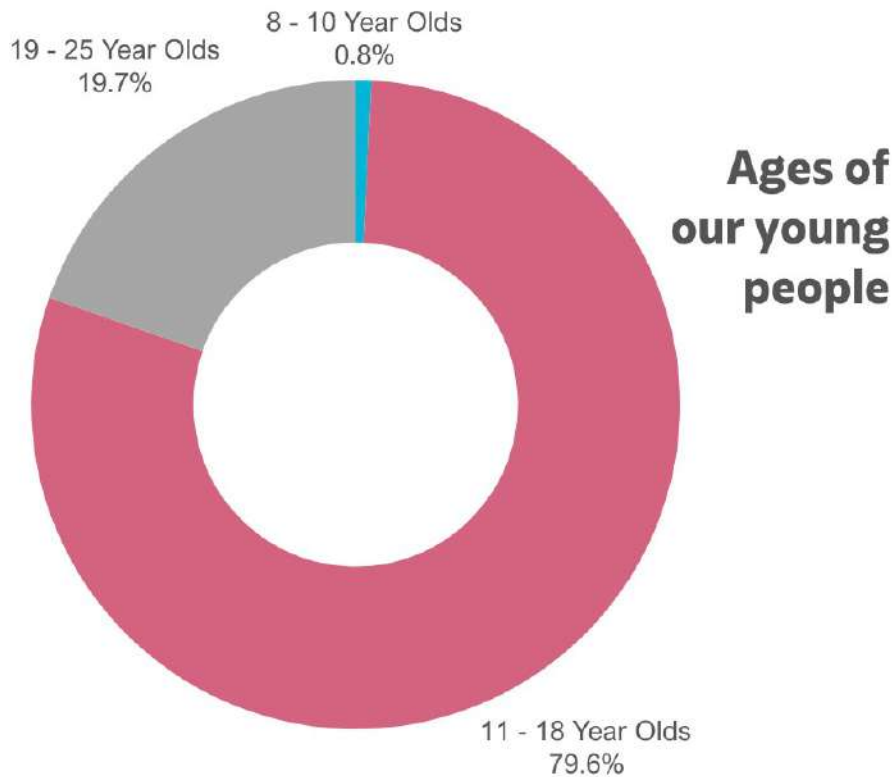
**99%**  
found the service  
accessible.

"I would definitely recommend. I think the town is so lucky to have this service. They're doing an amazing job."

- service user



# Accessibility Statistics



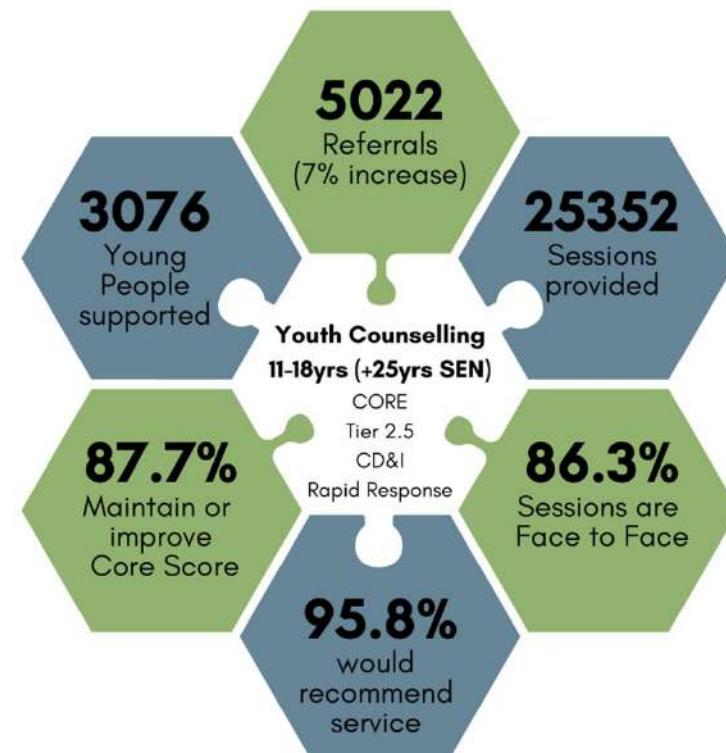
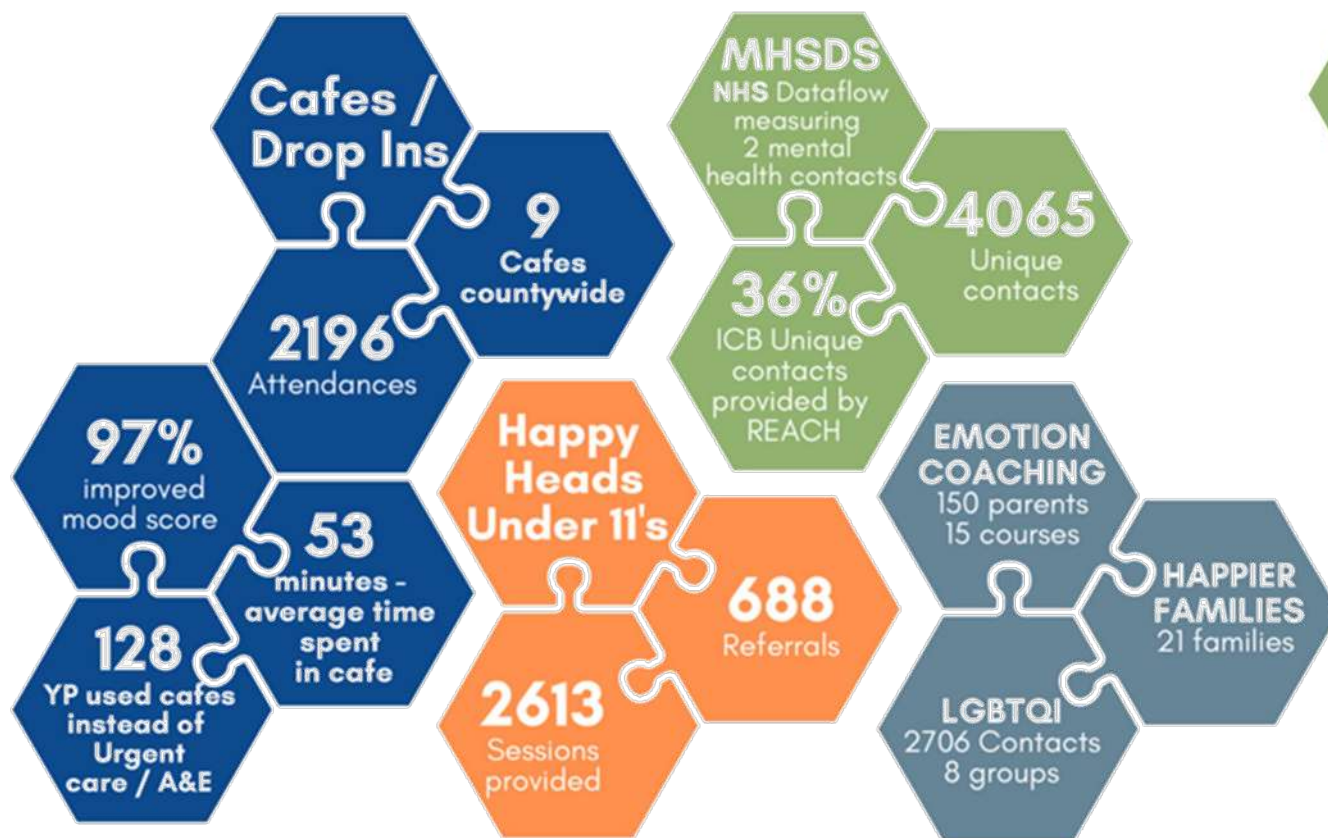




# REACH

## Celebrating Success

### 2023/2024



The **REACH Collaborative** provide professional and confidential services for young people across Northamptonshire and consists of 5 agencies:

**CHAT Youth Counselling**  
**Service Six** • **The Lowdown**  
**Time2Talk** • **Youth Works**

# Counselling Service 11-18 year olds

Our counselling service for 11-18 year olds continues to provide vital support to young people facing various challenges in their lives.

Over the past year, our team has faced a significant increase in both the complexity and risk of the young people we support, continuing to highlight the need for the early intervention and preventative mental health support services we provide. Although demand has stabilised, the impact of our dedicated team's hard work and commitment has been truly remarkable when managing such risk and complexity. Despite these challenges, they maintain exceptional standards of care, offering tailored interventions and increasing our client's resilience.



## Case Study:

A 16-year-old who was battling severe anxiety and self-esteem issues, came to us at a particularly dark time in her life, feeling hopeless and suicidal. Through weekly sessions, they found a lifeline. They gradually developed coping strategies and built confidence within themselves.

They are a shining example of resilience and growth, having made remarkable progress in their overall well-being and embracing a future filled with hope. Their journey underscores the profound impact of our service and the dedication of our team.

# Counselling Service 19-25 year olds

Our counselling service for 19-25 year olds provides invaluable support to young adults navigating the complexities of early adulthood.

Over the past year, this service has witnessed a **staggering 47% increase** in demand, highlighting the intense challenges young adults face today, including complex mental health issues and social isolation. Despite these overwhelming pressures, our incredible team has gone above and beyond to provide accessible and effective counselling, demonstrating dedication and compassion. Their tireless efforts have been a beacon of hope for many, empowering our clients to find strength amidst adversity.



## Case Study:

A 22 year old was struggling with depression and career uncertainty. Through our support, they gained clarity on their goals, coping mechanisms, and is now pursuing their passions with renewed confidence.

FOR BOTH SERVICES:



**5 weeks**  
referral to treatment  
time



**86% of clients**  
maintained or had improved CORE scores  
on completion of sessions



**10163 sessions  
provided**

**1608 young people  
supported**



**“Truly I went into it not  
believing in therapy,  
but since going it’s  
definitely changed my  
mind; it helped me think in such a  
more positive mindset...”**

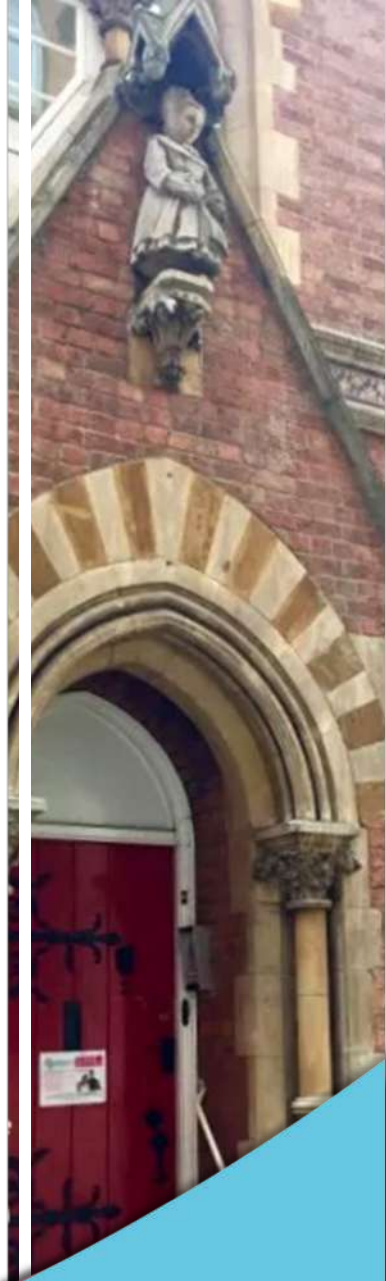


**2385 contacts**

**356 young people  
supported**



**“Finding this counselling  
service was a game-  
changer for me...”**







# RE:Start

Mind | Focus | Future

Helping 16-25 year olds move forward on their mental health journey.



## RE:Start

RE:Start is a practical, solution-focused service for 16 to 25 year olds with mental health challenges to support them with the transition into adulthood. Support Workers assist with accessing mental health services and therapeutic support alongside a holistic, goal-driven approach to support in all other areas of life.

This is the second year of the service and there has been a significant growth in demand and a wide range of support needs for the young people using the service. Our staff have also continued to develop their skills and knowledge to best support them. The Outcome STAR methodology is used to track the progress made.



**162 new referrals**

a 74% increase on the previous year

**1491 contacts with young people**

a 91% increase on the previous year



### Case Study:

"My experience with The Lowdown RE:Start service has been inspiring for me because not only am I supported with daily tasks, I'm also more motivated to achieve my goals and aspirations!"

I felt I didn't know where to start, but the STAR method helped me look at the different aspects of my life, e.g. health, relationships, self-esteem etc. This aided me to see where I needed improvement the most, which goals were more of a priority, and over time will allow me to reflect and see my growth.

Everything is also at my pace, which has helped me take things slower, and to not put too much pressure on myself. I always feel safe, free of judgment, listened to, and my support worker always encourages me to do what I feel comfortable with.

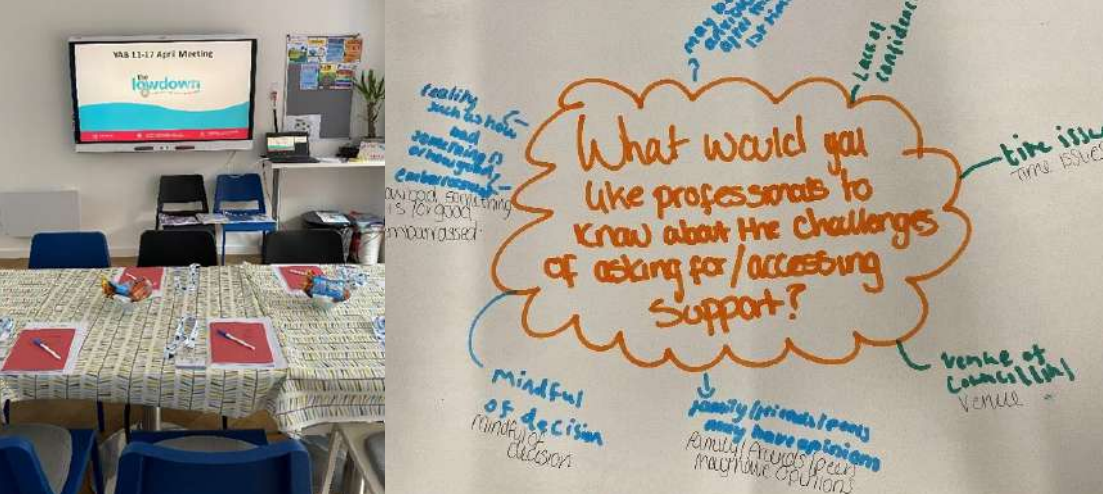
I highly recommend this service."



"Everybody is so welcoming and approachable!"

the  
lowdown  
supporting young people





# Youth Advisory Board (YAB)

The Youth Advisory Board was established in April 2023 and has seen 33 members aged 11-25 volunteer with this service across the year.

The YAB meet weekly to give their opinions and perspectives on topics regarding young people's mental health and help develop our services. They are vital to ensuring the youth voice is consistently represented and listened to. To show our gratitude, they have enjoyed rewards such as bowling, an escape room trip, vouchers and pizza nights.



The YAB members have had opportunities to undertake work experience, create content for our social media and take on an ambitious youth project. During work experience week the YAB visited Liverpool to meet the Young Persons Advisory Service and learn how to develop and set up our own board.

Since, we have introduced Chair and Deputy Chair positions and now have youth-led sessions where the board can discuss topics that they feel are important within adolescent mental health.



This year we have seen

**253 contacts across 65 sessions**



## Case Study:

A 23 year old member can sometimes struggle with their confidence in social situations, but this year YAB has provided them with a space to work on her self-esteem and push herself in a safe environment.

Through access to mentoring, she was able to set goals and work towards them, making significant strides in her personal growth and confidence.



**"I have developed lots of skills..."**





# Work Experience Week

## Why we wanted to do our work experience at The Lowdown:

- We are all on the Youth Advisory Board and so we were all eager to get more involved.
- Each of us is interested in a career in mental health and wellbeing.
- It's a great place to be.

## What we did:

### Day 1

Put together wellbeing bags for young people and attended the Wellbeing Café. It was a great introduction to see what services are on offer.

### Day 2

Visited YPAS (Young Person's Advisory Service) in Liverpool. This was definitely our favourite day as it was inspiring to see how they ran their services.

### Day 3

Put together a YAB (Youth Advisory Board) development plan.

### Day 4

Took over The Lowdown's social media. We definitely thrived on this day as we were given the freedom to use the skills we already have in a way that benefits The Lowdown.

### Day 5

Attended the 'Out There' Youth Groups, where we learnt the importance of young people who identify with the LGBTQ+ community having a safe space.

### Day 6

Had so much fun creating a fundraising plan for the YAB.

### Days 7-8

Pulled together all that we had done into a presentation for The Lowdown's management team.



## What we gained from our work experience:

- "Learning the importance of youth participation."
- "The importance of taking the time to organise fundraising events and wellbeing activities - planning is key!"
- "Different ways of using social media and events to increase visibility."
- "Everyone has different skills; we've done a lot as a team!"





# Accessibility

Thanks to being awarded Youth Investment Funding, the role of Access & Engagement Lead was introduced in October 2023. The key priorities for the role are to:

- Raise awareness and promote our services within the community.
- Improve accessibility for all young people regardless of background or individual circumstances.
- Identify and address the barriers young people face in accessing our services.
- Give young people a voice to help us continue to develop the organisation and its services.
- Use any feedback to help us take positive action and maximise the impact we make on so many young people.



## Impact:



- Getting young people to 'know us, before they need us' by promoting our services for young people, and professionals. We have also attended many community events, had articles in the Chronicle and Echo and have been featured on the radio.
- Networking with the many diverse communities within Northampton. Focusing on intersectionality to help identify barriers and gather feedback wherever we go.
- Developing and improving links and communication with local secondary schools, colleges and educational providers.
- Attending training sessions and conferences on Neurodiversity, health inequalities (young people and minority groups) and Equality and Diversity.
- Compiling all the learning, updates and achievements so far to create further actions to embed and support accessibility within The Lowdown.
- Improved communication about The Lowdown through websites, newsletters, apps, mental health hubs and social media.







# Youth Groups

The weekly youth groups were launched in September 2023 and are run in collaboration with Free2Talk. This was in response to the real need for safe and inclusive spaces for young people to attend throughout the week.

- The groups are open to all and free to attend.
- They are a space to provide both youth work and wellbeing/therapeutic intervention if needed.
- They provide 12-week programmes that engage, inspire and empower young people to work collaboratively with workers to create youth-led sessions.
- They promote participation, positive interactions, relationship building, skill development and most importantly, allow young people to feel safe to be themselves and have fun.



**476 contacts** with  
**49 unique users**

Attendance has steadily grown monthly with new young people attending every week.



## Case Study:

One young person attended who is home-schooled - never leaving the house without their parent or best friend by their side.

They have attended regularly, using public transport, confidently attending on their own, engaging in all activities and recently sharing a presentation to the whole group. Their journey has been astonishing to witness.

The transition between services has also been something to be proud of, with the youth group acting as a platform to facilitate accessing further support depending on need.



## Impact:

Termly evaluations see incredibly positive impact and outcomes, such as building trusted relationships, increased feelings of safety, improved self-confidence/esteem and sense of identity and belonging along with decreased isolation and social anxiety.

We have also seen improved community outcomes - changing the perception of young people, and building connections and relationships in their wider communities.



# Young Adult Social

Young Adult Social Group is a weekly group for 18-25 year olds, to meet new people, connect, have fun and socialise.

The Young Adult Social Group opened at the beginning of this financial year and has slowly grown into a safe and welcoming space for young people to meet up and enjoy activities. Originally for 16 to 25 year olds, it was changed to 18 year olds upwards at the end of the financial year to ensure a fully adult space. The space has proved helpful in supporting young adults into other appropriate Lowdown services and offers a safe place for young people already in our services to build on their confidence and social skills.



## Case Study:

A group member suffers from anxiety, and their neurodiversity can make friendships challenging. As one of the first users of the adult social they have built a trusting relationship with the staff so when they began to face some additional life challenges they reached out and were supported into counselling and the RE:Start service for additional support. Staff have supported them in building healthy relationships and their peers from the adult social have been a great support, bringing a smile at a difficult time.



**197 contacts**  
providing support to  
**35 individual**  
service users



**“I am really  
enjoying Social  
group, it has  
allowed me to feel**

**confident about going into  
social situations and not worry  
about being judged...”**



## LGBTQ+

Weekly ‘Out There’ youth groups offering a welcoming, fun, safe, inclusive space for LGBTQ+ young people to meet up, share experiences and offer and receive emotional and wellbeing support.

The groups are well attended with new people joining regularly, and in April 2024 we launched a new group in Towcester further expanding our support to South Northants. Our groups are now fully youth-led, always striving to empower our young people to take ownership, seeing a huge improvement in participation and engagement.



**“I joined the Out There group when I was 13. At the time I was having some mental health problems and issues when it came to sexuality and my gender identity. The youth group has got me the bestest and the most supportive friends I’ve ever had. I have been going to the group for 3 years and it’s been the best 3 years of my life knowing I am supported by a community of people that are similar to me!”**

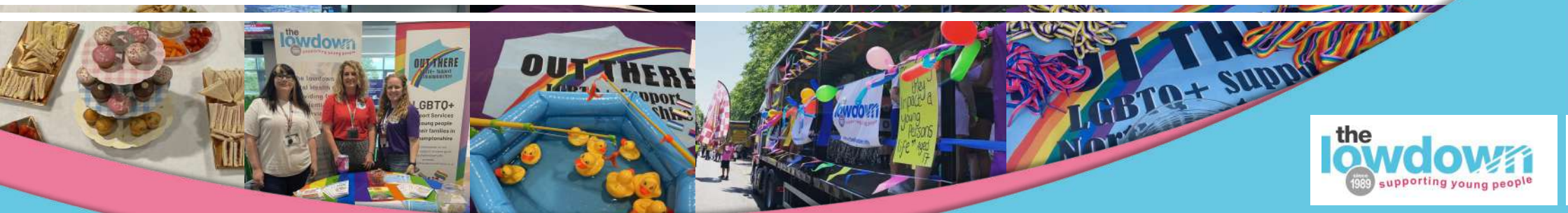


**1555 contacts**  
with  
**179 unique**  
service users



## Case Study:

A Plus member has gone from never talking in group, to hosting a Dungeons and Dragons night and regularly socialising with other members outside of group time - a huge success!





# Out There Residential

**What a trip! It is safe to say that the Out There residential of 2023 was a huge success! This year we went to Birmingham and the young people certainly had a good time and the leaders too.**

Our Out There members are a diverse group of young people, all unique and with their own strengths and challenges. Many struggle with social anxiety, are neurodiverse and the majority have never been away from home and around groups of people with lots of noise and activity.

In the lead up to residential, we asked the young people what their goals and aspirations were and if there was anything they wanted to achieve whilst away.

The main objectives were to have fun, to feel safe, to be confident, and to socialise and have fun with friends, current and new. For some young people, it was simply just being on the trip and coping with separation anxiety and being away from home.

The feedback we had was brilliant, and we are proud to say that we achieved our goals.



**“I really loved it and I feel I have grown closer to some of my friends, and as if my independence has grown since being on the residential, it really was amazing. I did have some anxiety, but the leaders helped me to feel as comfortable as possible and I got through it!**

**Thank you so much Out There for the amazing opportunities and I can't wait for next year's residential!” – A young person**



**“I'm blown away and so happy they managed to do the whole trip. They are still on a high from it and wants to go back! They've been telling me all about it non-stop, lol.**

**Thanks so much. It's done their confidence the world of good. I'm so proud of them.” – A young person's parent**



In addition, here's what some of the young people had to say about what they liked and achieved from their weekend away:

**“Everyone being together and enjoying themselves!”**

**“Making friends and finding people with the same interests and humour.”**

**“Bonding further with the people around me.”**

**“Having fun and feeling safe with some great people.”**

**“A closer bond with people and my friends and gaining more independence.”**

**“Making a new friend.”**

**“Being more social.”**

**“Freedom.”**



# Happier Families

**Happier Families has continued to work 1:1 with families providing tips and tools to improve wellbeing and overall happiness.**

Our 6 week programme aims to support families with activity based sessions to learn tips, skills, and tools to boost the wellbeing of young people and their family.



## Case Study:

Happier Families has enabled a young boy time to work on his confidence, recognise his strengths and reflect on his emotions.

Having learnt these skills, they have even gone on to benefit his relationship with his younger brother.



**11 families**  
supported



**“We have been given numerous skills and tools to improve our wellbeing.”**

# MindSpace

**Our weekly MindSpace group for 11 to 18 year olds provides a safe space to explore emotional and personal wellbeing through various activities. From the activities to the lighting and music, we ensure the set-up creates a calm and welcoming space.**

The group was launched in June 2023 with a 6-week programme with Word Guerilla on creative writing. With youth input, the wellbeing group was renamed MindSpace from Wellbeing Wednesday and a monthly timetable was developed to showcase activities including yoga, painting and making dreamcatchers. These changes have had a positive impact, giving a greater sense of ownership and engagement among the young people and also contributing to their overall mental wellbeing.



## Case Study:

A 15 year old participant in the MindSpace group - expressed that the group provides them with a safe space where they enjoy the fun activities offered. Meeting peers outside of school who share similar feelings and experiences has been incredibly valuable for them, gaining a sense of belonging and understanding. This has significantly contributed to their overall wellbeing and happiness.



**67 contacts**  
across the service



**“Life changing...”**  
- Parent (of a 12 year old)





# Wellbeing Café

The 'Espresso Yourself' Wellbeing Café provides young people and their families with a safe and confidential environment to talk about their feelings and life's challenges. If you're lucky, you may even get a visit from Harper our Therapy Dog!

We have worked hard this year to develop the resources available for young people in the café such as introducing Action for Happiness monthly wellbeing calendars and 10 Keys to Happier Living booklets.

We also introduced a menu of hot food and drinks to provide a welcoming space for everyone and this has significantly enhanced the overall experience and well-being of our visitors.



**657 contacts** (2023/24) including  
**49 parent/carer contacts**  
**95% would recommend**  
this café to others



## Case Study:

The Wellbeing Café has supported a young person facing lots of challenges in life.

When they have felt unheard and lost their key worker at school, the café has been the ideal place for them to build new trusting relationships and talk about how they are feeling.

Their parent has also been able to seek support weekly.



**"Every time I come out of the café,  
I feel really positive and happy."**







# Fundraising

**Each year we have both new and returning supporters of The Lowdown and our services. Yet again we are blown away by the support we have had from our community who go that extra mile to help young people on their journey towards positive mental health, emotional health and wellbeing.**

We were thrilled to be chosen as TJ Marketing's Charity of the Year for 2023. They held a Birthday Party Fundraiser for us in July, took part in the Amazing Northampton Run Relay Race and hosted monthly cheese events raising £804.

In 2024 we have also been chosen as Northampton Golf Club's and Rushden Golf Club's Charity of the Year. They are both already holding events and we look forward to their support over the remainder of 2024. We have also been chosen as Crick Software Ltd's charity for 2024. They are planning raffles, bake sales and auctioning a 'Duvet Day' to their employees.

We also continue to be supported by a new initiative called 'Breaking Silence' run by Lani Tebbut. It's a group of car enthusiasts supporting mental health via the world of automobiles and we have been chosen as the recipients of their fundraising. They meet once a month on a Friday at The Workbridge to showcase their automobiles, with the tag line - 'Check on your mates.' So far, they have raised £1,074.24. We are so pleased to be partnered with this new venture.

This year our very own counsellor, Adrian cycled up the Cols du Telegraph and Calibrier in the French Alps raising £2,052 for our services. This is a classic Tour de France route of 2100m of climbing over 30 km, up to 14% gradient - now that's steep! Adrian said:

 **"I'm raising money for The Lowdown as these are difficult times for all young people after the pandemic, cost of living crisis, war in Europe and climate emergency on top of the normal stresses of growing up. It's close to my heart because I know first-hand how difficult it is for teenagers to become adults, and how much counselling can help bring the calm and space needed."**

We have seen the return of fundraisers and donations from Cards Direct with their collection tins, Northampton School for Boys Charity Week, Northampton Partnership Homes, Northampton Rotary Groups for the Santa Run in December and Quaker Meeting House Northampton. We were supported again by GXO in Wellingborough raising an amazing £2,266.30 during their Pride Month Celebrations. We also received our 2<sup>nd</sup> year of funding from Michael Jones Jewellers to support Youth Activities in our Lowdown Lounge. We are so thankful for everyone's continued support; it means so much to be repeatedly chosen.

We were touched and honoured to be the charity supported by the family and friends in loving memory of Pat Markey, who sadly passed away. He was a dedicated teacher for over 30 years, and he knew that the wellbeing of young people is incredibly important. The overall total alongside a donation from the National Education Union, Northampton was £3,751.

We also had some 'Much Loved' donations. They will go towards our Out There Groups and be dedicated to providing activities to support young people in the LGBTQ+ Community.

We also give thanks to those who donate monthly, buy tickets for The Northampton Lottery, take part in easyfundraising purchases and support us at various events, fundraisers, and promotions.

**Thank you to each and every one of our donors, fundraisers, funders and supporters who have contributed, you are amazing!**



# How Can You Support The Lowdown?

Your support and donations are vital so we can continue to provide our services for young people. Our work helps us to increase young people's resilience and equip them with the tools to help them cope with future challenges in their life.

## There are lots of ways you can support us:

- Set up a monthly donation
- Make a one off donation
- Organise a fundraising event or activity
- Donate via JustGiving, easyfundraising or play The Northampton Lottery



**SCAN  
ME!** >>



Or scan this QR  
code to instantly  
donate



**DONATE**



# Who's Who

Everyone who has worked or volunteered for The Lowdown between 1st April 2023 and 31st March 2024.

The Lowdown would not be what it is without our amazing team. They constantly help us to adapt to fulfil every opportunity we get to support young people.

## Staff

**CEO:** Sharon Womersley

**Office Manager:** Lisa Braithwaite

**Fundraising & Marketing Manager:** Ellie White

**Clinical Manager:** Rachel Welsh

**Business Manager:** Laura Simms

**Support Services Manager:** Helen Heng

**Shift Manager:** Chelsea Buswell, Becky Truman, Ryan Parkinson, Steph Gardener and Meghan Wright

**Administrator:** Maxine Eborall and Alison Inglese

**Wellbeing Coordinator:** Chelsea Buswell  
(finished October 2023)

**Participation and Wellbeing Coordinator:** Rebecca Kings  
(started November 2023)

**Youth Services Coordinator:** Kelly Emmanuel

**LGBTQ Coordinator:** Kelly Emmanuel

**Out There Youth Leaders:** Julie Holt, Ash Harrison, Ioana-Camelia Martin and Sophie Turner

**Suicide Bereavement Support Worker:** Anna Tutt  
(finished May 2023)

**RE:Start Support Workers:** Carol Jeyes, Sophie Goode, Kirsty Bees, Julie Holt, Rebecca Kings, Laura Farmer and Rebecca Townson

## Trustees

Stephen Edmonds (Chair), Andrea Martin (Vice Chair), Jonathan Smith (Treasurer), Brendan Dunphy, Dr Martin Clarke, Georgina Bayliss, Dr Mike Scanlan, Matt Toresen MBE, Dr Deborah Patton and Andre Gore

## Volunteer Counsellors

Adrian Shaw, Anna Tutt, Becca Ibbs, Charlotte White, Gemma Ainge, Geraldine Ward, Hitomi Palmer, Jenny Gee, Katie Redding, Laura Kaye, Leanne Allsop, Natalie Morrison, Rachael Moss, Rebecca Wheeler, Steph Clayson and Toni Allard

## Paid Counsellors

Adrian Shaw, Anna Tutt, Rebecca Ibbs, Becky Truman, Carol Jeyes, Charlotte White, Chelsea Buswell, Daniel Kwayke, Da-Sheena Fulford, Gemma Ainge, Geraldine Hardcastle, Helen Heng, Hitomi Palmer, James Young, Jenny Gee, Katie Redding, Kanan Robinson, Kelly Lane, Kenny Pang, Kirsty Roberts, Kristyana Jimdar, Laura Farmer, Laura Kaye, Leanne Allsop, Matthew Price, Meghan Wright, Natalie Morrison, Rachel Welsh, Rachael Moss, Rebecca Wheeler, Rosse-Marie Golaub, Ryan Parkinson, Sophie Goode, Steph Gardner, Toni Allard and Toniiae Smith

## Placement Counsellors

Helen Shouler, Callum Crawford-McKellar, Roliste Jerman, Emma Roddis, Colette Rose, Nyasha Nyamariwata and Sophie Goode

## Wellbeing Workers including Espresso Yourself Café

Emma Roddis, Niamh Roe, Karoline Bardin-Bryant, Lisa Greenough, Hazel Scott, Kelly Lane, Kristyana Jimdar, Emma Miller, Laura Farmer, Donna Shrubbs, Chelsea Buswell, Anna Tutt, Chelsea-Luca Glazebrook, Jennah West, Summer Rowe and Rebecca Kings



## School Outreach Counsellors and Workers

Carol Jeyes, Gemma Ainge, Meghan Wright, Jess Hudson, Kirsty Bees, Matthew Price, Caroline Parnell, Geraldine Ward, Kelly Lane and Katie Redding

## Youth Groups – Mental Health Workers

Kirsty Robers and James Young

## LGBTQ+ Groups Volunteers

Callum Crawford-McKellar and Maxine Eborall

## Clinical Supervisors

Matthew Price, Daniel Kwakye, Alison Souster, Clare Marshall, Kate Williams and Rebecca Vivash

## Other Volunteers

Marie Wallace, Jan Jourard, Georgia Mullen and Youth Advisory Board Members





# Acknowledgements and Thanks

We would like to take this opportunity to thank everyone who has supported The Lowdown during 2023 and 2024.

There are so many individuals, organisations, businesses, and schools who have helped us to ensure we can provide our vital services to young people. We feel very honoured to be recognised by so many in our community.

- **Beckett's and Sargeant's Educational Foundation**
- NHS – ICB and NHFT
- **Public Health Northamptonshire**
- Youth Investment Fund
- **St Andrew's Healthcare**
- West Northamptonshire Council
- **Northampton Town Council**
- Jane Dollar
- **Our Reach Partners – Youth Works, Time2Talk, Chat and Service Six**
- Dunphy Associates
- **Cards Direct**
- Guilsborough Academy
- **Abbeyfield School**
- Malcolm Arnold Academy
- **Northampton School for Girls**
- Northampton School for Boys
- **Earl Spencer Primary School**
- The Duston School
- **Pitsford School**
- Camelot – Match Funding
- **The University of Northampton**
- Free2Talk
- The Bridge
- **Northamptonshire Community Foundation**
- Voluntary Impact Northamptonshire
- **Northampton Chronicle and Echo**
- Surefire Creative (and Santander)
- **Ashby Computers**
- Gateway HR
- **BBC Radio Northampton**
- Nlive Radio
- **Northampton Partnership Homes**
- Northampton Lottery
- **Rotary Clubs of Northamptonshire**
- Rotary Club of Northampton Becket
- **Faraway Children's Charity**
- The Wilson Foundation
- **The Laing Family Trust**
- Northampton Golf Club
- **Rushden Golf Club**
- Postcode Places Trust
- **Northamptonshire Police**
- Northamptonshire Sport
- **Metro Bank**
- Department of Work and Pensions
- **GXO Logistics – Wellingborough**
- Hewitsons
- **Jogo Behaviour Support**
- **Michael Jones Jewellers**
- Bosworth Independent College
- **Northampton Partnership Homes**
- Scott Bader
- **St James Place**
- Northampton Quakers
- **The Access Group**
- T J Marketing
- **National Youth Agency**
- National Lottery Community Foundation
- **Social Investment Business**
- Mental Health Northants Collaboration (MHNC)
- **Department for Culture, Media and Sport**
- The Key Fund
- **Fusion21**
- Elaine Barratt Trust
- **Mercedes AMG**
- Kier Marriott
- **Northampton Lottery**
- Faraway Children's Charity
- **National Education Union – Northamptonshire**
- Breathe HR



# Report of the Trustees

## Public Benefit

The Trustees have taken due regard of the Charity Commission's guidance on public benefit.

The Lowdown is a Mental Health charity, providing free and confidential support services for 11-25 year olds and their families in Northamptonshire. We provide a caring environment where young people are always supported in their journey towards positive emotional health and wellbeing regardless of their socio-economic circumstances, ethnicity, gender, religion, ability, sexuality, or perceived disadvantage.

We aim to help children and young people feel valued and supported so that they can live safe, happy, and healthy lives, be part of and enjoy family and community life and achieve their full potential. The services we provide along with our varied outreach services, not only benefit young people directly, but also the wider community.

The Lowdown provides student placements for counselling and other trainees in order to develop the workforce of the future to support the escalation in demand for mental health services for children and young people.

Our anonymous service user questionnaires, regular internal reviews, and feedback from the organisations that use The Lowdown enable us to keep abreast of any gaps in youth service provision and we continually develop our services in order to fill them. Young people are involved when introducing new services to ensure that they meet young people's needs.

## Structure, Governance, and Management

The Lowdown is a charity governed by its constitution. The trustees are responsible for the strategic direction of The Lowdown, meeting quarterly or more frequently to review the performance of the organisation. We have a Services Committee, chaired by a mental health practitioner to review the delivery of the Lowdown Services and a Finance and Operations Committee chaired by our Treasurer to review our financial and operational performance. These then independently feed back to the Board of Trustees if there are any concerns. The CEO is responsible for the day-to-day management of the organisation and is in regular contact with the Chair of Trustees/Trustees to report progress. The Lowdown became a CIO from the 1<sup>st</sup> of April 2022 due to the growth of the organisation.

## Appointment of Trustees

New trustees are recruited for particular expertise and knowledge. The Lowdown adheres to a policy of equal opportunities in the advertisement, selection, recruitment, and training of its trustees, and within all aspects of its service delivery.

Applicants are interviewed by the trustees and CEO, who then reach a decision as to the suitability of the candidate.

Successful candidates are inducted and appointed subject to a satisfactory DBS check and fulfilment of a three-month probationary period. At the next annual general meeting, they are officially elected, and trustees are subject to re-election at our AGM as per our constitution. In accordance with good practice, governance is regularly reviewed.





REGISTERED COMPANY NUMBER: CE027753 (England and Wales)  
REGISTERED CHARITY NUMBER: 1197273

REPORT OF THE TRUSTEES AND  
FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2024  
FOR



	<b>Page</b>
<b>Report of the Trustees</b>	1 to 2
<b>Report of the Independent Auditors</b>	3 to 5
<b>Statement of Financial Activities</b>	6
<b>Statement of Financial Position</b>	7 to 8
<b>Statement of Cash Flows</b>	9
<b>Notes to the Statement of Cash Flows</b>	10
<b>Notes to the Financial Statements</b>	11 to 21
<b>Detailed Statement of Financial Activities</b>	22 to 23



The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2024. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

## STRATEGIC REPORT

### STRUCTURE, GOVERNANCE AND MANAGEMENT

#### Governing document

The charity is a Charitable Incorporated Organisation (the CIO) governed according to the new and more flexible Constitution dated 22 December 2021. It was established to take forward the work of the unincorporated charity with registered charity number 801886.

### REFERENCE AND ADMINISTRATIVE DETAILS

#### Registered Company number

CE027753 (England and Wales)

#### Registered Charity number

1197273

#### Registered office

3 Kingswell Street  
Northampton  
Northamptonshire  
NN1 1PP

#### Trustees

S Edmonds  
G Bayliss  
M Toresen (resigned 12/6/23)  
J Smith  
A Martin  
M Clarke (resigned 11/10/23)  
D Patton  
M Scanlan  
B Dunphy  
A Gore (appointed 12/6/23)

#### Auditors

Shaw Gibbs (Audit) Limited, Statutory Auditor  
Eagle House  
28 Billing Road  
Northampton  
Northamptonshire  
NN1 5AJ

**REPORT OF THE TRUSTEES  
FOR THE YEAR ENDED 31 MARCH 2024**

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**STATEMENT OF TRUSTEES' RESPONSIBILITIES**

The trustees are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England and Wales, the Charities Act 2011, Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure, of the charity for that period. In preparing those financial statements, the trustees are required to

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

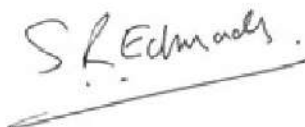
**AUDITORS**

The auditors, Shaw Gibbs (Audit) Limited, Statutory Auditor, will be proposed for re-appointment at the forthcoming Annual General Meeting.

Report of the trustees, incorporating a strategic report, approved by order of the board of trustees, as the company directors, on 13 September 2024 and signed on the board's behalf by:



.....  
J Smith - Trustee



.....  
S Edmonds - Trustee



### **Opinion**

We have audited the financial statements of The Lowdown (the 'charity') for the year ended 31 March 2024 which comprise the Statement of Financial Activities, the Statement of Financial Position and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charity's affairs as at 31 March 2024 and of its incoming resources and application of resources, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Charities Act 2011.

### **Basis for opinion**

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditors' responsibilities for the audit of the financial statements section of our report. We are independent of the charity in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

### **Conclusions relating to going concern**

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charity's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

### **Other information**

The trustees are responsible for the other information. The other information comprises the information included in the Annual Report, other than the financial statements and our Report of the Independent Auditors thereon.

Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

### **Matters on which we are required to report by exception**

We have nothing to report in respect of the following matters where the Charities (Accounts and Reports) Regulations 2008 requires us to report to you if, in our opinion:

- the information given in the Report of the Trustees is inconsistent in any material respect with the financial statements; or



- sufficient accounting records have not been kept; or
- the financial statements are not in agreement with the accounting records and returns; or
- we have not received all the information and explanations we require for our audit.

### **Responsibilities of trustees**

As explained more fully in the Statement of Trustees' Responsibilities, the trustees are responsible for the preparation of the financial statements which give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charity or to cease operations, or have no realistic alternative but to do so.

### **Our responsibilities for the audit of the financial statements**

We have been appointed as auditors under Section 144 of the Charities Act 2011 and report in accordance with the Act and relevant regulations made or having effect thereunder.

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue a Report of the Independent Auditors that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

We identified the greatest risk of material impact on the financial statements from irregularities, including fraud, to be the override of controls by management and the understatement of revenue. Our audit procedures to respond to these risks included enquiries of management about their own identification and assessment of the risks of irregularities, sample testing on the posting of journals, reviewing meeting minutes, regulatory correspondence and professional fees, detailed substantive testing on the completeness of income, and reviewing accounting estimates for biases. We will also review the regulatory correspondence with the Charity Commission.

Owing to the inherent limitations of an audit, there is an unavoidable risk that we may not have detected some material misstatements in the financial statements, even though we have properly planned and performed our audit in accordance with auditing standards. We are not responsible for preventing non-compliance and cannot be expected to detect non-compliance with all laws and regulations.

These inherent limitations are particularly significant in the case of misstatement resulting from fraud as this may involve sophisticated schemes designed to avoid detection, including deliberate failure to record transactions, collusion or the provision of intentional misrepresentations.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at [www.frc.org.uk/auditorsresponsibilities](http://www.frc.org.uk/auditorsresponsibilities). This description forms part of our Report of the Independent Auditors.

### **Use of our report**

This report is made solely to the charity's trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. Our audit work has been undertaken so that we might state to the charity's trustees those matters we are required to state to them in an auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charity and the charity's trustees as a body, for our audit work, for this report, or for the opinions we have formed.



ShawGibbs (Audit) Limited

Shaw Gibbs (Audit) Limited, Statutory Auditor  
Eligible to act as an auditor in terms of Section 1212 of the Companies Act 2006  
Eagle House  
28 Billing Road  
Northampton  
Northamptonshire  
NN1 5AJ

Date: 13 September 2024

**STATEMENT OF FINANCIAL ACTIVITIES  
FOR THE YEAR ENDED 31 MARCH 2024**

	Notes	Unrestricted funds £	Restricted funds £	2024 Total funds £	2023 Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>					
Donations and legacies	2	27,384	308,087	335,471	255,786
<b>Charitable activities</b>	4				
Charitable Activities		862,422	193,952	1,056,374	831,036
Investment income	3	<u>7,215</u>	<u>-</u>	<u>7,215</u>	<u>-</u>
<b>Total</b>		<u>897,021</u>	<u>502,039</u>	<u>1,399,060</u>	<u>1,086,822</u>
<b>EXPENDITURE ON</b>					
<b>Charitable activities</b>	5				
Charitable Activities		<u>792,221</u>	<u>207,591</u>	<u>999,812</u>	<u>877,986</u>
<b>NET INCOME</b>		104,800	294,448	399,248	208,836
<b>RECONCILIATION OF FUNDS</b>					
Total funds brought forward		<u>412,131</u>	<u>230,195</u>	<u>642,326</u>	<u>433,490</u>
<b>TOTAL FUNDS CARRIED FORWARD</b>		<u><u>516,931</u></u>	<u><u>524,643</u></u>	<u><u>1,041,574</u></u>	<u><u>642,326</u></u>

**CONTINUING OPERATIONS**

All income and expenditure has arisen from continuing activities.



**STATEMENT OF FINANCIAL POSITION**  
**31 MARCH 2024**

	Notes	Unrestricted funds £	Restricted funds £	2024 Total funds £	2023 Total funds £
<b>FIXED ASSETS</b>					
Tangible assets	11	40,417	417,785	458,202	278,236
<b>CURRENT ASSETS</b>					
Debtors	12	60,284	-	60,284	69,151
Cash at bank		<u>674,083</u>	<u>106,858</u>	<u>780,941</u>	<u>600,853</u>
		734,367	106,858	841,225	670,004
<b>CREDITORS</b>					
Amounts falling due within one year	13	(257,853)	-	(257,853)	(305,914)
<b>NET CURRENT ASSETS</b>		<u>476,514</u>	<u>106,858</u>	<u>583,372</u>	<u>364,090</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		<u>516,931</u>	<u>524,643</u>	<u>1,041,574</u>	<u>642,326</u>
<b>NET ASSETS</b>		<u>516,931</u>	<u>524,643</u>	<u>1,041,574</u>	<u>642,326</u>
<b>FUNDS</b>	15				
Unrestricted funds				516,931	412,131
Restricted funds				<u>524,643</u>	<u>230,195</u>
<b>TOTAL FUNDS</b>				<u>1,041,574</u>	<u>642,326</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2024.

The members have not deposited notice, pursuant to Section 476 of the Companies Act 2006 requiring an audit of these financial statements.

The trustees acknowledge their responsibilities for

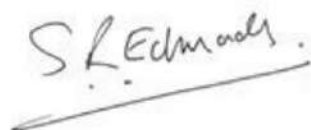
- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its 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 charitable company.

The financial statements were approved by the Board of Trustees and authorised for issue on 13 September 2024 and were signed on its behalf by:

The notes form part of these financial statements



.....  
J Smith - Trustee



.....  
S Edmonds - Trustee



**STATEMENT OF CASH FLOWS  
FOR THE YEAR ENDED 31 MARCH 2024**

	Notes	2024 £	2023 £
<b>Cash flows from operating activities</b>			
Cash generated from operations	1	<u>370,433</u>	<u>(123,885)</u>
Net cash provided by/(used in) operating activities		<u>370,433</u>	<u>(123,885)</u>
<b>Cash flows from investing activities</b>			
Purchase of tangible fixed assets		(197,560)	(255,418)
Interest received		<u>7,215</u>	<u>-</u>
Net cash used in investing activities		<u>(190,345)</u>	<u>(255,418)</u>
		<u>          </u>	<u>          </u>
<b>Change in cash and cash equivalents in the reporting period</b>		180,088	(379,303)
<b>Cash and cash equivalents at the beginning of the reporting period</b>		<u>600,853</u>	<u>980,156</u>
<b>Cash and cash equivalents at the end of the reporting period</b>		<u><u>780,941</u></u>	<u><u>600,853</u></u>

The notes form part of these financial statements

## 1. RECONCILIATION OF NET INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES

	2024 £	2023 £
<b>Net income for the reporting period (as per the Statement of Financial Activities)</b>	399,248	208,836
<b>Adjustments for:</b>		
Depreciation charges	17,594	9,649
Interest received	(7,215)	-
Decrease in debtors	8,867	104,022
Decrease in creditors	<u>(48,061)</u>	<u>(446,392)</u>
<b>Net cash provided by/(used in) operations</b>	<u>370,433</u>	<u>(123,885)</u>

## 2. ANALYSIS OF CHANGES IN NET FUNDS

	At 1/4/23 £	Cash flow £	At 31/3/24 £
<b>Net cash</b>			
Cash at bank	<u>600,853</u>	<u>180,088</u>	<u>780,941</u>
	<u>600,853</u>	<u>180,088</u>	<u>780,941</u>
<b>Total</b>	<u>600,853</u>	<u>180,088</u>	<u>780,941</u>



## 1. ACCOUNTING POLICIES

### Basis of preparing the financial statements

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

No material uncertainties exist in relation to going concern.

The presentation currency of the financial statements is the Pound Sterling (£).

### Charity Status

The Lowdown is a Charitable Incorporated Organisation registered with the Charity Commission for England and Wales. The Charity became a CIO on 1 April 2022.

Registered address listed in the annual report, managed and controlled by the Management Committee/Trustees named in the annual report.

### Critical accounting judgements and key sources of estimation uncertainty

The preparation of financial statements requires the use of certain critical accounting estimates. It also requires management to exercise its judgement in the process of applying the company accounting policies. The areas involving a higher degree of judgement or complexity, or areas where assumptions and estimates are significant to the financial statements are disclosed within the individual accounting policies below

### Income

Voluntary income, including donations, legacies and grants that provide core funding or are of a general nature are recognised where there is entitlement, certainty of receipt and the amount can be measured with sufficient reliability. Investment income is brought into account on a receivable basis and dividend income on a received basis. Income from charitable activities includes income received under contract or where entitlement to grant funding is subject to specific performance conditions is recognised as earned. Grant income in this category provides funding to support performance activities and is recognised where there is entitlement, certainty of receipt and the amount can be measured with sufficient reliability.

### Intangible income

Intangible income, in the form of donated facilities and voluntary help etc., is not included in the financial statements since it is not considered practicable to quantify such income.

### Expenditure

Expenditure is recognised when a liability is incurred.

Cost of generating funds are those costs incurred in attracting voluntary income.

Charitable activities include expenditure associated with direct services and membership support.

Governance costs include those incurred in the governance of the charity and its assets and are primarily associated with constitutional and statutory requirements.

## NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 MARCH 2024

### 1. ACCOUNTING POLICIES - continued

#### Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Improvements to property	- 10% on cost and over the remaining term of the lease
Fixtures and fittings	- 33% on cost
Computer and Office Equipment	- 50% on cost and 33% on cost

Fixed assets are stated at cost less accumulated depreciation and accumulated impairment losses. Where parts of an item of property, plant and equipment have different useful lives, they are accounted for as separate items of property, plant and equipment.

Depreciation methods, useful lives and residual values are reviewed at each balance sheet date. The selection of these residual values and estimated lives requires the exercise of judgement. The directors are required to assess whether there is an indication of impairment to the carrying value of assets. In making that assessment, judgements are made in estimating value in use. The directors consider that the individual carrying values of assets are supportable by their value in use.

#### Taxation

The charity is exempt from corporation tax on its charitable activities.

#### Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

#### Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

#### Reserves

The current reserve policy is to maintain sufficient cash flow for known commitments, and the replacement of certain assets. Grants are received at various times during the year. The required reserves are calculated based on 12 months operating costs plus 4 months direct costs.

#### Risk

The trustees do not believe it is subject to any substantial risk beyond the liabilities disclosed in its Annual Report and Accounts.

The organisation has public, employer insurance to protect the Charity in the case of a claim.

#### Financial Instruments Policy

Cash and cash equivalents in the balance sheet comprise cash at banks and in hand and short term deposits with an original maturity date of three months or less.



**1. ACCOUNTING POLICIES - continued****Reserves**

Debtors and creditors with no stated interest rate and receivable or payable within one year are recorded at transaction price. Any losses arising from impairment are recognised in the statement of comprehensive income under administrative expenses.

Financial liabilities and equity instruments are classified according to the substance of the contractual arrangements entered into. An equity instrument is any contract that evidences a residual interest in the assets of the entity after deducting all of its financial liabilities.

Where the contractual obligations of financial instruments (including share capital) are equivalent to a similar debt instrument, those financial instruments are classed as financial liabilities. Financial liabilities are presented as such in the balance sheet. Finance costs and gains or losses relating to financial liabilities are included in the profit and loss account. Finance costs are calculated so as to produce a constant rate of return on the outstanding liability.

**2. DONATIONS AND LEGACIES**

	2024	2023
	£	£
Donations	32,365	90,786
Grants	<u>303,106</u>	<u>165,000</u>
	<u>335,471</u>	<u>255,786</u>

Grants received, included in the above, are as follows:

	2024	2023
	£	£
NHFT - Espresso Yourself Cafe	-	5,000
Youth Investment Fund	301,546	-
Beckett's & Sargeants	-	40,000
The Beatrice Laing Trust	-	120,000
NCF	<u>1,560</u>	-
	<u>303,106</u>	<u>165,000</u>

**3. INVESTMENT INCOME**

	2024 £	2023 £
Deposit account interest	<u>7,215</u>	<u>-</u>

**4. INCOME FROM CHARITABLE ACTIVITIES**

	2024 Charitable Activities £	2023 Total activities £
Grants & Contract Services	999,829	782,960
Outreach Services	52,378	46,191
Other income	<u>4,167</u>	<u>1,885</u>
	<u>1,056,374</u>	<u>831,036</u>

Grants received, included in the above, are as follows:

	2024 £	2023 £
LGBTQ	33,700	22,000
VCSE - Happier Families	19,950	25,975
NHFT - Espresso Yourself Cafe	61,160	68,840
NHS Northamptonshire Integrated Care Board	657,967	595,466
Aspire Higher	-	270
Thomas Brington	-	1,800
Constance Travis	8,300	1,500
National Lottery	20,250	9,990
Queen's Institute	5,000	4,995
Youth Investment Fund	160,252	249
Northampton Town Council	10,000	15,000
St James's Place Foundation	-	9,990
Goodwill Solutions	-	9,900
Faraway Children's Charity	-	2,000
West Northamptonshire Council	13,250	14,985
Scott Bader	5,000	-
The Access Foundation	<u>5,000</u>	<u>-</u>
	<u>999,829</u>	<u>782,960</u>



**5. CHARITABLE ACTIVITIES COSTS**

	Direct Costs £	Support costs (see note 6) £	Totals £
Charitable Activities	<u>982,516</u>	<u>17,296</u>	<u>999,812</u>

**6. SUPPORT COSTS**

	Finance £	Governance costs £	Totals £
Charitable Activities	<u>1,426</u>	<u>15,870</u>	<u>17,296</u>

**7. NET INCOME/(EXPENDITURE)**

Net income/(expenditure) is stated after charging/(crediting):

	2024 £	2023 £
Auditors' remuneration	6,260	5,700
Auditors' remuneration for non audit work	3,740	1,500
Depreciation - owned assets	<u>17,594</u>	<u>9,649</u>

**8. TRUSTEES' REMUNERATION AND BENEFITS**

There were no trustees' remuneration or other benefits for the year ended 31 March 2024 nor for the year ended 31 March 2023.

**Trustees' expenses**

There were no trustees' expenses paid for the year ended 31 March 2024 nor for the year ended 31 March 2023.

**9. STAFF COSTS**

	2024 £	2023 £
Wages and salaries	702,037	579,275
Social security costs	51,781	41,190
Other pension costs	<u>13,616</u>	<u>10,846</u>
	<u>767,434</u>	<u>631,311</u>

The average monthly number of employees during the year was as follows:

	2024	2023
Staff	<u>46</u>	<u>35</u>

No employees received emoluments in excess of £60,000.

## 9. STAFF COSTS - continued

Key Management Remuneration in the year was £64,539 (2023: £59,606).

## 10. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>			
Donations and legacies	81,944	173,842	255,786
<b>Charitable activities</b>			
Charitable Activities	807,036	24,000	831,036
<b>Total</b>	<u>888,980</u>	<u>197,842</u>	<u>1,086,822</u>
<b>EXPENDITURE ON</b>			
<b>Charitable activities</b>			
Charitable Activities	824,695	53,291	877,986
<b>NET INCOME</b>	64,285	144,551	208,836
Transfers between funds	(419)	419	-
<b>Net movement in funds</b>	63,866	144,970	208,836
<b>RECONCILIATION OF FUNDS</b>			
Total funds brought forward	348,265	85,225	433,490
<b>TOTAL FUNDS CARRIED FORWARD</b>	<u>412,131</u>	<u>230,195</u>	<u>642,326</u>



**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 MARCH 2024**
**11. TANGIBLE FIXED ASSETS**

	Assets under construction £	Improvements to property £	Fixtures and fittings £	Computer and Office Equipment £	Totals £
<b>COST</b>					
At 1 April 2023	-	285,759	4,296	13,311	303,366
Additions	<u>197,560</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>197,560</u>
At 31 March 2024	<u>197,560</u>	<u>285,759</u>	<u>4,296</u>	<u>13,311</u>	<u>500,926</u>
<b>DEPRECIATION</b>					
At 1 April 2023	-	10,608	4,296	10,226	25,130
Charge for year	<u>-</u>	<u>15,068</u>	<u>-</u>	<u>2,526</u>	<u>17,594</u>
At 31 March 2024	<u>-</u>	<u>25,676</u>	<u>4,296</u>	<u>12,752</u>	<u>42,724</u>
<b>NET BOOK VALUE</b>					
At 31 March 2024	<u>197,560</u>	<u>260,083</u>	<u>-</u>	<u>559</u>	<u>458,202</u>
At 31 March 2023	<u>-</u>	<u>275,151</u>	<u>-</u>	<u>3,085</u>	<u>278,236</u>

**12. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	2024 £	2023 £
Trade debtors	17,208	-
Other debtors	-	216
Prepayments and accrued income	<u>43,076</u>	<u>68,935</u>
	<u>60,284</u>	<u>69,151</u>

**13. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	2024 £	2023 £
Trade creditors	12,484	46,832
Social security and other taxes	-	13,158
Other creditors	132,400	133,784
Deferred Income	93,839	91,876
Accrued expenses	<u>19,130</u>	<u>20,264</u>
	<u>257,853</u>	<u>305,914</u>

**Deferred Income Reconciliation:**

	2024 £	2023 £
Balance brought forward	(91,876)	(409,441)
Amount released to the Statement of Financial Activities	91,876	409,441
Amount Deferred in the year	<u>(93,839)</u>	<u>(91,876)</u>
Balance carried forward	<u>(93,839)</u>	<u>(91,876)</u>

**13. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR - continued**

Deferred income relates to amounts receivable for the provision of services that have been invoiced in financial year ending 31 March 2024, where performance conditions will not be met until future accounting periods.

**14. LEASING AGREEMENTS**

Minimum lease payments under non-cancellable operating leases fall due as follows:

	2024 £	2023 £
Within one year	5,400	10,450
Between one and five years	-	6,300
	<u>5,400</u>	<u>16,750</u>

**15. MOVEMENT IN FUNDS**

	At 1/4/23 £	Net movement in funds £	At 31/3/24 £
<b>Unrestricted funds</b>			
General fund	412,131	104,800	516,931
<b>Restricted funds</b>			
LGBTQ	-	2,872	2,872
Children in Need Youth Investment Fund Grant	7,656	(1,024)	6,632
Outbuilding	214,539	(7,946)	206,593
Leasehold Improvements - Kitchen	8,000	(1,000)	7,000
Leasehold improvements - 2 Storey Extension	-	301,546	301,546
	<u>230,195</u>	<u>294,448</u>	<u>524,643</u>
<b>TOTAL FUNDS</b>	<u>642,326</u>	<u>399,248</u>	<u>1,041,574</u>



## 15. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	897,021	(792,221)	104,800
<b>Restricted funds</b>			
LGBTQ	40,242	(37,370)	2,872
Children in Need Youth Investment Fund Grant	-	(1,024)	(1,024)
Outbuilding	-	(7,946)	(7,946)
Leasehold Improvements - Kitchen	-	(1,000)	(1,000)
Leasehold improvements - 2 Storey Extension	301,546	-	301,546
Youth Investment Fund - Revenue Funding	<u>160,251</u>	<u>(160,251)</u>	<u>-</u>
	<u>502,039</u>	<u>(207,591)</u>	<u>294,448</u>
<b>TOTAL FUNDS</b>	<u><u>1,399,060</u></u>	<u><u>(999,812)</u></u>	<u><u>399,248</u></u>

## Comparatives for movement in funds

	At 1/4/22 £	Net movement in funds £	Transfers between funds £	At 31/3/23 £
<b>Unrestricted funds</b>				
General fund	347,455	65,095	(419)	412,131
NVCT Right Resolution	<u>810</u>	<u>(810)</u>	<u>-</u>	<u>-</u>
	348,265	64,285	(419)	412,131
<b>Restricted funds</b>				
LGBTQ	13,544	(13,544)	-	-
Scott Bader Commonwealth	4,000	(4,000)	-	-
Children in Need Youth Investment Fund Grant	8,681	(1,025)	-	7,656
Outbuilding	50,000	164,120	419	214,539
Leasehold Improvements - Kitchen	<u>9,000</u>	<u>(1,000)</u>	<u>-</u>	<u>8,000</u>
	<u>85,225</u>	<u>144,551</u>	<u>419</u>	<u>230,195</u>
<b>TOTAL FUNDS</b>	<u><u>433,490</u></u>	<u><u>208,836</u></u>	<u><u>-</u></u>	<u><u>642,326</u></u>

## 15. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	888,980	(823,885)	65,095
NVCT Right Resolution	-	(810)	(810)
	888,980	(824,695)	64,285
<b>Restricted funds</b>			
LGBTQ	26,682	(40,226)	(13,544)
Scott Bader Commonwealth	-	(4,000)	(4,000)
Children in Need Youth Investment Fund Grant	-	(1,025)	(1,025)
Outbuilding	169,160	(5,040)	164,120
Leasehold Improvements - Kitchen	-	(1,000)	(1,000)
Faraway Children's Charity	2,000	(2,000)	-
	197,842	(53,291)	144,551
<b>TOTAL FUNDS</b>	<u>1,086,822</u>	<u>(877,986)</u>	<u>208,836</u>

General reserve - to maintain sufficient cash flow due to time differences of grants received and expenditure paid

NVCT Right Resolution - is for a Counselling Contract.

Leasehold Improvements - Funding to renovate and improve the kitchen facilities and create a staff area within the property, in which the charity operates. The balance on this fund represents the Net Book Value of the assets, are being depreciated over 10 years.

LGBTQ - Funding for youth services to support young people who are lesbian, gay or bisexual, transgender or questioning.

Scott Bader Commonwealth - Donation towards Sexual Health Service that we have not been able to deliver due to COVID

Children In Need Youth Futures Funding - Building, IT and Service improvements. The balance on this fund represents the Net Book Value of the assets being depreciated over 10 years.

Outbuilding - Funding for the building of the Outbuilding at the Kingswell Street Property.

Leasehold Improvements - 2 Storey Extension - The building of the 2 storey extension to the Kingswell Street leased property.

Youth Investment Fund - Revenue Fund - Funding for Wellbeing and Youth Services to support young people.



**16. RELATED PARTY DISCLOSURES**

Donations received from trustees in the year totalled £330 (2023: £360).

There were no other related party transactions for either the current or prior year.

**DETAILED STATEMENT OF FINANCIAL ACTIVITIES  
FOR THE YEAR ENDED 31 MARCH 2024**

	2024 £	2023 £
<b>INCOME AND ENDOWMENTS</b>		
<b>Donations and legacies</b>		
Donations	32,365	90,786
Grants	<u>303,106</u>	<u>165,000</u>
	335,471	255,786
<b>Investment income</b>		
Deposit account interest	7,215	-
<b>Charitable activities</b>		
Grants & Contract Services	999,829	782,960
Outreach Services	52,378	46,191
Other income	<u>4,167</u>	<u>1,885</u>
	<u>1,056,374</u>	<u>831,036</u>
<b>Total incoming resources</b>	1,399,060	1,086,822
<b>EXPENDITURE</b>		
<b>Charitable activities</b>		
Wages	702,037	579,275
Social security	51,781	41,190
Pensions	13,616	10,846
Rent, Rates and water	25,180	7,642
Insurance	9,372	7,254
Light and heat	10,075	11,529
Telephone	6,032	6,569
Postage and stationery	4,429	3,956
Advertising	5,697	5,855
Sundries	6,305	9,036
Staff Training	9,707	10,926
Supervision Expenses	28,284	23,328
Property Repairs & Maintenance	13,448	64,189
Subscriptions and Affiliations	1,664	1,199
IT Equipment	19,507	24,676
Cleaning	20,067	20,239
Volunteers Expenses	245	388
LGBTQ	11,906	11,593
Espresso Yourself Café	3,281	1,333
Fundraising - Specific	35	180
Travel Expenses	2,333	2,225
Carried forward	945,001	843,428

This page does not form part of the statutory financial statements



**DETAILED STATEMENT OF FINANCIAL ACTIVITIES  
FOR THE YEAR ENDED 31 MARCH 2024**

	2024 £	2023 £
<b>Charitable activities</b>		
Brought forward	945,001	843,428
Youth expenses	19,921	-
Improvements to property - depreciation	15,068	7,122
Computer equipment - depreciation	<u>2,526</u>	<u>2,527</u>
	982,516	853,077
<b>Support costs</b>		
<b>Finance</b>		
Bank charges	1,426	715
<b>Governance costs</b>		
Auditors' remuneration	6,260	5,700
Auditors' remuneration for non audit work	3,740	1,500
Accountancy and legal fees	<u>5,870</u>	<u>16,994</u>
	<u>15,870</u>	<u>24,194</u>
Total resources expended	<u>999,812</u>	<u>877,986</u>
<b>Net income</b>	<u><u>399,248</u></u>	<u><u>208,836</u></u>

# Treasurers Report and Financial Review

**The Financial Statements reflect a very successful year despite the logistical difficulties of operating from three different sites for part of the period. Thanks to the huge efforts of the team, service levels continue to be maintained while workload and funding continues to increase. As a result, The Lowdown is strengthening and consolidating its position to provide resilience and flexibility for the future.**

As shown in The Statement of Financial Position, the Total Funds have improved considerably over the course of the year with Total Funds held at 31st March 2024 standing at £1,041,574 compared to the balance at 31st March 2023 of £642,326. This represents an increase in funds retained during the year of £399,248. Within the Total Funds figure are restricted funds of £524,643, the bulk of which relates to the extension and outbuilding at Kingswell Street.

The bank balance has increased from £600,853 at 31st March 2023 to £780,941 at 31st March 2024. £114,078, of this was Youth Investment Fund Grant disbursement for the ongoing extension and refurbishment of our 3 Kingswell Street premises. Reach reserves of £118,160 were also held at year end and were subsequently distributed between all Reach Partners for 24/25 funding.

In an effort to maximise the return on cash reserves and spread risk during the year we opened a Flagstone Cash Deposit Platform account.

Major capital works commenced at the Kingswell Street in January 24. The cost of this is being capitalised and is shown as Assets Under Construction in Tangible Fixed Assets Note 11 to the Financial Statements. Construction was ongoing at 31st March 2024 and the additions figure shown of £197,560 represents the value of certified works at that date.

Income from charitable activities has again grown during the year due to the sustained focus on funding and has increased by £225,338, mainly attributed to the Youth Investment Fund and additional RE:Start funding.

Donations decreased by £58,421 compared to the previous financial year. A more detailed summary of income streams can be found in Notes 2 & 3 to the Financial Statements. The net effect of this is that Total Income has increased during the year by £312,238 (29%).

Staff salaries of £767,434 increased as expected during the year due to the expansion of Lowdown services and amounted to 77% of total expenditure. This represents an increase of 22% over the previous year, due to increased staffing levels and pay reviews.

Overheads have been carefully monitored during the year and significant expense increases are related to operating from additional premises in St.Giles Street and the Innovation Centre.

The Trustees of the Lowdown would like to thank the Beckett's and Sargeant's Educational Foundation for the generous provision of the premises in Kingswell Street and permission to extensively extend and refurbish the building on their land. Thanks also to all the organisations and individuals who have made donations, given their time or supported the Lowdown in any other way.





# How to get in touch with us:



Call us: 01604 634385

Monday to Friday: 9am - 5pm

Saturday: 9am-4pm



Email us:

**General Enquiries:**

[info@thelowdownnorthampton.co.uk](mailto:info@thelowdownnorthampton.co.uk)

**Fundraising, Events and Business Partnership:**

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**Wellbeing Services:**

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**LGBTQ+ Support Enquiries:**

[lgbtqsupport@thelowdownnorthampton.co.uk](mailto:lgbtqsupport@thelowdownnorthampton.co.uk)

**RE:Start Enquiries:**

[helenheng@thelowdownnorthampton.co.uk](mailto:helenheng@thelowdownnorthampton.co.uk)

**Youth Groups Enquiries:**

[youthgroups@thelowdownnorthampton.co.uk](mailto:youthgroups@thelowdownnorthampton.co.uk)



## How to find us:

The Lowdown, 3 Kingswell Street (off Gold Street),  
Northampton NN1 1PP



## Follow us on Social Media



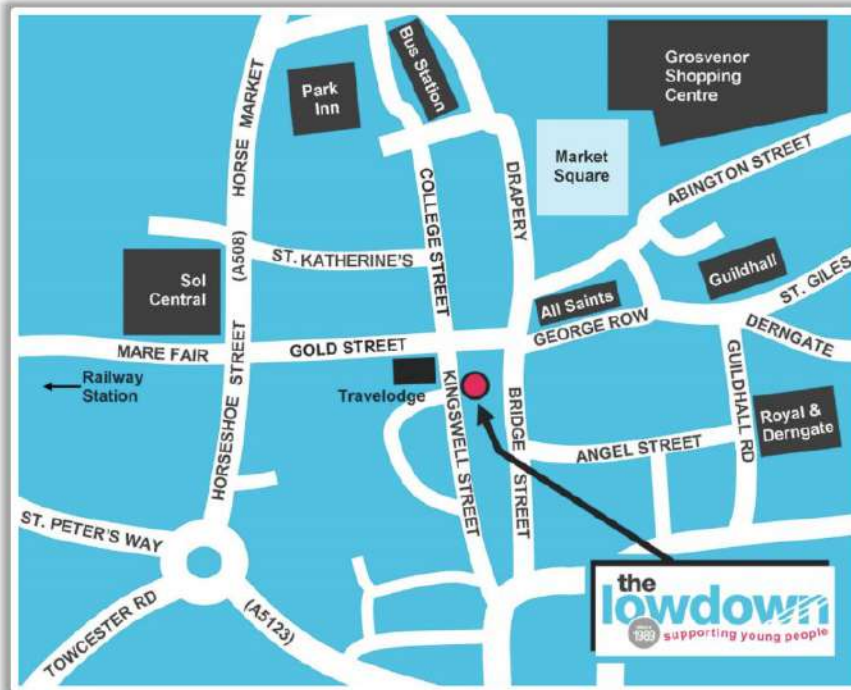
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- We are 2 mins from the North Gate Bus Station.
- If coming from Gold Street, turn at the Travelodge.
- Find the Red Door and ring the buzzer when you arrive

**For information on all our services or to  
make a referral, visit our website...**

**[www.thelowdown.info](http://www.thelowdown.info)**