

THE IUVENTAS FOUNDATION

England & Wales · Charity number 1200073

Details

Status Registered

Legal form CIO

Registered 2022-08-16

Register [View on the Charity Commission register](#)

Contact

Address The Iuventas Foundation
c/o Oxfordshire Youth
5000 John Smith Dr
Oxford Business Park
Oxford
OX4 2BH

Phone 07900000000

Email info@iuventasfoundation.org

Website www.iuventasfoundation.org

Activities

Objects: TO ADVANCE IN LIFE AND RELIEVE NEEDS OF CHILDREN AND YOUNG PEOPLE BY PROVIDING SUPPORT AND ACTIVITIES WHICH DEVELOP THEIR SKILLS, CAPACITIES AND CAPABILITIES TO ENABLE THEM TO PARTICIPATE IN SOCIETY AS MATURE AND RESPONSIBLE INDIVIDUALS.

Activities: Youth mentoring and mental health support for young people

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** Education/training
- **Who:** Children/young People

Geography

- Throughout England

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£90,234	£54,122	-	-
2024-03-31	£70,870	£59,183	-	-
2023-03-31	£38,367	£26,926	-	-

Trustees

Name	Role	Appointed
Nick McEwen	Chair	2022-08-16
Emma Charlotte Knapp		2023-07-27
Sean Fletcher		2022-08-16

THE IUVENTAS FOUNDATION

England & Wales - Charity number 1200073

Accounts

The Iuventas Foundation

Annual Report and Unaudited Financial Statements

For the period from 1 April 2024 to 31 March 2025

**THE IUVENTAS FOUNDATION
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FOR THE PERIOD ENDED 31 MARCH 2025**

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**THE IUVENTAS FOUNDATION
REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITY, ITS TRUSTEES AND ADVISERS
FOR THE PERIOD ENDED 31 MARCH 2025**

Trustees: Nick McEwen (Chair)
Sean Fletcher
Emma Tolson

Company registered number: CE029989

Charity registered number: 1200073

Registered office: 31 Squitchey Lane
Oxford
OX2 7LD

Accountants: Caroline Webster FCA
UHY Ross Brooke
Suite I
Windrush Court
Abingdon Business Park
Abingdon
OX14 1SY

Bankers: Virgin Money
129 High Street
Oxford
OX1 4DF

**THE IUVENTAS FOUNDATION
TRUSTEES' REPORT
FOR THE PERIOD ENDED 31 MARCH 2025**

The Trustees present their report and financial statements for the year ended 31 March 2025. Reference and administrative information set out on page 3 forms part of this report.

The financial statements comply with current statutory requirements, the charity's constitution and the Statement of Recommended Practice - Accounting and Reporting by Charities: SORP applicable to charities preparing their accounts in accordance with FRS 102.

Background and Rationale

Youth mentoring work in secondary schools in Oxford began via a volunteering project in 2020. The Iuventas Foundation grew out of this, becoming formally registered as a UK charity in August 2022. Its aim – to provide professional mentoring, counselling and mental health support to young people in Oxfordshire, with a particular focus on those from disadvantaged backgrounds.

Five years on, we have successfully realised our vision to recruit and integrate trained professionals into our mentoring project to work with teenagers and young adults. We now have a steadily growing team of high-quality staff who work privately in a wide variety of fields such as adolescent coaching and mentoring, youth work, child psychotherapy, counselling and pastoral care. Our model revolves around them giving us a day a week of their time to work 1-1 with young people in the schools, sixth form colleges and counselling centres with whom we have developed close working relationships.

Uniquely, our staff are paid for their work and are supported by the foundation to work with young people with varying mental health needs - the rationale behind this being to attract the highest quality of therapist, deliver a transactional service (as distinct from volunteering) and thus provide the best support to young people. The benefits of this model are principally that highly qualified practitioners work with young people in need of their help who otherwise would not get access to this level of support – the practitioner in turn enjoys the benefit of working in a different community to their normal day to day work and derives satisfaction from this kind of work and challenge.

Much of our work is 'blended' in nature, meaning that young people present with a variety of needs and intentions at different times in relation to their wish to receive support. Our team each have their own unique blend of skills, experience and qualifications and thus we deliver a wide variety of different interventions, ranging from 'coaching' style work at one end centred around goal-setting, managing stress and emotional regulation, right through to more intensive psychotherapeutic work processing past trauma and abuse.

We continue to believe as a team of practitioners and as a board of trustees that this model of interventional support brings the greatest transformational benefits to young people as it is long-lasting, transactional and delivered by highly qualified practitioners who have chosen to embellish their professional practices with this kind of work.

Objectives and Activities

Our Mission

The Iuventas Foundation works with young people, often from disadvantaged backgrounds, providing them with mentoring, life guidance and mental health support to raise their aspiration, to empower them to take charge of their lives and to grow in character and self-confidence.

**THE IUVENTAS FOUNDATION
TRUSTEES' REPORT
FOR THE PERIOD ENDED 31 MARCH 2025**

Our Objects

The charity's objects, as set out in its governing document, are:

- *To advance in life and relieve needs of children and young people by providing support and activities which develop their skills, capacities and capabilities to enable them to participate in society as mature and responsible individuals*

We achieve this by engaging with and contracting to secondary schools, further education colleges, counselling services and education providers in the broader Oxford area. Working closely with their pastoral care departments and wellbeing teams, we identify students who are in significant need, but also those receptive to being supported. These students will often be on long waiting lists to receive counselling in school and/or see CAMHS and we work with them, 1-1, in a goal-oriented way to improve their mental health and increase their capacity to manage their lives and enjoy their childhoods.

The outcomes are significant improvements in mental health, confidence, self-esteem and a broader and clearer outlook on life after school. Our mentoring model is a longer-term one that values the longevity and regularity of the working relationship between mentor and young person and aims to be transformational for the individual.

The Trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the Charity should undertake. The Trustees have had regard to the Charity Commission's guidance on public benefit when reviewing the Charity's aims and objectives, as well as planning its future activities.

Achievements and Performance

During 2024/25, we have continued to expand our team and programme reach, working with 103 young people during the year and conducting a total of 1197 sessions (1-1). Our team of practitioners grew from 7 to 10 and we continue to work in 4 schools/colleges in Oxford and 1 counselling centre in Abingdon.

	2022/23	2023/24	2024/25
Young People	43	118	103
Sessions Held	392	893	1197
Mentoring Team	3	7	10

Our model remains that of developing deeper, longer-term relationships with the young people in our programmes and we have several who we have now worked with almost 3 years. Transformational outcomes in the long run are at the heart of what we do, not just for young people, but also for our staff team as well. 63% of the young people with whom we worked were aged 16 or older and 71% were girls.

Our feedback forms, completed before and after mentoring work by students, reflected the success and impact that our team of mentors have had, including: 100% enjoying the mentoring experience, 86% showed increased resilience, 90% recorded an improved sense of emotional wellbeing with 82% feeling they were now more likely to achieve their goals. 100% of the young people we worked with would recommend the programme to others.

**THE IUVENTAS FOUNDATION
TRUSTEES' REPORT
FOR THE PERIOD ENDED 31 MARCH 2025**

Current Mentoring/Counselling Programmes

At present the foundation is operating projects as follows:

Location	Ages	Date Started	Practitioners
The Oxford Academy	11-18	September 2020	2
EMBS, Cowley	16-18	January 2023	1
The Abingdon Bridge	14-23	June 2023	4
Oxford Spires Academy	11-18	September 2023	2
EMBS, Banbury	16-18	September 2025	1

The Oxford Academy and Oxford Spires Academy are state-funded secondary academies, both run by multi-academy trusts (MATs).

EMBS is a state-funded, not-for-profit sixth form college initially established to improve the economic situation of ethnic minority communities in Oxfordshire through education and skills enhancement. EMBS now provides education, training and careers advice for the whole community, delivering services for young people and adults in Oxford. A new development for our foundation in 2025 is a pilot project we are starting at EMBS Banbury in September 2025.

The Abingdon Bridge is a well-established youth charity providing counselling, mental health and lifestyle support to young people across south Oxfordshire. We have a team of four counsellors who operate at TAB and use their facilities and supervision.

Staffing

The foundation continues to work on a model of contracting professionally trained practitioners, usually in private practice, to give a day a week of their time to the charity. They are paid a per day rate, which equates to a meaningful percentage of what they charge privately. As such, the team who provide our mentoring services are effectively sub-contractors, not employees. With this comes many benefits, particularly in relation to flexibility and the ability to act quickly in relation to deploying staff in schools where they are most needed without delay.

As the team has grown though, it has become apparent that the charity needed to create a management and oversight role to formally take responsibility for managing the mentoring team and the relationships with the schools in which they work. Consequently, the role of Foundation Director was created in January 2025 and Roz Rapp appointed to this position. Roz was already working as a mentor in two of our schools and has now taken charge of managing all mentoring staff, as well as mentoring provision and relationships with our schools.

In response to our need to move away from a dependence on a small number of donors to fund our work, the role of Fundraising Manager (part time) has also now been created, funds earmarked and the position filled by Katie Donald in Summer 2025. With the three years of requisite, audited accounts now in place that are always needed to apply for grants from the larger trusts and foundations, we are now intent on expending greater time and resource on securing our first single and multi-year grants, thus diversifying our funding channels.

Furthermore, the part time role of Communications Manager has also been created (Summer 2025) to promote our mentoring work to a wider audience and keep our supporter database up to date with our latest events and developments. This role has been filled by Sam Barnes.

**THE IUVENTAS FOUNDATION
TRUSTEES' REPORT
FOR THE PERIOD ENDED 31 MARCH 2025**

Funding and Fundraising Events

With all of our mentoring programmes now properly integrated into the fabric of the pastoral care departments within the schools that we work, the foundation is starting to reap real benefits from schools 'contributing' to the costs of running our programmes. We are now effectively 'selling' our mentoring and counselling services to schools in the form of an administration fee with the result that we have created a new income stream that now constitutes around 25%+ of our total annual income. It is our intention that this number will grow as we become more and more established.

The Foundation continues to be core funded by donations from a small number of private individuals but we are gradually moving away from this dependence and have had other successes this year at raising funds in the local and wider community. For example, we held a very special Christmas carol concert at Exeter College Chapel, Oxford which, together with a linked online auction consisting of prizes generously donated by our supporters, raised over £6,000 collectively for our work. Together with donations and support from charity runs, local businesses, such as Carter Jonas, Marks & Spencer, Mark Barclay Wealth Management and the Asda Foundation, our work is really starting to become more widely known about and we are excited by the growth and development of our supporters' network.

Financial Review and Funding

The charity achieved a net surplus of £36,112 bringing the charity's total funds to £59,240. Total income for the period was £90,234.

As touched on above, the operational costs of running the mentoring programmes we offer are now increasingly funded by the schools and colleges with whom the charity has contractual agreements in place. This contribution figure has risen over the years from initially zero (as our work in schools was effectively pro bono) to now approaching 50% of cost. This is a huge endorsement from the schools/colleges of the work the foundation and its staff team carries out and helps us move closer to a sustainable business model with appropriate financial stability.

The Trustees have assessed the major risks to which the Charity is exposed, and are satisfied that systems are in place to mitigate exposure to the major risks. The principle risk to the Charity arises from

a lack of income, particularly from donations. This can be mitigated by minimising expenditure. The Charity's contractual arrangements with its mentors and counsellors are flexible which gives the charity the ability to adjust mentoring schedules relative to demand and financial resources. The effect of reducing staff costs would be to reduce the level of activity and services that the Charity can offer, but its operations could continue on this basis.

Structure, Governance & Management

The Charity is a charitable incorporated organisation (CIO) and is governed by its Constitution, last amended 8 August 2022. It is registered with the Charity Commission. The Trustees who served during the period and up to the date of signature of the financial statements were:

Nico McEwen	(appointed 8 August 2022)
Sean Fletcher	(appointed 8 August 2022)
Emma Tolson	(appointed 27 July 2023)

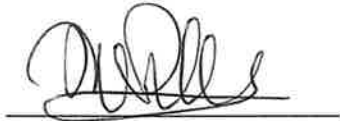
**THE IUVENTAS FOUNDATION
TRUSTEES' REPORT
FOR THE PERIOD ENDED 31 MARCH 2025**

The Trustees were appointed in accordance with the Constitution. Due to the small size of the charity, there are no current plans to grow the board. Trustees are appointed following a short-listing process, including an external search and an internal search of trustee contacts, and an interview with the Chair of Trustees, Founder and/or Foundation Director.

Going Concern

The Trustees have reasonable expectation that the Charity has adequate resources to continue for the foreseeable future, with the continued support of its funders and partnerships. The board continues to adopt the going concern basis in preparing the financial statements.

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



Mr Nicholas McEwen

Chair

Date:

3/11/25

**THE IUVENTAS FOUNDATION
TRUSTEES' RESPONSIBILITIES STATEMENT
FOR THE PERIOD ENDED 31 MARCH 2025**

The trustees are responsible for preparing the Trustees' Annual Report 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 & Wales 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 of the charity for that period.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP 2019 (FRS 102);
- 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 operation.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the [Charities (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.

The Trustees' Report has been approved by the Trustees and signed on their behalf by:



Mr Nicholas McEwen
Chair

Date: 3/11/25

THE IUVENTAS FOUNDATION
INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF THE IUVENTAS FOUNDATION
FOR THE PERIOD ENDED 31 MARCH 2025

I report to the charity trustees on my examination of the accounts of the charity for the period ended 31 March 2025 which are set out on pages 11 to 16.

Responsibilities and basis of report

As the charity's trustees you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the charity's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

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

1. accounting records were not kept in respect of the charity as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Caroline Webster FCA
UHY Ross Brooke
Windrush Court
Abingdon Business Park
Abingdon
OX14 1SY
2024

THE IUVENTAS FOUNDATION
STATEMENT OF FINANCIAL ACTIVITIES
(INCLUDING INCOME AND EXPENDITURE ACCOUNT)
FOR THE PERIOD 1 APRIL 2024 TO 31 MARCH 2025

	Notes	Unrestricted Funds 2025 £	Total Funds 2025 £	Unrestricted Funds 2024	Total Funds 2024
Incoming resources from:					
Donations and legacies	2	75,618	75,618	63,663	63,663
Charitable activities	2	14,615	14,615	7,196	7,196
Other income	3	1	1	11	11
Total income		90,234	90,234	70,870	70,870
Expenditure on:					
Charitable activities	4	52,413	52,413	58,283	58,283
Other expenditure	5/6	1,709	1,709	900	900
Total expenditure		54,122	54,122	59,183	59,183
Net income/(expenditure) before transfers		36,112	36,112	11,687	11,687
Transfers between funds		-	-	-	-
Net movement of funds in year		36,112	36,112	11,687	11,687
Reconciliation of funds:					
Total funds brought forward		23,128	23,128	11,441	11,441
Total funds carried forward		59,240	59,240	23,128	23,128

The Statement of Financial Activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

**THE IUVENTAS FOUNDATION
BALANCE SHEET
FOR THE PERIOD ENDED 31 MARCH 2025**

	Notes	2025 £	2024 £
Current Assets			
Accrued income	8	5,588	2,537
Cash at bank		56,534	26,481
		62,122	29,018
Creditors			
Amounts due within one year	9	(2,882)	(5,890)
		59,240	23,128
Net Current Assets		59,240	23,128
Total Net Assets		59,240	23,128
 The Funds of the Charity			
Unrestricted income funds	12	59,240	23,128
		59,240	23,128

The Trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and for the preparation of accounts.

These accounts were approved by the Trustees on _____ and are signed on behalf of the board

by:



.....
Nicholas McEwen, Chair

The notes on pages 13 to 16 form part of these financial statements.

**THE IUVENTAS FOUNDATION
NOTES TO THE ACCOUNTS
FOR THE PERIOD ENDED 31 MARCH 2025**

1. Accounting Policies

(a) General information and basis of preparation

The Iuventas Foundation is a Charitable Incorporated Organisation in England. In the event of the charity being wound up, the members of the CIO have no liability to contribute to its assets and no personal responsibility for settling its debts and liabilities. The address of the registered office is given in the charity information on page 3 of these financial statements. The nature of the charity's operations and principal activities are youth mentoring and mental health support for young people.

The charity constitutes a public benefit entity as defined by FRS 102. The financial statements have been prepared in accordance with 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 issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011, and UK Generally Accepted Accounting Practice.

The financial statements are prepared on a going concern basis under the historical cost convention, modified to include certain items at fair value. The financial statements are presented in sterling which is the functional currency of the charity and rounded to the nearest £.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated. The Iuventas Foundation constitutes a public benefit as defined by FRS 102. The accounts have been prepared in accordance with 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), and the Charities Act 2011.

(b) Fund Accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objective of the charity and which have not been designated for other purposes.

(c) Incoming resources

All incoming resources are included in the Statement of Financial Activities when the charity has entitlement to the funds, certainty of receipt and the amount can be measured with sufficient reliability.

Donated services or facilities, which comprise donated services, are included in income at a valuation which is an estimate of the financial cost borne by the donor where such a cost is quantifiable and measurable. No income is recognised where there is no financial cost borne by a third party.

Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

**THE IUVENTAS FOUNDATION
NOTES TO THE ACCOUNTS
FOR THE PERIOD ENDED 31 MARCH 2025**

(d) Resources expended

All expenditure is accounted for on an accruals basis and has been included under expense categories that aggregate all costs for allocation to activities. Where costs cannot be directly attributed to particular activities they have been allocated on a basis consistent with the use of the resources.

(e) Going concern

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

(f) Reporting period

The reporting period is a 12 month period from 1 April 2024 to 31 March 2025.

2. Voluntary income

	Unrestricted £	2025 £	Unrestricted £	2024 £
Donations	66,849	66,849	57,350	57,350
Gift Aid	8,769	8,769	6,313	6,313
Counselling services	14,615	14,615	7,196	7,196
Voluntary income	<u>90,233</u>	<u>90,233</u>	<u>70,859</u>	<u>70,859</u>

3. Other income

	Unrestricted £	2025 £	Unrestricted £	2024 £
Interest income	1	1	11	11
Other income	<u>1</u>	<u>1</u>	<u>11</u>	<u>11</u>

4. Direct costs

	Unrestricted £	2025 £	Unrestricted £	2024 £
Subcontractors	52,305	52,305	52,335	52,335
Room hire	108	108	2,470	2,470
Direct costs	<u>52,413</u>	<u>52,413</u>	<u>54,805</u>	<u>54,805</u>

**THE IUVENTAS FOUNDATION
NOTES TO THE ACCOUNTS
FOR THE PERIOD ENDED 31 MARCH 2025**

5. Support costs

	2025	2024
	£	£
Sundries	-	-
Travel and subsistence	338	699
Insurance	67	67
Subscriptions	-	-
Website	255	2,672
Conferences	42	40
	<u>702</u>	<u>3,478</u>

6. Other expenditure

	2025	2024
	£	£
Independent examination fee	1,007	900
	<u>1,007</u>	<u>900</u>

7. Staff Numbers

The average monthly number of employees during the year was nil (2024: nil).

8. Debtors

	2025	2024
	£	£
Trade debtors	-	-
Prepayments and accrued income	5,588	2,537
	<u>5,588</u>	<u>2,537</u>

9. Creditors – Amounts Falling Due Within One Year

	2025	2024
	£	£
Accruals and deferred income	1,164	5,667
Trade creditors	1,718	223
Working capital loan	-	-
	<u>2,882</u>	<u>5,890</u>

10. Trustees' expenses

During the year, trustees incurred expenditure on the charity's behalf amounting to £nil (2024: nil).

11. Related party transactions

During the year nil (2024: £50,000) of income was received from a Trustee of the Charity.

**THE IUVENTAS FOUNDATION
NOTES TO THE ACCOUNTS
FOR THE PERIOD ENDED 31 MARCH 2025**

12. UNRESTRICTED INCOME FUNDS

	Balance at 1 Apr 2024	Income	Expenditure	Transfers	Balance at 31 Mar 2025
	£	£	£	£	£
Unrestricted general funds	23,128	90,234	(54,122)	-	59,240
	<u>23,128</u>	<u>90,234</u>	<u>(54,122)</u>	<u>-</u>	<u>59,240</u>
<i>Previous year</i>					
	Balance at 1 April 2023	Income	Expenditure	Transfers	Balance at 31 Mar 2024
	£	£	£	£	£
Unrestricted general funds	11,441	70,870	(59,183)	-	23,128
	<u>-</u>	<u>70,870</u>	<u>(59,183)</u>	<u>-</u>	<u>23,128</u>

THE IUVENTAS FOUNDATION

England & Wales - Charity number 1200073

Accounts

The Iuventas Foundation

Annual Report and Unaudited Financial Statements

For the period from 1 April 2023 to 31 March 2024

**THE IUVENTAS FOUNDATION
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**THE IUVENTAS FOUNDATION
REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITY, ITS TRUSTEES AND ADVISERS
FOR THE PERIOD ENDED 31 MARCH 2024**

Trustees: Nick McEwen
Emma Tolson (appointed 27 July 2023)
Sean Fletcher

Company registered number: CE029989

Charity registered number: 1200073

Registered office: 31 Squitchey Lane
Oxford
OX2 7LD

Accountants: Caroline Webster FCA
UHY Ross Brooke
Suite 1
Windrush Court
Abingdon Business Park
Abingdon
OX14 1SY

Bankers: Virgin Money
129 High Street
Oxford
OX1 4DF

**THE IUVENTAS FOUNDATION
TRUSTEES' RESPONSIBILITIES STATEMENT
FOR THE PERIOD ENDED 31 MARCH 2024**

The Trustees present their report and financial statements for the period ended 31 March 2024. Reference and administrative information set out on page 3 forms part of this report.

The financial statements comply with current statutory requirements, the charity's constitution and the Statement of Recommended Practice - Accounting and Reporting by Charities: SORP applicable to charities preparing their accounts in accordance with FRS 102.

Background and Rationale

Youth mentoring work began in September 2020 at a secondary academy in Blackbird Leys, Oxford with the immediate aim of alleviating pressure on the counselling department within the school. The Iuventas Foundation was subsequently created and formally registered as a UK charity in August 2022 with the aim of providing professional mentoring, counselling and mental health support to young people in the wider Oxford area, but particularly those from disadvantaged backgrounds.

Our vision to recruit and integrate qualified professionals into the programme has since been realised and developed over the last 4 years. We now have a team of dedicated practitioners who were already working in the fields of adolescent mental health, youth work, child psychotherapy, counselling and pastoral care, and who now give a day a week of their time to work 1-1 with young people in schools, colleges and counselling services with whom we have developed close working relationships.

Our staff are paid and supported by the foundation to work with young people with varying needs at several locations around Oxfordshire - the rationale behind this being to attract the highest quality of therapist, deliver a transactional service (not volunteering) and thus provide the best support to young people.

Objectives and Activities

Our Mission

The Iuventas Foundation works with young people, often from disadvantaged backgrounds, providing them with mentoring, life guidance and mental health support to raise their aspiration, to empower them to take charge of their lives and to grow in character and self-confidence.

Our Objects

The charity's objects, as set out in its governing document, are:

- *To advance in life and relieve needs of children and young people by providing support and activities which develop their skills, capacities and capabilities to enable them to participate in society as mature and responsible individuals.*

We achieve this by engaging with and contracting to secondary schools, further education colleges, counselling services and education providers in the broader Oxford area. Working closely with their pastoral care departments and wellbeing teams, we identify students who are in significant need, but also those receptive to being supported. These students will often be on long waiting lists to receive counselling in school and/or see CAMHS and we work with them, 1-1, in a goal-oriented way to improve their mental health and increase their capacity to manage their lives and enjoy their childhoods.

**THE IUVENTAS FOUNDATION
TRUSTEES' RESPONSIBILITIES STATEMENT
FOR THE PERIOD ENDED 31 MARCH 2024**

The outcomes are significant improvements in mental health, confidence, self-esteem and a broader and clearer outlook on life after school. Our mentoring model is a longer-term one that values the longevity and regularity of the working relationship between mentor and young person and aims to be transformational for the individual.

The Trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the Charity should undertake. The Trustees have had regard to the Charity Commission's guidance on public benefit when reviewing the Charity's aims and objectives, as well as planning its future activities.

Achievements and Performance

In our first year as a registered charity (2022/23), we worked with 43 young people and held a total of 392 mentoring sessions across two secondary schools in East Oxford. During 2023/24, we have expanded our team and programme reach and we worked with 118 young people during the year with whom we held a total of 893 sessions (1-1). Our team of practitioners grew from 3 to 7 and we are now working in 3 schools/colleges and 1 counselling centre.

We have been continuing to adopt our model of developing deeper, longer-term relationships with the young people in our programmes as we firmly believe they have greater power to provide transformational benefits in the long run, not just to young people, but also to practitioners as well. 81% of the young people with whom we worked were aged 15 or older and 66% were girls.

Key themes continuing to arise in our work centred around managing anxiety, low self-esteem and poor motivation. Our feedback forms, completed before and after mentoring work by students, reflected the success and impact that our team of mentors have had, including: 100% enjoying the mentoring experience, 85% showed increased resilience, 91% recorded an improved sense of emotional wellbeing with 80% feeling they were now more likely to achieve their goals. 100% of the young people we worked with would recommend the programme to others.

Five Impact Stories/Case Studies

Therapy Case Study - Gemma aged 14

Gemma was a school refuser and struggled with anxiety, low self-esteem, stress and anger. She was also diagnosed as autistic. She had been homeschooled since Year Four but would stay in bed for most of the day.

Gemma engaged well over the 20 sessions she had, and we often went for a walk to enable us to walk side by side and not have to engage with eye contact which she found exhausting. This allowed more candid conversation. We covered a range of practical techniques from motivation, non-violent communication, journaling to resilience.

By the end of the sessions Gemma was attending school on a regular basis, and her mother reported much better home relationships. Mum also commented, *"Thank you Jilly. You have really helped Gemma and I'm so glad she had you to support her."*

Gemma commented *"I found real benefit from having a safe place to talk about my challenges. Good to say it out loud. Get it out of me. I felt listened to and given choices."*

**THE IUVENTAS FOUNDATION
TRUSTEES' RESPONSIBILITIES STATEMENT
FOR THE PERIOD ENDED 31 MARCH 2024**

Coaching Case Study - Luke aged 22

Luke had been diagnosed with depression and struggled with regular burn out where he would be unable to walk or talk, and thus had put his university course on hold.

Through a course of 14 sessions, we looked at understanding his challenges, and tools to manage low mood and help during burn out. Luke engaged well, and together we explored ideas to make studying easier for him.

By the end of the sessions Luke reported that he was looking forward to his summer internship and re-starting his studies in the new academic year. Luke said it was so helpful to have someone understanding and accepting to talk to and externalise his worries, feelings and issues.

Therapy Case Study – Eliza, 17 years old

Eliza came to us due to struggling with friends and family, with low mood, motivation, and hygiene.

Eliza lived in Brazil until aged 12, she has never known who her dad was and lived with mum and little sister. Whilst in Brazil, Eliza's stepdad and mum broke up, her mum became an addict and often left Eliza to take care of herself and her little sister.

Both emotionally and psychologically neglected, she describes this time as a lonely, scary time. The stepdad and mum thought it would be best if they moved to the UK. Eliza and her little sister got on a plane expecting mum to follow a couple of weeks later. Mum never did.

Fast forward and she now lives with her dad and step mum in the UK. Although it is safe and loving, Eliza struggles to trust and has abandonment issues. Eliza's mum is now back in her life but still in Brazil - this relationship brings weekly difficulties to Eliza's life.

Through therapy Eliza was able to navigate risky relationships, her new family dynamics and trusting again. As well as looking after herself physically and emotionally, she now has one good friend and is at college.

She is still on a journey but is in a place of managing her emotional health and her awareness of self has increased enabling her to make better choices.

Due to the deep abandonment issues and trauma in her childhood, the long-term intervention she has been able to have through the Iuventas/TAB collaboration means she is able to have consistent therapy, building a relationship with someone to navigate life week to week as well as explore past wounds, something limited sessions would not have achieved.

Therapy Case Study – Jade, 15 years old

Jade has a single, disabled mum with one older sibling and two younger siblings. They grew up without any money and support. Jade's older brother was a victim of county lines from the age of 12. This had a significant impact on the whole family but especially Jade, who is close in age.

Jade has had some recent trauma around her brother who is now 18 and went to prison. The events around him getting caught were traumatic and painful, witnessed by Jade herself. The risk to them from his lifestyle now has them in protective housing.

**THE IUVENTAS FOUNDATION
TRUSTEES' RESPONSIBILITIES STATEMENT
FOR THE PERIOD ENDED 31 MARCH 2024**

The relationship is a complicated one with Jade's older brother, although it brought discomfort, he was also a provider and caregiver for Jade. She also lived with a lot of fear around him getting hurt or caught for many years. She would not be able to receive this long-term therapy if it were not for the Iuventas/TAB relationship.

Psychotherapy Case Study – Pablo, 18 years old

Pablo's teacher advised him to speak to me as he appeared to be struggling with attendance and emotionally. He had severe acne and took days off when he was struggling. On our first meeting Pablo explained that his acne was getting him down, suffering with pustules and sores on his torso, he was uncomfortable, sore and struggling to get the right treatment. He was feeling low in mood and had very low self-esteem.

In further sessions he disclosed that he had suffered severe bullying since primary age back in his home country, it was so severe that on one occasion he had his leg broken. As a result, he had a lot of pent-up anger and feelings of low self-worth.

This bullying had continued the previous year when he attended a different college so much so that he was unable to complete his course and was unsupported by staff.

Our therapy has helped him have a safe space to speak about the bullying and its impact on him over the years. He felt angry and lonely, he was not socialising and also felt his relationship with his father was deteriorating. To speak about his feelings and to gain perspective gave Pablo a better understanding of self - he was extremely negative towards himself and felt he was a bad person and had achieved nothing in life. He also had great feelings of hopelessness.

Furthermore, in these meetings Pablo disclosed that during the pandemic, due to the impact of bullying and isolation, he had a break down and was hospitalised for a few weeks which was extremely traumatic for him.

Pablo now has hope again, he has been to his GP regarding his acne, for which he has had a change in medication and a referral to dermatology. He feels more positive, has the motivation to explore his future and is more comfortable to speak about his emotions.

He is doing very well in his lessons and predicted to achieve his desired GCSEs which is also motivating for Pablo. He is an excellent artist, and now feels more able to speak to his father and so is more comfortable at home. He has also been connecting more with some old friends. His 'hope' is to continue to grow. The feelings of anger he experienced have regulated greatly but he feels that he would like to continue this work.

When asked how he feels about the sessions Pablo said the following:

"I feel much more calm, these sessions have helped and made me feel so much better by talking. Now, I feel that I can do well and go onto bigger things if I keep planning and working on myself."

**THE IUVENTAS FOUNDATION
TRUSTEES' RESPONSIBILITIES STATEMENT
FOR THE PERIOD ENDED 31 MARCH 2024**

Current Mentoring/Counselling Programmes

At present the foundation is operating projects as follows:

Location	Ages	Date Started	Practitioners
The Oxford Academy	11-18	September 2020	2
EMBS, Cowley	16-18	January 2023	1
The Abingdon Bridge	15-23	June 2023	3
Oxford Spires Academy	11-18	September 2023	1

The Oxford Academy and Oxford Spires Academy are state-funded secondary academies, both run by multi-academy trusts (MATs).

EMBS is a state-funded, not-for-profit sixth form college initially established to improve the economic situation of ethnic minority communities in Oxfordshire through education and skills enhancement. EMBS now provides education, training and careers advice for the whole community, delivering services for young people and adults in Oxford and Banbury.

The Abingdon Bridge is a well-established youth charity providing counselling, mental health and lifestyle support to young people across south Oxfordshire.

Staffing

The foundation works on a model of contracting professionally trained youth mentors, counsellors and psychotherapists, who are usually in private practice, to give one day a week of their time to the charity, sometimes more. They are paid a per session rate, which equates to a meaningful percentage of what they charge privately. The benefits of this model are principally that highly qualified practitioners work with young people in need of their help who otherwise would not get access to this level of support – the practitioner in turn enjoys the benefit of working in a different community to their normal day to day work and derives satisfaction from this kind of work and challenge.

Much of our work is 'blended' in nature, meaning that young people present with a variety of needs and intentions at different times in relation to their wish to receive support. Our team each have their own unique blend of skills, experience and qualifications and thus we deliver a wide variety of different interventions, ranging from 'coaching' style work at one end centred around goal-setting, managing stress and emotional regulation, right through to more intensive psychotherapeutic work processing past trauma and abuse.

We continue to believe as a team of practitioners and as a board of trustees that this model of interventional support brings the greatest transformational benefits to young people as it is long-lasting, transactional and delivered by highly qualified practitioners who have chosen to embellish their professional practices with this kind of work.

Financial Review

The charity achieved a net surplus of £11,687 bringing the charity's total funds to £23,128. Total income for the period was £70,870.

**THE IUVENTAS FOUNDATION
TRUSTEES' RESPONSIBILITIES STATEMENT
FOR THE PERIOD ENDED 31 MARCH 2024**

The operational costs of running the mentoring programmes we offer are now increasingly funded by the schools and colleges with whom the charity has contractual agreements in place. In 2022/23 this equated to around 25% of programme costs but that figure rose to 33% by the end of 2023/24 and will continue to rise in 2024/25. This is a huge endorsement from the schools/colleges of the work the foundation and its staff team carries out and helps us move closer to a sustainable business model with appropriate financial stability.

The Iuventas Foundation continues to be funded principally by donations from a small number of private individuals who have found common cause with our work. It is our intention to diversify this funding arrangement once we have three years of audited accounts with which to approach larger trusts and foundations. In the interim period, we are also exploring various avenues to raise funds for the work we do, such as organising a local carol concert.

The Trustees have assessed the major risks to which the Charity is exposed, and are satisfied that systems are in place to mitigate exposure to the major risks. The principle risk to the Charity arises from a lack of income, particularly from donations. This can be mitigated by minimising expenditure. The Charity's contractual arrangements with its mentors and counsellors are flexible which gives the charity the ability to adjust mentoring schedules relative to demand and financial resources. The effect of reducing staff costs would be to reduce the level of activity and services that the Charity can offer, but its operations could continue on this basis.

Structure, Governance & Management

The Charity is a charitable incorporated organisation (CIO) and is governed by its Constitution, last amended 8 August 2022. It is registered with the Charity Commission. The Trustees who served during the period and up to the date of signature of the financial statements were:

Nico McEwen	(appointed 8 August 2022)
Sean Fletcher	(appointed 8 August 2022)
Emma Tolson	(appointed 27 July 2023)

The Trustees were appointed in accordance with the Constitution. Due to the small size of the charity, there are no current plans to grow the board. Trustees are appointed following a short-listing process, including an external search and an internal search of trustee contacts, and an interview with the Chair of Trustees and Founder/CEO.

Going Concern

The Trustees have reasonable expectation that the Charity has adequate resources to continue for the foreseeable future, with the continued support of its funders and partnerships. The board continues to adopt the going concern basis in preparing the financial statements.

**THE IUVENTAS FOUNDATION
TRUSTEES' RESPONSIBILITIES STATEMENT
FOR THE PERIOD ENDED 31 MARCH 2024**

The trustees are responsible for preparing the Trustees' Annual Report 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 & Wales 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 of the charity for that period.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP 2019 (FRS 102);
- 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 operation.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the [Charities (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.

The Trustees' Report has been approved by the Trustees and signed on their behalf by:



Mr Nicholas McEwen
Chair

Date: 12/12/24

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF THE IUVENTAS FOUNDATION
FOR THE PERIOD ENDED 31 MARCH 2024**

I report to the charity trustees on my examination of the accounts of the charity for the period ended 31 March 2024 which are set out on pages 12 to 16.

Responsibilities and basis of report

As the charity's trustees you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the charity's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

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

1. accounting records were not kept in respect of the charity as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



Caroline Webster FCA
UHY Ross Brooke
Windrush Court
Abingdon Business Park
Abingdon
OX14 1SY
13.12.24

THE IUVENTAS FOUNDATION
STATEMENT OF FINANCIAL ACTIVITIES
(INCLUDING INCOME AND EXPENDITURE ACCOUNT)
FOR THE PERIOD 1 APRIL 2023 TO 31 MARCH 2024

	Notes	Unrestricted Funds 2024 £	Total Funds 2024 £	Unrestricted Funds 2023	Total Funds 2023
Incoming resources from:					
Donations and legacies	2	63,663	63,663	37,500	37,500
Charitable activities	2	7,196	7,196	863	863
Other income	3	11	11	4	4
Total income		70,870	70,870	38,367	38,367
Expenditure on:					
Charitable activities	4/5	58,283	58,283	26,086	26,086
Other expenditure	6	900	900	840	840
Total expenditure		59,183	59,183	26,926	26,926
Net income/(expenditure) before transfers		11,687	11,687	11,441	11,441
Transfers between funds		-	-	-	-
Net movement of funds in year		11,687	11,687	11,441	11,441
Reconciliation of funds:					
Total funds brought forward		11,441	11,441	-	-
Total funds carried forward		23,128	23,128	11,441	11,441

The Statement of Financial Activities includes all gains and losses recognised in the year.

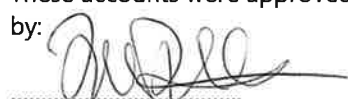
All income and expenditure derive from continuing activities.

**THE IUVENTAS FOUNDATION
BALANCE SHEET
FOR THE PERIOD ENDED 31 MARCH 2024**

	Notes	2024 £	2023 £
Current Assets			
Accrued income	8	2,537	863
Cash at bank		26,481	27,126
		29,018	27,989
Creditors			
Amounts due within one year	9	(5,890)	(16,548)
		23,128	11,441
Net Current Assets		23,128	11,441
Total Net Assets		23,128	11,441
 The Funds of the Charity			
Unrestricted income funds	12	23,128	11,441
		23,128	11,441

The Trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and for the preparation of accounts.

These accounts were approved by the Trustees on _____ and are signed on behalf of the board by:



.....
Nicholas McEwen, Chair

The notes on pages 14 to 17 form part of these financial statements.

**THE IUVENTAS FOUNDATION
BALANCE SHEET
FOR THE PERIOD ENDED 31 MARCH 2024**

1. Accounting Policies

(a) General information and basis of preparation

The Iuventas Foundation is a Charitable Incorporated Organisation in England. In the event of the charity being wound up, the members of the CIO have no liability to contribute to its assets and no personal responsibility for settling its debts and liabilities. The address of the registered office is given in the charity information on page 3 of these financial statements. The nature of the charity's operations and principal activities are youth mentoring and mental health support for young people.

The charity constitutes a public benefit entity as defined by FRS 102. The financial statements have been prepared in accordance with 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 issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011, and UK Generally Accepted Accounting Practice.

The financial statements are prepared on a going concern basis under the historical cost convention, modified to include certain items at fair value. The financial statements are presented in sterling which is the functional currency of the charity and rounded to the nearest £.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated. The Iuventas Foundation constitutes a public benefit as defined by FRS 102. The accounts have been prepared in accordance with 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), and the Charities Act 2011.

(b) Fund Accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objective of the charity and which have not been designated for other purposes.

(c) Incoming resources

All incoming resources are included in the Statement of Financial Activities when the charity has entitlement to the funds, certainty of receipt and the amount can be measured with sufficient reliability.

Donated services or facilities, which comprise donated services, are included in income at a valuation which is an estimate of the financial cost borne by the donor where such a cost is quantifiable and measurable. No income is recognised where there is no financial cost borne by a third party.

Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

**THE IUVENTAS FOUNDATION
BALANCE SHEET
FOR THE PERIOD ENDED 31 MARCH 2024**

(d) Resources expended

All expenditure is accounted for on an accruals basis and has been included under expense categories that aggregate all costs for allocation to activities. Where costs cannot be directly attributed to particular activities they have been allocated on a basis consistent with the use of the resources.

(e) Going concern

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

(f) Reporting period

The reporting period is a 12 month period from 1 April 2023 to 31 March 2024.

2. Voluntary income

	Unrestricted	2024	Unrestricted	2023
	£	£	£	£
Donations	57,350	57,350	30,000	30,000
Gift Aid	6,313	6,313	7,500	7,500
Counselling services	7,196	7,196	863	863
Voluntary income	<u>70,859</u>	<u>70,859</u>	<u>38,363</u>	<u>38,363</u>

3. Other income

	Unrestricted	2024	Unrestricted	2023
	£	£	£	£
Interest income	11	11	4	4
Other income	<u>11</u>	<u>11</u>	<u>4</u>	<u>4</u>

4. Direct costs

	Unrestricted	2024	Unrestricted	2023
	£	£	£	£
Subcontractors	52,335	52,335	23,805	23,805
Room hire	2,470	2,470	392	392
Direct costs	<u>54,805</u>	<u>54,805</u>	<u>24,197</u>	<u>24,197</u>

**THE IUVENTAS FOUNDATION
BALANCE SHEET
FOR THE PERIOD ENDED 31 MARCH 2024**

5. Support costs

	2024	2023
	£	£
Sundries	-	294
Travel and subsistence	699	749
Insurance	67	-
Subscriptions	-	80
Website	2,672	751
Conferences	40	15
	3,478	1,889

6. Other expenditure

	2024	2023
	£	£
Independent examination fee	900	840
	900	840

7. Staff Numbers

The average monthly number of employees during the year was nil (2023: nil).

8. Debtors

	2024	2023
	£	£
Trade debtors	-	-
Prepayments and accrued income	2,537	863
	2,537	863

9. Creditors – Amounts Falling Due Within One Year

	2024	2023
	£	£
Accruals and deferred income	5,667	5,967
Trade creditors	223	581
Working capital loan	-	10,000
	5,890	16,548

10. Trustees' expenses

During the year, trustees incurred expenditure on the charity's behalf amounting to £nil (2023: nil).

11. Related party transactions

During the year £50,000 (2023: £30,000) of income was received from a Trustee of the Charity.

**THE IUVENTAS FOUNDATION
BALANCE SHEET
FOR THE PERIOD ENDED 31 MARCH 2024**

12. UNRESTRICTED INCOME FUNDS

	Balance at 1 Apr 2023	Income	Expenditure	Transfers	Balance at 31 Mar 2024
	£	£	£	£	£
Unrestricted general funds	11,441	70,870	(59,183)	-	23,128
	<u>11,441</u>	<u>70,870</u>	<u>(59,183)</u>	<u>-</u>	<u>23,128</u>
<i>Previous year</i>					
	Balance at 27 January 2022	Income	Expenditure	Transfers	Balance at 31 Mar 2023
	£	£	£	£	£
Unrestricted general funds	-	38,367	(26,926)	-	11,441
	<u>-</u>	<u>38,367</u>	<u>(26,926)</u>	<u>-</u>	<u>11,441</u>

THE IUVENTAS FOUNDATION

England & Wales - Charity number 1200073

Accounts

The Iuventas Foundation

Annual Report and Unaudited Financial Statements

For the period from 27 January 2022 to 31 March 2023

Charity Number 1200073

Company Number CE029989

THE IUVENTAS FOUNDATION

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**THE IUVENTAS FOUNDATION
REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITY, ITS TRUSTEES AND ADVISERS
FOR THE PERIOD ENDED 31 MARCH 2023**

Trustees: Nick McEwen
Emma Charlotte Knapp (appointed 27 July 2023)
Sean Fletcher

Company registered number: CE029989

Charity registered number: 1200073

Registered office: 31 Squitchey Lane
Oxford
OX2 7LD

Accountants: Caroline Webster FCA
UHY Ross Brooke
Suite 1
Windrush Court
Abingdon Business Park
Abingdon
OX14 1SY

Bankers: Virgin Money
129 High Street
Oxford
OX1 4DF

**THE IUVENTAS FOUNDATION
TRUSTEES' REPORT
FOR THE PERIOD ENDED 31 MARCH 2023**

The Trustees present their report and financial statements for the period ended 31 March 2023. Reference and administrative information set out on page 3 forms part of this report.

The financial statements comply with current statutory requirements, the charity's constitution and the Statement of Recommended Practice - Accounting and Reporting by Charities: SORP applicable to charities preparing their accounts in accordance with FRS 102.

Background and Rationale

Charitable activities in the form of youth mentoring and coaching began in Autumn 2020 with one trained youth mentor volunteering at an academy school in East Oxford. The subsequent idea of a charity being created to formalise and develop this work came into being following discussions in Autumn 2021 between Tom Lewis and Nico McEwen.

They agreed a vision to start and grow a youth mentoring charity, to be called the Iuventas Foundation, with the aim of providing professional mentoring, coaching and mental health support to young people in the wider Oxford area, and particularly those from disadvantaged backgrounds.

The vision at inception was to recruit 5 qualified youth mentors into the programme in Year One and to build up a bank of evidence, impact studies and student testimonials that would allow the charity to fundraise to a wider audience in Year Two and beyond. Mentors would be professionals already working in the fields of adolescent mental health, youth work, child psychotherapy, counselling and pastoral care and would give a day a week of their time to work 1-1 with young people from schools, colleges and counselling services.

They would be paid a daily rate to work with students at the schools, which would be a meaningful percentage of what they normally charge privately. The rationale behind this was to attract the highest quality of people into the programme, create a transactional service (as distinct from volunteering) and thus provide the best quality support to young people.

Objectives and Activities

Our Mission

The Iuventas Foundation works with young people, often from disadvantaged backgrounds, providing them with mentoring, life guidance and mental health support to raise their aspiration, to empower them to take charge of their lives and to grow in character and self-confidence.

Our Objects

The charity's objects, as set out in its governing document, are:

- *To advance in life and relieve needs of children and young people by providing support and activities which develop their skills, capacities and capabilities to enable them to participate in society as mature and responsible individuals*

We achieve this by engaging with and contracting to secondary schools, further education colleges, counselling services and education providers in the broader Oxford area. Working closely with their pastoral departments and wellbeing teams, we identify students who are in significant need, but also those receptive to being supported. These students will often be on long waiting lists to receive counselling in school and/or see CAMHS and we work with them, 1-1, in a goal-oriented way to improve their mental health and increase their capacity to manage their lives and enjoy their childhoods.

**THE IUVENTAS FOUNDATION
TRUSTEES' REPORT
FOR THE PERIOD ENDED 31 MARCH 2023**

The outcomes are significant improvements in mental health, confidence, self-esteem and a broader and clearer outlook on life after school. Our mentoring model is a longer-term one that values the longevity and regularity of the working relationship between mentor and young person and aims to be transformational for the individual.

The Trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the Charity should undertake. The Trustees have had regard to the Charity Commission's guidance on public benefit when reviewing the Charity's aims and objectives, as well as planning its future activities.

Achievements and Performance

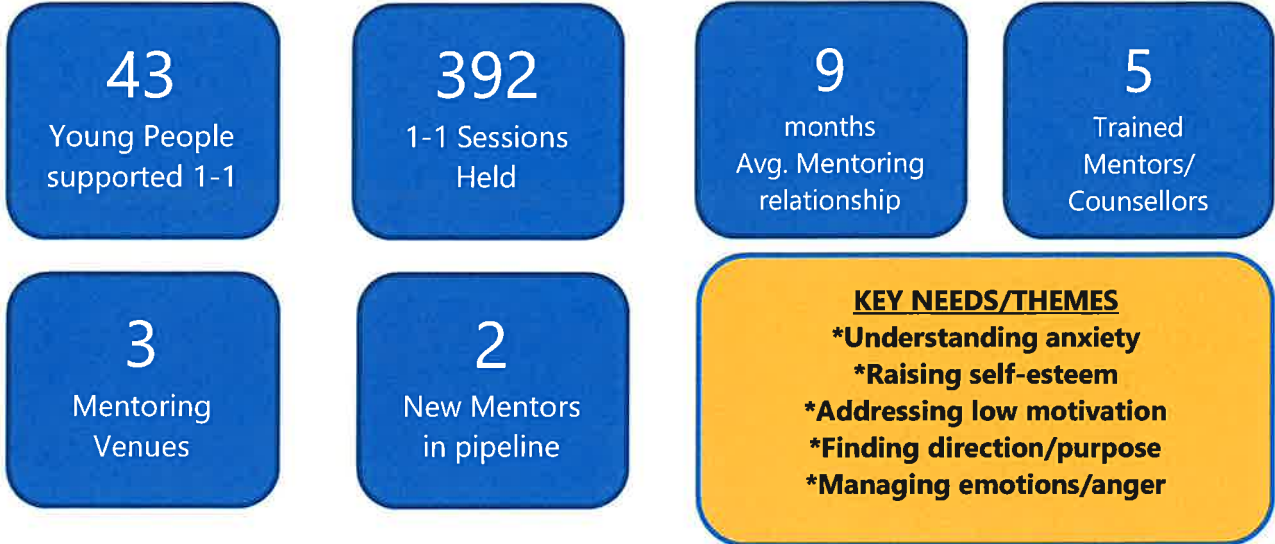
The charity commenced operations in January 2022 and formal registration in August 2022. In its first year, we worked with 43 young people and held a total of 392 mentoring sessions across two secondary schools in East Oxford. The average length of the mentoring relationship was 9 months with students attending 1-1 sessions on a weekly basis during term time. A small number of students have been linked to and been seeing a mentor for up to two years, while others have come with specific goals in mind and then worked towards achieving these over a 4-6 week period.

The better outcomes associated with longer mentoring relationships, versus shorter time-limited models, are well-documented. We very much follow this model of developing deeper relationships with the young people in our programmes as they have greater power to provide transformational benefits in the long run, not just to mentees, but also to mentors as well. 73% of the young people with whom we worked were 15-18 years old and 65% were girls.

Key themes arising in our first year of operation focussed on understanding and managing anxiety, emotional regulation, addressing low self-esteem and poor motivation, setting goals and finding purpose in life. Our feedback forms, completed before and after mentoring work by students, reflected the success and impact that our team of mentors have had, including: 100% enjoying the mentoring experience, 91% feeling mentoring has helped them, 73% valuing themselves more as a result and feeling more positive about life, 82% found themselves more likely to achieve their goals and 100% would recommend the programme to others.

**THE IUVENTAS FOUNDATION
TRUSTEES' REPORT
FOR THE PERIOD ENDED 31 MARCH 2023**

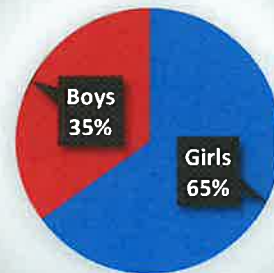
What TIF delivered – FINANCIAL YEAR 2022/23



IMPACT: Collated from feedback forms

100% of young people enjoyed being mentored
 91% feel mentoring has helped them
 73% value themselves more as a result
 72% are more positive about their life
 64% have improved their confidence levels
 82% are more likely to achieve their goals
 100% would recommend mentoring to others

Gender Mix



Some stories behind the stats...

How will mentoring help you in life?

"Mentoring has helped me understand my emotions and become more open with people" (Girl, Year 10)
 "I am better equipped to make decisions about my future" (Boy, Year 12)
 "I have learnt how to put down boundaries and respect myself more" (Girl, Year 13)

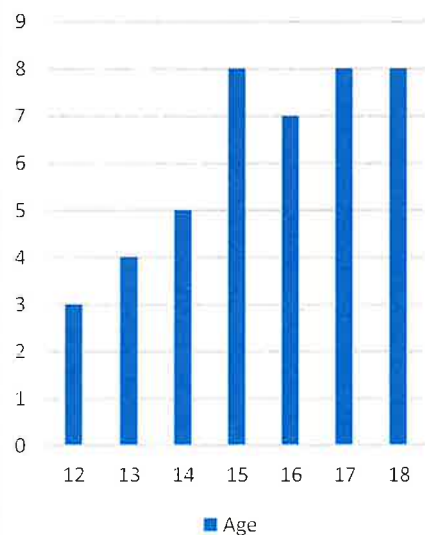
What did you like most about mentoring?

"the confidence the mentor had in me" (Boy, Year 12)
 "I could speak about things I wouldn't tell anyone" (Girl, Year 10)
 "the feeling of companionship" (Boy, Year 11)
 "I always had something to look forward to" (Boy, Year 10)

Comments from pastoral team

"The students have really appreciated mentoring, allowing them to feel listened to and supported – this has made a dramatic effect on their approach and wellbeing" (Head of 6th Form)

Age Range



**THE IUVENTAS FOUNDATION
TRUSTEES' REPORT
FOR THE PERIOD ENDED 31 MARCH 2023**

Case Studies and Impact

One 18 year old girl who has been in the mentoring programme for two years has recently won a place to study English Literature at university. When she started attending mentoring, her mother had banned her from going to university, telling her instead that her job was to stay at home to look after her younger step-sister. The mentoring support provided her with the emotional tools and resilience to work for what she believed in.

One 16 year old boy who had struggled with low motivation and poor mental health throughout the pandemic joined the mentoring programme for 9 months and ended up excelling in his GCSE exams and winning a 100% scholarship to a top UK boarding school where he is now studying for his A Levels.

One 15 year old boy who came to mentoring with a very poor behaviour record, including aggressive incidents with staff and pupils and school exclusions, worked hard to understand and regulate his anger. With clear academic and social goals in place, he secured a place at IntoUniversity with the help of the charity and is hoping to win a scholarship to a sixth form college.

Future Developments

Following this financial period in which mentors were deployed in two schools, the charity has since expanded into two more locations in its second year of operation, with a fifth due to be finalised in Autumn 2023.

As such the charity is operating pilot projects as follows:

Location	Ages	Date Started	Mentors
The Oxford Academy	11-18	September 2020	2
EMBS, Cowley	16-18	January 2023	1
The Abingdon Bridge	15-23	June 2023	2
Oxford Spires Academy	11-18	September 2023	2

The Oxford Academy and Oxford Spires Academy are state-funded secondary academies, both run by multi-academy trusts (MATs).

EMBS is a state-funded, not-for-profit sixth form college initially established to improve the economic situation of ethnic minority communities in Oxfordshire through education and skills enhancement. EMBS now provides education, training and careers advice for the whole community, delivering services for young people and adults in Oxford and Banbury.

The Abingdon Bridge is a well-established youth charity providing counselling, mental health and lifestyle support to young people across south Oxfordshire.

Staffing

The Iuventas Foundation works on a model of contracting professionally trained mentors, counsellors and psychotherapists, who are usually in private practice, to give one day a week of their time to the charity. They are paid an hourly rate, which equates to a meaningful percentage of what they charge privately, to work 1-1 with young people who are in need of their support.

**THE IUVENTAS FOUNDATION
TRUSTEES' REPORT
FOR THE PERIOD ENDED 31 MARCH 2023**

Much of the work is centred around compassionate listening, problem-solving, goal setting and emotional regulation. Some of the work involves deeper processing of past experiences and trauma and as such, is more psychotherapeutic in nature. The trustees and CEO believe that this model of youth mentoring brings the greatest transformational benefits to young people as it is long-lasting, transactional and delivered by highly qualified practitioners who have chosen to embellish their professional practices with this kind of work.

Reserves Policy

The trustees are aware of the requirement to review the level of reserves in line with the charity's future plans. The charity considers its reserves on an annual basis and is currently reviewing the need for additional fundraising activities. Income is guaranteed under an agreement with a private donor until 31st March 2025. This income is unrestricted and at present the costs of running the charity are structured in such a way that they will not exceed this figure.

Financial Review

The charity achieved a net surplus of £11,441 bringing the charity's total funds to £11,441. Total income for the period was £38,367.

The operations of the charity are funded in part through the schools and colleges with whom the charity has contractual agreements in place to contribute to the costs of running the mentoring programmes. On average these equate to around 25% of programme costs. Predominantly though, the charity is funded by donations from private individuals who have found common cause with our work.

The Trustees have assessed the major risks to which the Charity is exposed, and are satisfied that systems are in place to mitigate exposure to the major risks. The principle risk to the Charity arises from a lack of income, particularly from donations. This can be mitigated by minimising expenditure. The Charity's contractual arrangements with its mentors and counsellors are flexible which gives the charity the ability to adjust mentoring schedules relative to demand and financial resources. The effect of reducing staff costs would be to reduce the level of activity and services that the Charity can offer, but its operations could continue on this basis.

Structure, Governance & Management

The Charity is a charitable incorporated organisation (CIO) and is governed by its Constitution, last amended 8 August 2022. It is registered with the Charity Commission. The Trustees who served during the period and up to the date of signature of the financial statements were:

Nico McEwen	(appointed 8 August 2022)
Sean Fletcher	(appointed 8 August 2022)

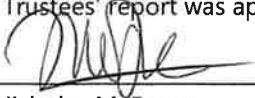
The Trustees were appointed in accordance with the Constitution. During the period, the Trustees undertook a search to bring additional expertise and experience onto the board in preparation for Year Two of the charity's operation. Trustees are appointed following a short-listing process, including an external search and an internal search of trustee contacts, and an interview with the Chair of Trustees and CEO.

**THE IUVENTAS FOUNDATION
TRUSTEES' REPORT
FOR THE PERIOD ENDED 31 MARCH 2023**

Going Concern

The Trustees have reasonable expectation that the Charity has adequate resources to continue for the foreseeable future, with the continued support of its funders and partnerships. The board continues to adopt the going concern basis in preparing the financial statements.

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



Mr Nicholas McEwen
Chair

Date: 15/1/2024

**THE IUVENTAS FOUNDATION
TRUSTEES' RESPONSIBILITIES STATEMENT
FOR THE PERIOD ENDED 31 MARCH 2023**

The trustees are responsible for preparing the Trustees' Annual Report 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 & Wales 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 of the charity for that period.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP 2019 (FRS 102);
- 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 operation.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the [Charities (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.

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF THE IUVENTAS FOUNDATION
FOR THE PERIOD ENDED 31 MARCH 2023**

I report to the charity trustees on my examination of the accounts of the charity for the period ended 31 March 2023 which are set out on pages 12 to 16.

Responsibilities and basis of report

As the charity's trustees you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the charity's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

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

1. accounting records were not kept in respect of the charity as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



Caroline Webster FCA
UHY Ross Brooke
Windrush Court
Abingdon Business Park
Abingdon
OX14 1SY
2023
18/01/24

**THE IUVENTAS FOUNDATION
STATEMENT OF FINANCIAL ACTIVITIES
(INCLUDING INCOME AND EXPENDITURE ACCOUNT)
FOR THE PERIOD 27 JANUARY 2022 TO 31 MARCH 2023**

	Notes	Unrestricted Funds 2023 £	Total Funds 2023 £
Incoming resources from:			
Donations and legacies	2	37,500	37,500
Charitable activities	2	863	863
Other income	3	4	4
Total income		38,367	38,367
Expenditure on:			
Charitable activities	4/5	26,086	26,086
Other expenditure	6	840	840
Total expenditure		26,926	26,926
Net income/(expenditure) before transfers		11,441	11,441
Transfers between funds		-	-
Net movement of funds in year		11,441	11,441
Reconciliation of funds:			
Total funds brought forward		-	-
Total funds carried forward		11,441	11,441

The Statement of Financial Activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

**THE IUVENTAS FOUNDATION
BALANCE SHEET
FOR THE PERIOD ENDED 31 MARCH 2023**

	Notes	2023 £
Current Assets		
Accrued income	8	863
Cash at bank		27,126
		27,989
Creditors		
Amounts due within one year	9	16,548
		11,441
Net Current Assets		11,441
Total Net Assets		11,441
 The Funds of the Charity		
Unrestricted income funds		11,441
		11,441

The Trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and for the preparation of accounts.

These accounts were approved by the Trustees on _____ and are signed on behalf of the board by:



 Nicholas McEwen, Chair

15/1/2024

The notes on pages 14 to 16 form part of these financial statements.

Charity Number 1200073
Company Number CE029989

**THE IUVENTAS FOUNDATION
BALANCE SHEET
FOR THE PERIOD ENDED 31 MARCH 2023**

1. Accounting Policies

(a) General information and basis of preparation

The Iuventas Foundation is a Charitable Incorporated Organisation in England. In the event of the charity being wound up, the members of the CIO have no liability to contribute to its assets and no personal responsibility for settling its debts and liabilities. The address of the registered office is given in the charity information on page 3 of these financial statements. The nature of the charity's operations and principal activities are youth mentoring and mental health support for young people.

The charity constitutes a public benefit entity as defined by FRS 102. The financial statements have been prepared in accordance with 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 issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011, and UK Generally Accepted Accounting Practice.

The financial statements are prepared on a going concern basis under the historical cost convention, modified to include certain items at fair value. The financial statements are presented in sterling which is the functional currency of the charity and rounded to the nearest £.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated. The Iuventas Foundation constitutes a public benefit as defined by FRS 102. The accounts have been prepared in accordance with 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), and the Charities Act 2011.

(b) Fund Accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objective of the charity and which have not been designated for other purposes.

(c) Incoming resources

All incoming resources are included in the Statement of Financial Activities when the charity has entitlement to the funds, certainty of receipt and the amount can be measured with sufficient reliability.

Donated services or facilities, which comprise donated services, are included in income at a valuation which is an estimate of the financial cost borne by the donor where such a cost is quantifiable and measurable. No income is recognised where there is no financial cost borne by a third party.

Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

**THE IUVENTAS FOUNDATION
BALANCE SHEET
FOR THE PERIOD ENDED 31 MARCH 2023**

(d) Resources expended

All expenditure is accounted for on an accruals basis and has been included under expense categories that aggregate all costs for allocation to activities. Where costs cannot be directly attributed to particular activities they have been allocated on a basis consistent with the use of the resources.

(e) Going concern

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

(f) Reporting period

The reporting period is a 14 month period from 27th January 2022 to 31 March 2023. This is due to it being the first year of accounts of the Charity.

2. Voluntary income

	Unrestricted £	2023 £
Donations	30,000	30,000
Gift Aid	7,500	7,500
Counselling services	863	863
	<u>38,363</u>	<u>38,363</u>

3. Other income

	Unrestricted £	2023 £
Interest income	4	4
Other income	<u>4</u>	<u>4</u>

4. Direct costs

	2023 £
Subcontractors	23,805
Room hire	392
	<u>24,197</u>

**THE IUVENTAS FOUNDATION
BALANCE SHEET
FOR THE PERIOD ENDED 31 MARCH 2023**

5. Support costs

	2023 £
Sundries	294
Travel and subsistence	749
Subscriptions	80
Website	751
Conferences	15
	1,889

6. Other expenditure

	2023 £
Independent examination fee	840
	840

7. Staff Numbers

The average monthly number of employees during the year was nil.

8. Debtors

	2023 £
Trade debtors	-
Prepayments and accrued income	863
	863

9. Creditors – Amounts Falling Due Within One Year

	2023 £
Accruals and deferred income	5,967
Trade creditors	581
Working capital loan	10,000
	16,548

10. Trustees' expenses

During the year, trustees incurred expenditure on the charity's behalf amounting to £nil.

11. Related party transactions

During the year £30,000 of income was received from a Trustee of the Charity. A working capital loan of £10,000 was received from a Trustee to assist with the setting up of the charity.