



Trustees' Annual Report 2024 - 2025

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 Deborah Patton (left September 2024)
Andre Gore
Damon Boughen (joined January 2025)
Will White (joined April 2025)

Bankers:
Metro Bank Northampton

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



Contents

2	Chairs Report	16	Our New and Improved Building	25	How to Support Us
3	CEO Report	17a	Happy Heads	26	Who's Who
4	Our Mission and Vision	17b	RE:Start Youth Engagement	27	Acknowledgements and Thanks
5	Our Impact	17c	Information and Guidance Service	28	Report of the Trustees
6-8	Case Studies	18	Out There LGBTQ+		Accounts (separately numbered pages)
9	Accessibility Statistics	19	Youth Groups	29	Treasurer's Report and Financial Review
10-11	Objectives	20	Young Adult Social	30	How to Contact Us
12	Our Services	21	Youth Advisory Board (YAB)		
13	Service Statistics	22	Mindspace		
14	Our Post-Pandemic Journey	23	Community and Engagement		
15	Social Media Highlights	24	Fundraising		

Chairs Report

Welcome to our Annual Report, which updates you on how we continue to respond to the needs of our young people.

In last year's report, I mentioned the commencement of our major capital project to increase the capacity of our Kingswell Street premises. You will read elsewhere that this has been successfully completed despite the numerous challenges along the way. During the year, the Charity's constitution was reviewed and minor changes made to how any residual assets would be applied in the unlikely event of a winding up or dissolution.

Mental health crisis

I had hoped that the tone of my report could be more upbeat this year, but once again the environment in which we are operating is increasingly challenging, with a mental health crisis so severe that 1.3 million young people were referred to mental health services in the last academic year – an increase of 71% in five years.



Against this background, we have:

increased our support contacts by 10% year on year, with a 7% increase in our counselling services providing a record 12,135 counselling sessions

- an incredible achievement given the disruption of a major building project.

You will also read about how our organisation is barely recognisable from that of five years ago, pre-Covid. Despite the very challenging funding environment that we face, I have no doubt that The Lowdown will be similarly unrecognisable in five years' time from the organisation we are today as we continue to respond to the needs of our young people.

As ever, I would like to express our immense gratitude to all those without whom this good work would not be possible - our outstanding Lowdown team, volunteers, supporters, and donors, who continue to be very special individuals and organisations.



Steve Edmonds

Chair of Trustees



CEO Report

What a year for The Lowdown... a rollercoaster is an understatement!



Building Extension and Team Reunification

In 2016, The Lowdown and our landlord Beckett's and Sargeant's started discussing plans to use the waste land at the side of our Kingswell Street building to extend it. Originally, the plans were for a single-storey side extension, but due to the increase in demand for our services and expansion of them, it ended up as a two-storey wrap-around side extension.

The members of our Youth Advisory Board provided a long list of things they would like to see changed in the building, and we are pleased to say that we completed 90%, with the remaining 10% forming part of our future plans.

It is incredible what has been fitted into a relatively small extension – an additional five consultation rooms, an upstairs toilet, and a dedicated entrance and waiting area for young people using our services. There were three celebration events to mark this occasion (we never do things by halves). It is wonderful to see the building back in use and that the design works so well.

Of course, there were challenges along the way with a drain being where the footings were planned to be, so the building had to be slightly adapted to build around it, adding another quirk to it. But as always, we adapt. It really shows that patience and perseverance pay off.

We finally took possession of the building in January 2025, and The Lowdown team moved back in. We are now all back together as a team, and nearly all services are under one roof as per the YIACS model (right), which drives our strategy.



Service Delivery Continuity

In terms of service delivery, we have not “missed a beat.” All our existing services (Counselling, RE:Start, LGBTQ+ groups, Café, and youth groups) continued to run, and we even expanded our counselling services in November 2024 to support 8 to 10 year olds as part of the wider Happy Heads project led by Service Six.



New Initiatives and Expansions

In March 2025, we launched a new Information and Guidance Drop-in, a RE:Start Youth Engagement Role, and reduced our age range for our Mental Health drop-in to 8 years.



Record-Breaking Achievements

Yet another record-breaking year for The Lowdown with 19,418 support contacts provided for young people and their families, a 10% increase on the previous financial year. Fifteen percent of our service users have utilised more than one of our wraparound services, a number that has already increased since we moved back into our Kingswell Street building. In total, we supported 2,304 young people and their families.

YIACS Model

Diverse support
under one roof

Supported signposting & referrals

- Family education
- Social services
- Community
- Health

A range of access points

- Self-referral
- Drop-in
- Outreach
- Online & phone

Timely, local & age-appropriate

- Assessment
- Information advice & guidance
- Therapy and mental health support
- Youth work & participation initiatives
- Referrals & signposting

Positive outcomes & experiences

- Youth-friendly
- Stigma-free service
- Tailored whole-life support for specific life phases
- Clinical improvement
- High satisfaction

Feedback & evaluation

- Validated measures
- Co-production



Acknowledgements

Of course, 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 Northamptonshire's young people.

We can't thank them enough for their amazing work and their patience during a period of significant change. A huge thank you also goes to our supporters, donors, funders, and Reach partners who make all this possible.



Our Commitment to Young People

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



Sharon Womersley
CEO





Who we are

A local charity in Northamptonshire providing free, safe, non-judgemental, and confidential mental health and support services for 8 to 25 year olds.

Our Vision

No young person will ever experience challenges alone.

Our Mission

To support every young person with the right help at the right time, empowering them to thrive

Our Values

Inclusive, Empowering, Nurturing, Responsive and Collaborative.

Theory of Change

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

The Lowdown changes lives and sometimes saves them.

Our Impact 2024/25



2,304 young people were supported.



Through all The Lowdown services we provided
19,418 support contacts for young people and their families.

An increase of **10%** 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.

99%

felt they had a positive outcome using our services.

96%

found the service accessible.

"I would recommend The Lowdown. We're very lucky to have this service and somewhere to support young people."

- service user

Case Study: Wraparound Support

Jamie began attending Lowdown services through the Out There group, participating weekly from March 2024. They formed a solid friendship group as they felt they had found 'their people' and engaged in various activities, including Pride events. Some members of this new group were also attending the youth group on Thursdays and invited Jamie to join them.

Since June 2024, they have consistently attended the Thursday youth group, which helped them to expand their social circle and build relationships with the Free to Talk youth workers and the Mental Health Support Worker from The Lowdown. During one session, Jamie requested a one-on-one meeting with the Mental Health Support Worker and was referred to counselling, starting sessions in August 2024, after an assessment.



This demonstrates the need for wraparound services that The Lowdown provides to support young people with the 'million pressures' they are facing.

Towards the end of the counselling sessions, some practical needs and additional support was identified. Consequently, Jamie's counsellor assisted them in making a referral to the RE:Start service. Following an assessment at RE:Start, it was determined that although their mental health needs were not fully suited to the RE:Start Service, there were practical needs to be addressed. Thus, Jamie was introduced to the Information and Guidance (I&G) Drop-in workers.

The I&G Drop-in workers conducted research, advocated for Jamie independently, and provided one-on-one sessions to address their practical needs. Jamie continues to attend the Thursday youth group, the Out There group, and seeks support from the I&G drop-in service as needed.

Despite ongoing challenges, Jamie utilises appropriate support when necessary and has expanded their support network through positive relationships with both peers and trusted professionals at The Lowdown.





Case Study: Rebuilding Hope and Confidence

A 14-year-old girl was referred to The Lowdown after experiencing suicidal thoughts and repeated self-harm, including cutting and stockpiling tablets. Her emotional distress had escalated after eight months of bullying, leaving her feeling isolated, overwhelmed, and unsafe.

Early sessions revealed deeper struggles, including unresolved grief, anxiety about change, and difficulty regulating her emotions. She worried about her younger brother starting secondary school and reflected on the impact of her mum's hospitalisation when she was seven. Although school offered some support, it was also where the bullying occurred. At home, she often felt restricted in expressing herself. Safeguarding concerns were raised at the outset and monitored throughout.

Focus was on building trust and creating a predictable, safe space. Her goals included reducing self-harm and feeling more in control of her emotions. She engaged well with creative tools, which supported emotional expression and helped her self-soothe. We used metaphors like "rollercoaster weeks" to help her talk about overwhelming feelings.

A self-harm care pack was introduced, and we worked together to identify triggers and healthier responses. As the weeks progressed, she began to explore her identity, showing pride in small acts of self-expression like dyeing her hair and caring for her pet rats.



By the end of her support, she had gone several weeks without self-harming and said she felt "much happier."

She had a clearer understanding of her emotional triggers and was using her coping strategies independently. Her school engagement improved, and she felt more able to support her peers too.

This young person's journey shows how early, creative, and consistent support can make a real difference, helping young people move from crisis towards confidence and emotional resilience.

Case Study:

From Vulnerability to Empowerment



Bailey had a history of mental health inpatient care and diagnosis of Bi-Polar Disorder, anxiety and Complex Post Traumatic Stress Disorder. When they self-referred into RE:Start they were living in a challenging environment, not working and struggling with issues around alcohol. They had a very limited support network.

At point of referral, Bailey was motivated for change but very stuck in their housing situation making them feel unsettled and at times unsafe. They were already engaging with the Community Mental Health Team for mental health support and aspired to learn to drive and start volunteering but found their living situation holding them back.

Bailey was allocated a RE:Start support worker who went to their location as travel to Northampton was a barrier to accessing the support. The support worker offered a listening ear to help manage the overwhelm around the process of finding alternative accommodation, accessing mental health support and achieving future goals. Practical help was given with the housing process and the support worker liaised with the professionals providing mental health interventions to assist with evidence to support the claim.



Bailey was supported into a volunteering role which boosted their self-esteem and gave a sense of purpose and reason to be out of the house.

Bailey started to learn to drive, accessed further interventions from the NHS adult mental health team and support around alcohol use. After much persistence they moved into a flat of their own with their RE:Start worker on hand to assist with the set up of bills and organising the move.

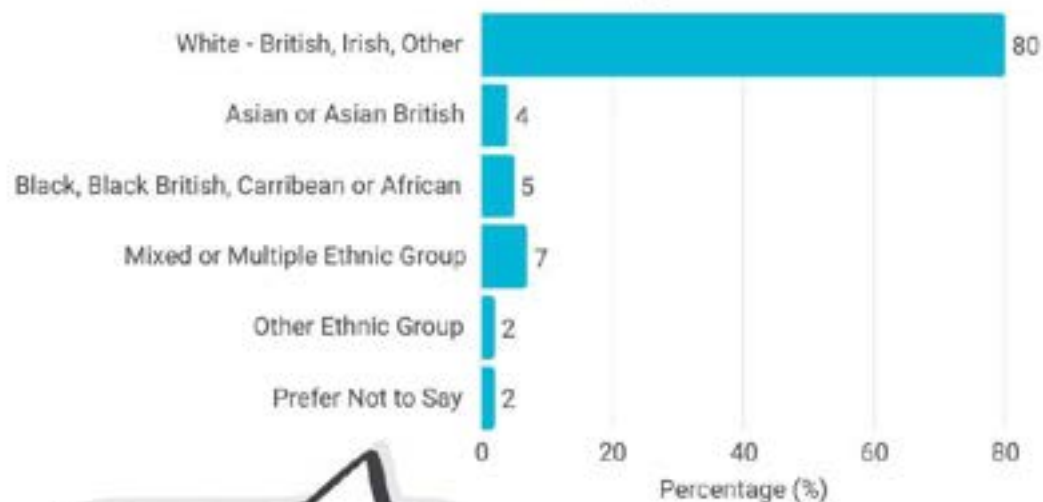
The trajectory of Bailey's life had changed, and they were doing well but this brought fear around self-sabotage and loss of what they had managed to achieve. Their RE:Start worker completed a referral into Lowdown counselling to work through these fears and support them to stick with their goals and positive changes.

Bailey is now closed to the community mental health team and doing well. They are happy in their new home and have become a peer mentor supporting others with their mental health challenges. Their RE:Start worker continues to support them with life's ups and downs as they build confidence in their abilities and continue to focus on their recovery.



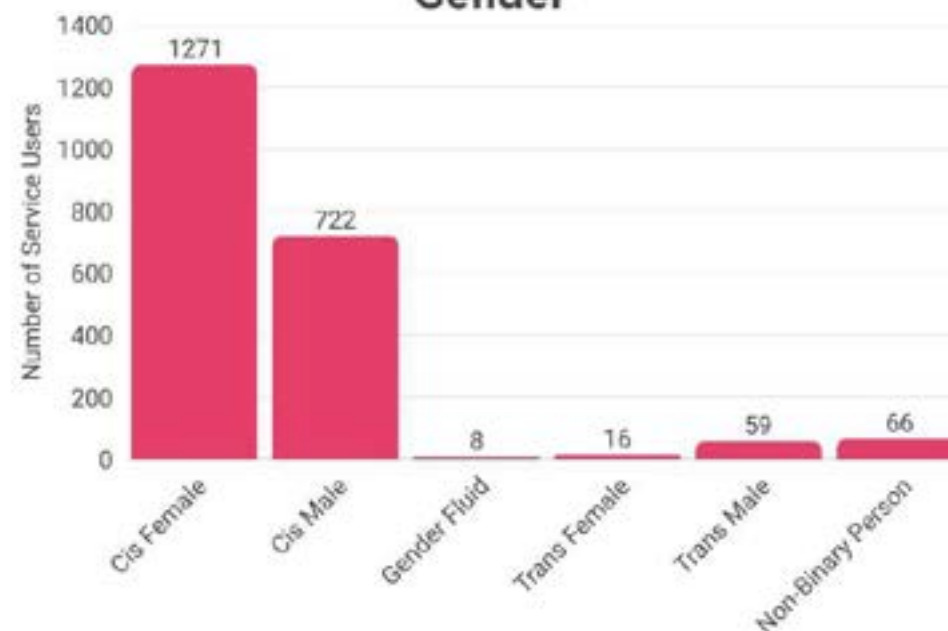
Accessibility Statistics of our Service Users

Ethnicity

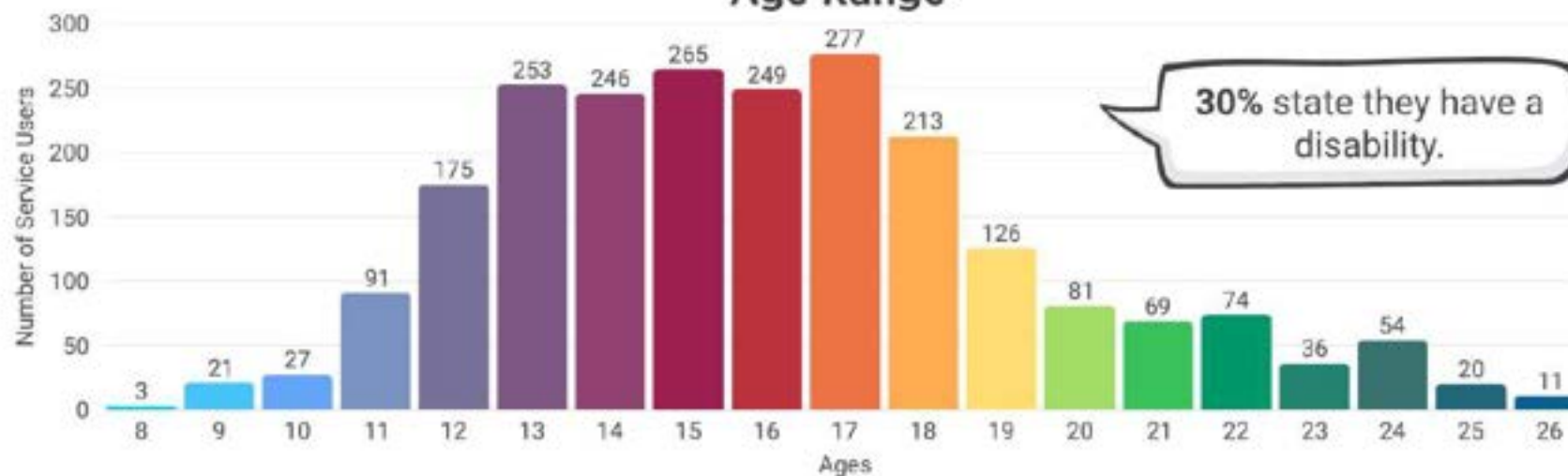


18% are not white British, Irish or other.

Gender



Age Range



30% state they have a disability.

Objectives

The Lowdown is a Mental Health Charity, providing free and confidential support services for 8-25 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.

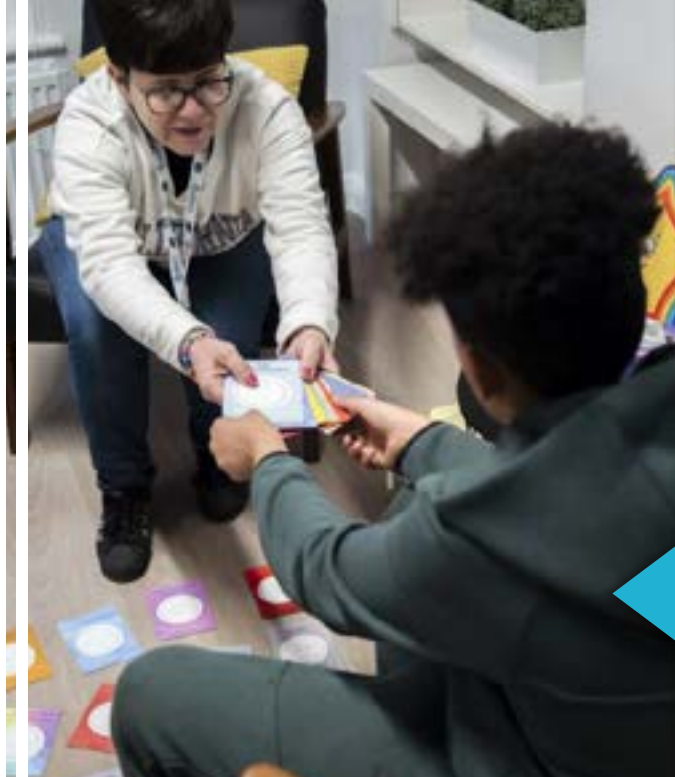


Robust safeguarding procedures are implemented and regularly reviewed to ensure that any disclosures are dealt with appropriately.



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.

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



Counselling

Supporting 8-25 year olds 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.



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 Youth Group is for school years 7-13, 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'.





Drop-In Services

Our **Mental Health and Wellbeing Drop-In** is for 8 to 25 year olds who need support, we are here to listen.

Professional mental health workers offer a safe space to talk, be listened to with one-to-one support, wellbeing activities and peer support. Parents and carers of young people are welcome too.

There are 9 Drop-Ins open 6 days of the 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.



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.



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.



Advice and Guidance Services

Our **Information and Guidance Drop-In** for 8 to 25 year olds provides in the moment support with practical issues.

We offer a listening ear and validation for anything that a young person may be experiencing.

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.





Redesigned marketing materials

This year, we updated our marketing materials based on feedback to provide a single flyer highlighting all our services for young people.

To ensure it appeals to our audience, our **Youth Advisory Board** designed the eye-catching poster (shown left), which we now use for both flyers and presentations.

We appreciate everyone's involvement - this is a strong example of co-production and youth voices shaping our work.



OUR SERVICE STATISTICS

- number of young people supported

Mindspace

50

"I really enjoy coming to MindSpace because it makes me happy. I love doing loads of different crafts and I loved gardening. I think it's a great place!"

LGBTQ+ Groups

137

"The group gives me a place where I feel I can be myself, where I can tell the staff genuinely care and consistently go above and beyond what is necessary."

Counselling

11-18 year olds: 1,566

19-25 year olds: 352

"I had a really good experience, my counsellor helped me a lot. It gave me someone to talk to when I had no one."

Youth Groups

121

"I like youth group, because its helped me grow my confidence and helped me become more socialised."

RE-Start

221

"They offered invaluable support during my transition into adulthood. Their mentorship and practical guidance have given me the confidence and skills I need to navigate life's challenges."

YAB

31 youth Advisory Board Members during the year.

"I have developed lots of skills including communication, compassion and listening skills. It has helped build my confidence."

Adult Social

45

"A space to be creative, make new friends."

Drop In For

Mental Health & Wellbeing Drop In

199

"The workers were really understanding of our situation. They were also aware of confidentiality and were very kind."

Information & Guidance

19 young people supported in our first month of being open.

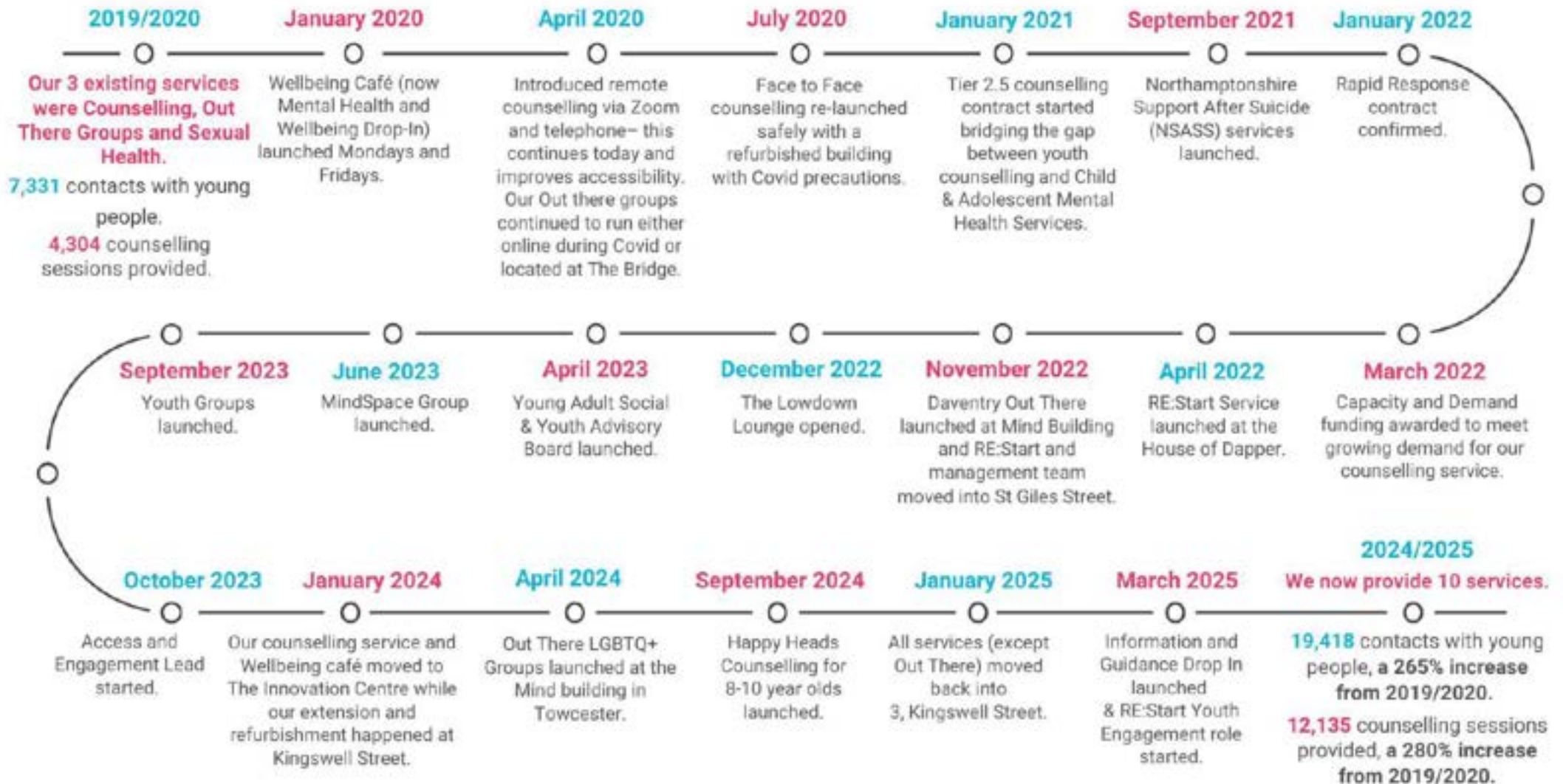
Sexual Health

90 individual contacts with young people.



Our Post-Pandemic Journey

What has The Lowdown achieved in the 5 years since the Covid19 pandemic began to address the mental health crisis among young people?





Social Media Highlights

Over the year we have worked hard to expand both our reach and followers on social media platforms.

We are on Instagram, Facebook and LinkedIn to promote our services and tell the 'behind the scenes' stories of The Lowdown including team members, building developments, events, fundraisers and to thank our supporters.



Our New and Improved Building

The recently expanded Lowdown building provides:



New Accessible Entrance ▶ a mobility lift ensures inclusive and easy access for all young people visiting the building.



Improved Environment ▶ 5 new consultation rooms improve access for anyone with physical disabilities, including widened corridors and doorways.



Toilet Refurbishment ▶ newly refurbished, easily accessible, inclusive, gender-neutral toilets, including facilities for those with disabilities and ambulatory users.



Larger Waiting Area ▶ a more welcoming and less clinical space, with ample room for wheelchair users.



Improved Signage and Lighting ▶ enhancements designed to support individuals with additional needs and reduce anxiety.



Before



After



Happy Heads

NEW

The Happy Heads service, offering counselling to children aged 8-10 years, successfully launched in September 2024.

Recognising the unique needs of this younger age group, we adapted the service model following feedback later in the year, which indicated that most children felt more comfortable receiving support within their school environment rather than attending sessions at The Lowdown.

To make the service more accessible, we recruited 2 dedicated Outreach Workers, Georgina and Andy, who joined the team in Spring 2025. Their roles focus on delivering counselling directly within school settings, helping to remove barriers to engagement and ensuring children feel safe and supported.

This outreach model will allow us to strengthen relationships with schools, meet young people in spaces familiar to them, and provide early intervention to prevent issues from escalating. We are excited to continue developing Happy Heads as a vital part of our expanding mental health services for children and young people.



RE:Start Youth Engagement Worker

NEW

The RE:Start team has expanded again this financial year, and we welcome Bekah to the team as our RE:Start Youth Engagement Worker.

This role has been developed to tackle the health inequalities of those living in the more rural areas of West Northamptonshire, support our service users struggling with social isolation to access more group and drop-in support, and ensure a variety of activities to boost wellbeing.

She has also launched a Youth Involvement Group (YIG) specifically for RE:Start clients to inform us on how to develop the service to meet their needs. Their first project is to organise a wellbeing event for RE:Start clients, planned for May this year.



Information and Guidance Service

NEW

In the latter half of 2024, we have continued our work towards fulfilling the YIACS model, particularly around open access and supported signposting and referrals.

On the 1st of March 2025, The Lowdown's latest service development launched, offering an Information and Guidance drop-in for 8 to 25 year olds and their parents through the front door or via phone, WhatsApp, or email.

This is an 8-month trial, but already we are seeing there was a need for such a service, as well as alleviating the pressure on the counselling service to fulfil practical, as well as emotional needs within sessions.

This service is supporting our goal of ensuring we are visible and accessible within the local community and that support is available without the need to meet an entry threshold. It is a great entry point to The Lowdown to ensure all young people are aware of all the wonderful services on offer to them, so they 'know us before they need us.'





Out There LGBTQ+





Youth Groups





Young Adult Social



Youth Advisory Board (YAB)

You said, we did:

Over the 2024/2025 year, the YAB (Youth Advisory Board) consulted on major decisions regarding the new building extension and refurbishment. We felt it was crucial that their voices were heard in order to create a space that was youth-inspired and comfortable for all.



The YAB gave their opinions on features such as lighting, wall colours, flooring, textures, décor, and the ambience of the building.

With their input, we were able to choose lighting that could be dimmed depending on preference, select wall colours that they felt represented The Lowdown and were not clinical, display artwork created by our service users to welcome people into the building, and most importantly, design a space where young people can feel safe.



Wellbeing Event:

From January to July 2024, the YAB worked hard on creating, planning, and hosting a wellbeing event at Delapré Abbey.

They aimed to create something that was open to members of the public, offering advice and support for **ALL AGES**. They worked tirelessly to contact local organisations to participate in the day, gathered raffle prizes & donations, and liaised with businesses willing to contribute and support the event.

One member also dedicated their time to designing a wellbeing journal, which many young people have since received to support their daily wellbeing.

The event was a huge success in raising awareness for wellbeing, supporting local organisations, fundraising, and developing vital life skills.

A big thank you to all organisations that supported the Youth Advisory Board with this event and to our young people for their continued dedication and commitment to the YAB.





Mindspace





Community & Engagement



Fundraising

Each year, we extend our sincere gratitude to all who support The Lowdown as their chosen charity. We are fortunate to have both new and returning donors contributing significantly to assist young people on their journey towards positive mental health, emotional health, and wellbeing. Your continued support is deeply appreciated.

We are honoured to have been selected by two Golf Clubs as their Charity of the Year for 2024. Northampton Golf Club organised numerous events, including a charity dinner and a Juniors Golf Day, raising an impressive total of £7,317.38. Rushden Golf Club held a charity day in our honour and various events throughout the year, collecting £2,550.84. Crick Software also chose us as their beneficiary, hosting Bake Sales, a duvet day raffle, and a Euros Sweepstake, showcasing their commitment to our cause. We thank you all; your support not only funds our services but also raises awareness about them.

Additionally, we continued to receive ongoing support from Lani Tebbut and the 'Breaking Silence' car meets, which promote mental health through automotive events, raising £1,909.66 to date, with donations continuing to grow.

Members of The Lowdown team also actively participated in fundraising activities. Alongside Bing from Matchbox Café and Joleen Dotan, Kirsty, one of our Counsellors, and Oskar, a Youth Advisory Board member, 'Leapt for The Lowdown' by skydiving, raising a combined total of £2,865. Another significant event was The Amazing Northampton Run, where Charlene (Access and Engagement Lead) and Lisa Soper completed the 13.6-mile race, generating additional funds.



"I'm so immensely proud to be able to raise money and make this donation to a fantastic cause."

Hays Travel hosted a prize draw, raising £6,17.20 and Weston Favell Shopping Centre contributed £1,974 as part of their 50th Anniversary celebrations. Roxanne Hair Boutique organised a Wellbeing Show featuring catwalks, stalls, and a raffle, raising £685.60. We also received £2,000 from John Lewis, thanks to a nomination by a previous volunteer.

We gratefully acknowledge the return of fundraisers and donations from Northampton School for Boys Charity Week, Northampton Rotary Groups for the Santa Run in December, GXO in Wellingborough raising £2,752 during their Pride Month Celebrations, and the continuation of funding from Michael Jones Jewellers supporting Youth Activities for the third year. Your unwavering support is invaluable, and we are honoured to be consistently chosen.

We received 'Much Loved' donations and memorial contributions too. We are deeply honoured to be remembered and chosen as recipients in memory of loved ones. We also extend our thanks to those who donate monthly, purchase tickets for the Northampton Lottery, and support us at various events, fundraisers, and promotions.

We express our heartfelt appreciation to every donor, fundraiser, funder, and supporter. Your generosity is truly remarkable.



How to support us

Your support and donations are vital so we can continue to provide free services for young people. Our work helps us to increase young people's resilience and empower them to thrive and cope with 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



JustGiving™



Or scan this QR
code to instantly
donate



Who's Who

Everyone who has worked or volunteered for The Lowdown between 1st April 2024 and 31st March 2025.

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

Staff

CEO: Sharon Womersley

Deputy CEO: Laura Simms

Office Manager: Lisa Braithwaite

Fundraising and Marketing Manager: Ellie White

Counselling and Wellbeing Services Clinical Manager:
Rachel Welsh

Support Services Manager: Helen Heng

Shift Managers: Becky Hyland, Ryan Parkinson, Meghan Wright

Administrators: Maxine Eborall, Alison Inglese, Victoria O'Shea

Participation and Wellbeing Coordinator: Rebecca Kings

Youth Services Coordinator: Kelly Emmanuel

Out There Youth Leaders: Julie Holt, Cami Martin, Sophie Turner, William Beckett, Emma Ottaway, Aimee Harrison, Maxine Eborall

RE:Start Support Workers: Carol Jeyes, Julie Holt, Lauryn Agyeman-Kyeremeh, Steph Gardner, Rebecca Townson

RE:Start Youth Engagement Worker: Emma Erickson, Rebekah Troop

Access and Engagement Lead: Charlene Ward-Greef

Project Manager: Kathryn White

Trustees

Stephen Edmonds (Chair), Andrea Martin (Vice Chair), Jonathan Smith (Treasurer), Brendan Dunphy, Georgina Bayliss, Dr Mike Scanlan, Dr Deborah Patton, Andre Gore, Damon Boughen, Will White

Honorary Presidents

Jan Jourard, Dr John Toby

Information & Guidance Drop-In Workers

Cami Martin, Eden Davies

Wellbeing Workers including Mental Health & Wellbeing Drop-In

Colette Rose, Kelly Lane, Kirsty Roberts, Kristyana Jimdar, Maxine Eborall, Meghan Wright

Mental Health & Wellbeing Drop-In Volunteers

Emma Watson, Demi Turland, Lisa Greenough, Niamh Roe, Richard Wootton

Volunteer Counsellors

Toni Allard, Geraldine Ward, Helen Shouler, Hitomi Palmer, Katie Redding, Laura Kaye, Rachael Moss, Roliste Jerman, Stephanie Clayson, Emma Rose, Adrian Shaw, Jennifer Gee, Natalie Morrison, Becca Ibbs, Colette Rose, Leanne Allsop

Paid Counsellors

Anna Tutt, Caroline Parnell, Daniel Kwakye, Da-Sheena Fulford, Nyasha Nyamariwata, Georgina Bridgewater, James Young, Kanan Robinson, Kelly Lane, Kirsty Bees, Kirsty Roberts, Krissy Jimdar, Matthew Price, Meghan Wright, Becky Hyland, Rebecca Wheeler, Rose-Marie Golaub, Ryan Parkinson, Toniiie Smith, Adrian Shaw, Jennifer Gee, Emma Rose, Toni Allard, Natalie Morrison, Becca Ibbs, Helen Shouler, Colette Rose, Roliste Jerman, Leanne Alsop, Laura Kaye

Placement Counsellors

Callum Crawford-McKellar, Camilla Cobb, Charlotte White, Charlotte Ward, Dawn Willis-Lovelock, Julie Elliott, Lucy Ananda, Niamh Roe, Sheelagh Chetwode, Teresa Marshall, Victoria O'Shea, Emma Rose, Helen Shouler, Colette Rose, Adrian Shaw, Roliste Jerman



School Outreach Counsellors & Workers

Georgina Bridgewater, Jessica Hudson, Katie Redding, Krissy Jimdar, Geraldine Hardcastle, Matt Price, Caroline Parnell

Youth Groups & Young Adult Social Workers

Georgina Bridgewater, Kirsty Roberts, Nyasha Nyamariwata, Carol Jeyes, Steph Gardner

Youth Advisory Board Leaders

Rebecca Kings, Maxine Eborall, Meghan Wright

Youth Advisory Board Members

Alice Durbala, Amy Ebanks, Ben Olson, Bushra Ahmed, Demi Turland, Ebony-Mae Palliser, Emma Watson, Erin Caspall, Ibtisam Mussa, Jennah West, Kenzo Parker Klea Tzatzos, Lisa Mayabi, Maria Marin, Matthew Hall, Nicole Ashcroft-Connolly, Oliver Munnely, Olivia Makobu, Otto Morrison, Oskar White, Ruby Cook, Shafee Jolil, Shane Gillett, Sophie Cassin, Thomas Gill, Sandie Nkomo

Clinical Supervisors

Daniel Kwakye, Matthew Price, Kelly Lane, Alison Souster, Clare Marshall and Rebecca Vivash, Charlotte Tomaselli-Halford, Catherine Bruce, Kate Williams

Other Volunteers

Jan Jourard, Georgia Mullen

Acknowledgements and Thanks

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

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.

- **Abbeyfield School**
- Ashby Computers
- **BBC Radio Northampton**
- Beckett's and Sargeant's Educational Foundation
- **Breathe HR**
- Crick Software
- **Department for Culture Media and Sport**
- Earl Spencer Primary School
- **Faraway Children's Charity**
- Free2Talk
- **Gateway HR**
- Guilsborough Academy
- **GXO Wellingborough**
- Harpole Women's Institute
- **Hays Travel**
- Hays Travel - Weston Favell
- **Jane Dollar**
- John Lewis
- **Mental Health Collaborative Northamptonshire**
- Michael Jones Jewellers
- **Milton Malsor Women's Institute**
- National Lottery
- **National Youth Agency**
- NHFT
- **Nlive Radio**
- Northampton Chronicle and Echo
- **Northampton Golf Club**
- Northampton Lottery
- **Northampton School for Boys**
- Northampton School for Girls
- **Northampton Town Council**
- Northamptonshire Community Foundation
- **Northamptonshire Integrated Care Board**
- Our Reach Collaborative Partners: Youth Works, Service Six, Time2Talk and CHAT
- **Preston Hedges Trust / Parklands Primary School**
- Public Health Northamptonshire
- **Rotary Club of Northampton Becket**
- Rotary Clubs of Northamptonshire
- **Roxanne's Hair Boutique**
- Royal and Derngate
- **Rushden Golf Club**
- Social Investment Business
- **St Andrews Healthcare**
- St James's Place Foundation
- **Surefire Creative and Santander**
- The Bridge
- **The Talent Fund**
- The University of Northampton
- **TJ Marketing**
- Voluntary Impact Northamptonshire
- **Waitrose**
- West Northants Council
- **Weston Favell Shopping Centre**
- Young Northants
- **Youth Investment Fund**





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 8-25 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 their 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's services, and a Finance and Operations Committee, chaired by our Treasurer, to review our financial and operational performance. These committees 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 on 1st April 2022 due to the growth of the organisation.

Appointment of Trustees

New trustees are recruited for their 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: CE027763 (England and Wales)
REGISTERED CHARITY NUMBER: 1197273

**REPORT OF THE TRUSTEES AND
FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2025
FOR
THE LOWDOWN**



	Page
Report of the Trustees	1 to 2
Report of the Independent Auditors	3 to 5
Statement of Financial Activities	6
Statement of Financial Position	7 to 8
Statement of Cash Flows	9
Notes to the Statement of Cash Flows	10
Notes to the Financial Statements	11 to 20

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 2025. 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
J Smith
A Martin
D Patton (resigned 16/9/24)
M Scanlan
B Dunphy
A Gore
D Boughen (appointed 20/1/25)
W White (appointed 28/4/25)

Auditors

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

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 09/09/2025 and signed on the board's behalf by:


.....
S Edmonds - Trustee

Opinion

We have audited the financial statements of The Lowdown (the 'charity') for the year ended 31 March 2025 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 2025 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 also review any 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. 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.

Shaw Gibbs (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: 10 September 2025

	Notes	Unrestricted funds £	Restricted funds £	2025 Total funds £	2024 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	87,045	673,328	740,373	335,471
Charitable activities	4				
Charitable Activities		922,170	249,820	1,171,990	1,056,374
Investment income	3	24,543	-	24,543	7,215
Total		<u>1,013,758</u>	<u>923,148</u>	<u>1,936,906</u>	<u>1,399,060</u>
EXPENDITURE ON					
Charitable activities	5				
Charitable Activities		<u>908,302</u>	<u>277,379</u>	<u>1,186,681</u>	<u>999,812</u>
NET INCOME		104,456	645,769	750,225	399,248
RECONCILIATION OF FUNDS					
Total funds brought forward		516,931	524,643	1,041,574	642,326
TOTAL FUNDS CARRIED FORWARD		<u>621,387</u>	<u>1,170,412</u>	<u>1,791,799</u>	<u>1,041,574</u>

CONTINUING OPERATIONS

All income and expenditure has arisen from continuing activities.

	Notes	Unrestricted funds £	Restricted funds £	2025 Total funds £	2024 Total funds £
FIXED ASSETS					
Tangible assets	11	76,768	1,129,488	1,206,256	458,202
CURRENT ASSETS					
Debtors	12	127,361	-	127,361	60,284
Cash at bank and in hand		835,411	40,924	876,335	780,941
		962,772	40,924	1,003,696	841,225
CREDITORS					
Amounts falling due within one year	13	(418,153)	-	(418,153)	(257,853)
NET CURRENT ASSETS		544,619	40,924	585,543	583,372
TOTAL ASSETS LESS CURRENT LIABILITIES		621,387	1,170,412	1,791,799	1,041,574
NET ASSETS		621,387	1,170,412	1,791,799	1,041,574
FUNDS	15				
Unrestricted funds				621,387	516,931
Restricted funds				1,170,412	524,643
TOTAL FUNDS				1,791,799	1,041,574

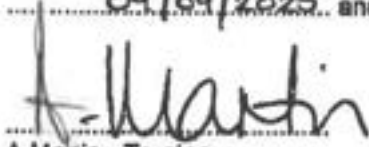
The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2025.

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

- ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- 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 09/09/2025 and were signed on its behalf by:



A Martin - Trustee



S Edmonds - Trustee

**STATEMENT OF CASH FLOWS
FOR THE YEAR ENDED 31 MARCH 2025**

	Notes	2025 £	2024 £
Cash flows from operating activities			
Cash generated from operations	1	<u>834 532</u>	<u>370 433</u>
Net cash provided by operating activities		<u>834 532</u>	<u>370 433</u>
Cash flows from investing activities			
Purchase of tangible fixed assets		(763,681)	(197,560)
Interest received		<u>24 543</u>	<u>7,215</u>
Net cash used in investing activities		<u>(739,138)</u>	<u>(190 345)</u>
Change in cash and cash equivalents in the reporting period		95,394	180,088
Cash and cash equivalents at the beginning of the reporting period		<u>780 941</u>	<u>600 853</u>
Cash and cash equivalents at the end of the reporting period		<u>876 335</u>	<u>780,941</u>

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

	2025 £	2024 £
Net income for the reporting period (as per the Statement of Financial Activities)	750,225	399,248
Adjustments for:		
Depreciation charges	15,827	17,594
Interest received	(24,543)	(7,215)
(Increase)/decrease in debtors	(67,077)	8,867
Increase/(decrease) in creditors	<u>160,300</u>	<u>(48,061)</u>
Net cash provided by operations	<u>834,532</u>	<u>370,433</u>

2. ANALYSIS OF CHANGES IN NET FUNDS

	At 1/4/24 £	Cash flow £	At 31/3/25 £
Net cash			
Cash at bank and in hand	<u>780,941</u>	<u>95,394</u>	<u>876,335</u>
	<u>780,941</u>	<u>95,394</u>	<u>876,335</u>
Total	<u>780,941</u>	<u>95,394</u>	<u>876,335</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.

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
--------------------------	--

1. ACCOUNTING POLICIES - continued**Tangible fixed assets**

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.

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.

1. ACCOUNTING POLICIES - continued

Reserves

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

	2025 £	2024 £
Donations	121,695	32,365
Grants	<u>618,678</u>	<u>303,106</u>
	<u>740,373</u>	<u>335,471</u>

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

	2025 £	2024 £
Youth Investment Fund	618,238	301,546
NCF	<u>440</u>	<u>1,560</u>
	<u>618,678</u>	<u>303,106</u>

3. INVESTMENT INCOME

	2025 £	2024 £
Deposit account interest	<u>24,543</u>	<u>7,215</u>

4. INCOME FROM CHARITABLE ACTIVITIES

	2025 Charitable Activities £	2024 Total activities £
Grants & Contract Services	1,150,056	999,829
Outreach Services	21,686	52,378
Other income	<u>248</u>	<u>4,167</u>
	<u>1,171,990</u>	<u>1,056,374</u>

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

	2025 £	2024 £
LGBTQ	29,643	33,700
VCSE - Happier Families	1,900	19,950
NHFT - Espresso Yourself Cafe	58,065	61,160
NHS Northamptonshire Integrated Care Board	<u>752,521</u>	<u>657,967</u>
Carried forward	842,129	772,777

4. INCOME FROM CHARITABLE ACTIVITIES - continued

	2025 £	2024 £
Brought forward	842,129	772,777
Constance Travis	7,500	8,300
National Lottery	29,750	20,250
Queen's Institute	5,000	5,000
Youth Investment Fund	212,028	180,252
Northampton Town Council	10,000	10,000
St James's Place Foundation	5,000	-
West Northamptonshire Council	10,500	13,250
Michael Jones Jewellers	8,149	-
Scott Bader	-	5,000
The Access Foundation	-	5,000
The Talent Fund	20,000	-
	<u>1,150,056</u>	<u>999,829</u>

5. CHARITABLE ACTIVITIES COSTS

	Direct Costs £	Support costs (see note 6) £	Totals £
Charitable Activities	<u>1,163,074</u>	<u>23,607</u>	<u>1,186,681</u>

6. SUPPORT COSTS

	Finance £	Governance costs £	Totals £
Charitable Activities	<u>1,508</u>	<u>22,099</u>	<u>23,607</u>

7. NET INCOME/(EXPENDITURE)

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

	2025 £	2024 £
Auditors' remuneration	6,240	8,280
Auditors' remuneration for non audit work	1,580	3,740
Depreciation - owned assets	<u>15,627</u>	<u>17,594</u>

8. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2025 nor for the year ended 31 March 2024.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2025 nor for the year ended 31 March 2024.

9. STAFF COSTS

	2025 £	2024 £
Wages and salaries	805,905	702,037
Social security costs	61,256	51,781
Other pension costs	16,078	13,616
	<u>883,239</u>	<u>767,434</u>

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

	2025	2024
Staff	<u>47</u>	<u>46</u>

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

Key Management Remuneration in the year was £64,560 (2024: £64,539).

10. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	27,384	308,087	335,471
Charitable activities			
Charitable Activities	862,422	193,952	1,056,374
Investment income	<u>7,215</u>	<u>-</u>	<u>7,215</u>
Total	<u>897,021</u>	<u>502,039</u>	<u>1,399,060</u>
EXPENDITURE ON			
Charitable activities			
Charitable Activities	<u>792,221</u>	<u>207,591</u>	<u>999,812</u>
NET INCOME	104,800	294,448	399,248
RECONCILIATION OF FUNDS			
Total funds brought forward	412,131	230,195	642,326

10. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted funds £	Restricted funds £	Total funds £
TOTAL FUNDS CARRIED FORWARD	516 931	524 643	1,041,574

11. TANGIBLE FIXED ASSETS

	Assets under construction £	Improvements to property £	Fixtures and fittings £	Computer and Office Equipment £	Totals £
COST					
At 1 April 2024	197,560	285,759	4,296	13,311	500,926
Additions	<u>763 681</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>763 681</u>
At 31 March 2025	<u>961 241</u>	<u>285 759</u>	<u>4 296</u>	<u>13 311</u>	<u>1 264 607</u>
DEPRECIATION					
At 1 April 2024	-	25,876	4,296	12,752	42,724
Charge for year	<u>-</u>	<u>15 068</u>	<u>-</u>	<u>559</u>	<u>15 627</u>
At 31 March 2025	<u>-</u>	<u>40 744</u>	<u>4 296</u>	<u>13 311</u>	<u>58 351</u>
NET BOOK VALUE					
At 31 March 2025	<u>961 241</u>	<u>245 015</u>	<u>-</u>	<u>-</u>	<u>1 206 256</u>
At 31 March 2024	<u>197 560</u>	<u>260,083</u>	<u>-</u>	<u>559</u>	<u>458 202</u>

12. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025 £	2024 £
Trade debtors	107,535	17,208
Prepayments and accrued income	<u>19 826</u>	<u>43 076</u>
	<u>127 361</u>	<u>60 284</u>

13. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025	2024
	£	£
Trade creditors	42,457	12,484
Other creditors	87,869	132,400
Deferred Income	268,552	93,839
Accrued expenses	19,275	19,130
	<u>418,153</u>	<u>257,853</u>

Deferred Income Reconciliation:

	2025	2024
	£	£
Balance brought forward	(93,839)	(91,876)
Amount released to the Statement of Financial Activities	93,839	91,876
Amount Deferred in the year	<u>(268,552)</u>	<u>(93,839)</u>
Balance carried forward	<u>(268,552)</u>	<u>(93,839)</u>

Deferred income relates to amounts receivable for the provision of services that have been invoiced in financial year ending 31 March 2025, 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:

	2025	2024
	£	£
Within one year	<u>10,304</u>	<u>5,400</u>

15. MOVEMENT IN FUNDS

	At 1/4/24	Net movement in funds	At 31/3/25
	£	£	£
Unrestricted funds			
General fund	516,931	104,456	621,387
Restricted funds			
LGBTQ	2,872	(2,818)	54
Children in Need Youth Investment Fund Grant	6,632	(1,025)	5,607
Outbuilding	206,593	(7,946)	198,647
Leasehold Improvements - Kitchen	7,000	(1,000)	6,000
Leasehold improvements - 2 Storey Extension	301,546	618,238	919,784
Staff Development Training Fund	-	40,320	40,320
	<u>524,643</u>	<u>645,789</u>	<u>1,170,412</u>
TOTAL FUNDS	<u>1,041,574</u>	<u>750,225</u>	<u>1,791,799</u>

15. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	1,013,758	(909,302)	104,456
Restricted funds			
LGBTQ	42,882	(45,700)	(2,818)
Children in Need Youth Investment Fund Grant	-	(1,025)	(1,025)
Outbuilding	-	(7,946)	(7,946)
Leasehold Improvements - Kitchen	-	(1,000)	(1,000)
Leasehold improvements - 2 Storey Extension	618,238	-	618,238
Youth Investment Fund - Revenue Funding	212,028	(212,028)	-
Staff Development Training Fund	50,000	(9,680)	40,320
	<u>923,148</u>	<u>(277,379)</u>	<u>645,769</u>
TOTAL FUNDS	<u>1,936,906</u>	<u>(1,186,681)</u>	<u>750,225</u>

Comparatives for movement in funds

	At 1/4/23 £	Net movement in funds £	At 31/3/24 £
Unrestricted funds			
General fund	412,131	104,800	516,931
Restricted funds			
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>
TOTAL FUNDS	<u>642,326</u>	<u>399,248</u>	<u>1,041,574</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 £
Unrestricted funds			
General fund	897,021	(792,221)	104,800
Restricted funds			
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>
TOTAL FUNDS	<u>1,399,060</u>	<u>(999,812)</u>	<u>399,248</u>

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

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+ Support Service – Funding for youth groups and events supporting the lesbian, gay, bi-sexual, transgender and questioning community for young people up to the age of 25.

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.

Training Fund - Designated funding to be used to for the training of Lowdown employees.

16. RELATED PARTY DISCLOSURES

Donations received from trustees in the year totalled £360 (2024: £330).

During the year a donation of £10,000 was received from the wife of the Chair of Trustees.

During the year a donation of £1,200 was received from the CEO of the charity.

During the year, Auction Marketer Limited, a company at which a member of the Trustees is a director, donated £2,500 towards new furniture.

Treasurer's Report and Financial Review

This year's financial statements may initially seem confusing without further explanation.

You will be aware that during this period we have been fortunate to have received capital grant monies to fund the construction of a two-storey extension to our Kingswell Street Building and to comply with accounting convention, these monies have been included in income in our Statement of Financial Activities. The accounts therefore show that total income amounted to £1.9m, a substantial increase on the previous year of £1.4m.

A more representative picture of underlying performance can be seen by stripping out the Youth Investment Fund capital monies for both the current and previous financial year, which are one off in nature, and this shows that the income of the trust from charitable activities has increased by 18% from £1.1m to £1.3m

Total funds have similarly been boosted by the capital grants and stand at £1.75m at 31st March with £1.12m of this being restricted and mostly relating to the expenditure on the building. Importantly, the amount of unrestricted funds has increased to £621k from £517k last year.

Fixed assets have increased substantially because of the expenditure on the extension from £458k to £1,206k with assets under construction standing at £961k at the year end.

Cash balances remain well managed and the balance at 31st March of £876k (2024-£780k) includes some capital element. The Flagstone Cash Deposit account opened last year to better manage our treasury function, has resulted in a valuable amount of interest received of £24k.

Staff salaries increased by 15% to £883k due to planned expansion of our services and, as ever, overheads are strictly monitored and controlled with the additional costs of operating from multiple sites now falling away.

This has been a very significant year for The Lowdown, maintaining and expanding our services whilst achieving our long-held ambition of transforming our very special building and making it fit for the future.

Our team have been magnificent in facing the many challenges which have at times seemed overwhelming. Of course, none of this would have been possible without the continuing generosity of our landlords, funders, donors, supporters and our amazing wider Lowdown family.



Jonathan Smith
Treasurer



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

Fundraising, Events and Business Partnership:

elliewhite@thelowdownnorthampton.co.uk

Wellbeing Services:

wellbeingservices@thelowdownnorthampton.co.uk

LGBTQ+ Support Enquiries:

lgbtqsupport@thelowdownnorthampton.co.uk

RE:Start Enquiries:

aislingkellygee@thelowdownnorthampton.co.uk

Youth Groups Enquiries:

youthgroups@thelowdownnorthampton.co.uk



How to find us:

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



Follow us on Social Media



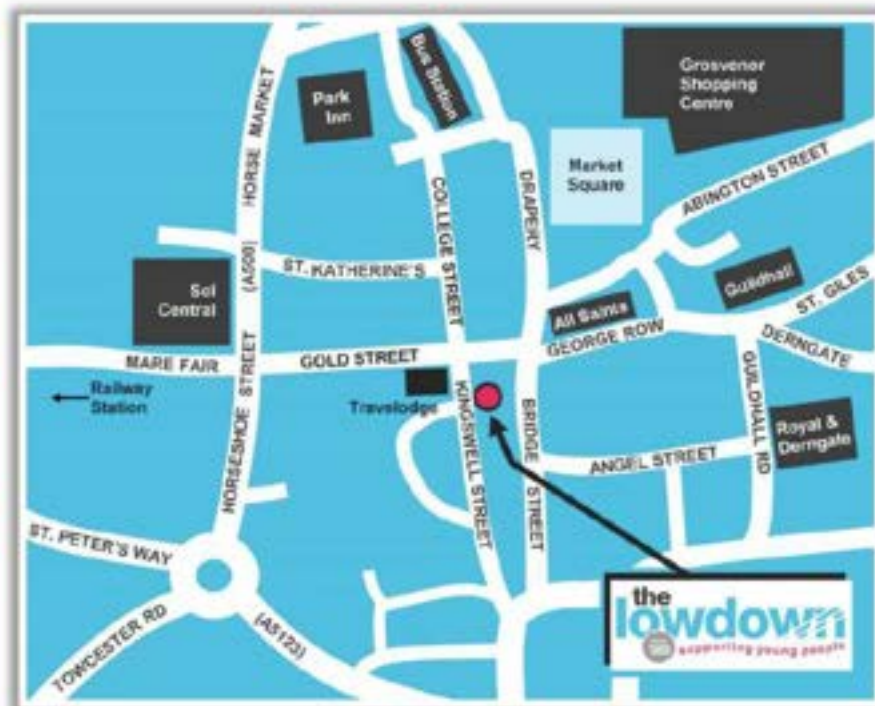
[thelowdown1989](https://www.facebook.com/thelowdown1989)



[thelowdownnn1](https://www.instagram.com/thelowdownnn1)



[The Lowdown](https://www.linkedin.com/company/the-lowdown)



- We are 2 mins from the North Gate Bus Station.
- If coming from Gold Street, turn at the Travelodge.
- Find the Blue 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