

# **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**

<b>Trustees:</b>	Nick McEwen Emma Charlotte Knapp (appointed 27 July 2023) Sean Fletcher
<b>Company registered number:</b>	CE029989
<b>Charity registered number:</b>	1200073
<b>Registered office:</b>	31 Squitchey Lane Oxford OX2 7LD
<b>Accountants:</b>	Caroline Webster FCA UHY Ross Brooke Suite I Windrush Court Abingdon Business Park Abingdon OX14 1SY
<b>Bankers:</b>	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.

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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.

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FOR THE PERIOD ENDED 31 MARCH 2023**

## What TIF delivered – FINANCIAL YEAR 2022/23

43

Young People  
supported 1-1

392

1-1 Sessions  
Held

9

months  
Avg. Mentoring  
relationship

5

Trained  
Mentors/  
Counsellors

3

Mentoring  
Venues

2

New Mentors  
in pipeline

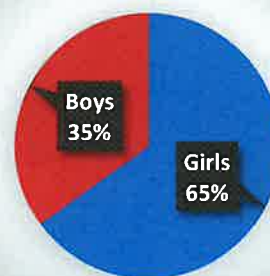
### KEY NEEDS/THEMES

- \*Understanding anxiety
- \*Raising self-esteem
- \*Addressing low motivation
- \*Finding direction/purpose
- \*Managing emotions/anger

### 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)

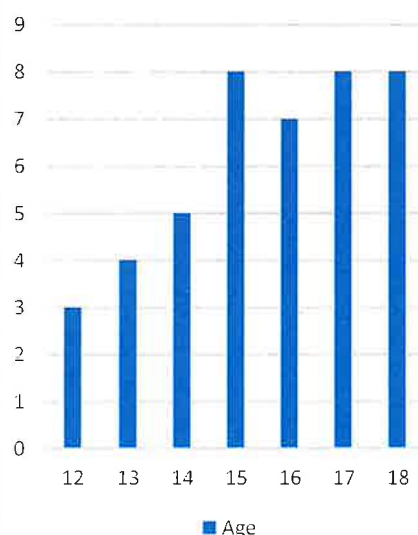
"the feeling of companionship" (Boy, Year 11)

"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 6<sup>th</sup> 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:

<b>Location</b>	<b>Ages</b>	<b>Date Started</b>	<b>Mentors</b>
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.

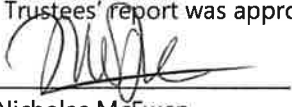


**THE IUVENTAS FOUNDATION  
TRUSTEES' REPORT  
FOR THE PERIOD ENDED 31 MARCH 2023**

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

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

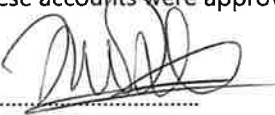
All income and expenditure derive from continuing activities.

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

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

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 27<sup>th</sup> January 2022 to 31 March 2023. This is due to it being the first year of accounts of the Charity.

**2. Voluntary income**

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

**3. Other income**

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

**4. Direct costs**

	<b>2023 £</b>
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**

	<b>2023</b>
	<b>£</b>
Sundries	294
Travel and subsistence	749
Subscriptions	80
Website	751
Conferences	15
	<u>1,889</u>

**6. Other expenditure**

	<b>2023</b>
	<b>£</b>
Independent examination fee	840
	<u>840</u>

**7. Staff Numbers**

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

**8. Debtors**

	<b>2023</b>
	<b>£</b>
Trade debtors	-
Prepayments and accrued income	863
	<u>863</u>

**9. Creditors – Amounts Falling Due Within One Year**

	<b>2023</b>
	<b>£</b>
Accruals and deferred income	5,967
Trade creditors	581
Working capital loan	10,000
	<u>16,548</u>

**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.