

Shrublands Youth and Adult Centre Charitable Trust

22/23

Archive Group – A group of older residents that are documenting the history of the site from a working farm, to a community centre and all the activities in the last 70 years.

Community Circuits – (above) A community exercise class, no lycra - no mirrors, run by a professional tutor to get everyone active, we have upto 20 people a week, there are different stations, ball, rower, skipping etc to work all the different muscle groups. The sessions start with a group warm up and finish with a cool down and often end up in the Community Café to socialise after class.

The **Community Fridge** is operated within the Foodclub, this is primarily aimed at reducing waste, but is often used by local residents to help with their food shopping. We have donations from local supermarkets that are past their Best Before Dates; fresh food including bread and we give this away for free, there is nothing wrong with this food other than it has past it's arbitrary date.

Community Cycle Hub is run by volunteers to mend and maintain local people's bikes. We also take in bikes the police find, check them over and lend them out to people that need to get to work or school.

Fortnightly they go on a group bike ride, to the Beach or a Café as both a social gathering and a physical activity.

Our **Cutting Hedge** project is a service that volunteers offer to vulnerable residents if their gardens need a tidy, the gardening is often performed for a cuppa or maximum of £10, to cover costs.

We also run a **Gardening Group** getting people outside in the fresh air, together with some gardening guidance and a listening ear. We all benefit from this as they keep the site looking lovely, whilst doing something they enjoy. These also use the Community Café to have a drink and socialise.

Healing Melodies Singing Club is to help with breathing, wellbeing and just generally to give a boost to those who wish to come along, it has a mix of ages, abilities, disabilities and has just a lovely friendly vibe, singing popular songs from



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through the years so everyone can identify and join in even if reading is not their thing. Some of the participants even get up and dance at times.

My Youth Club, (left at Bowling in summer) is for 6-12 year olds and runs throughout the year, not stopping for school holidays, as the children need the routine and the parents need the break.

There is a paid Youth Worker and the rest of the staff are volunteers. Weekly we offer crafts, games and activities in a safe space, where the children can relax and have fun.

Seated Exercise (below) is for the less physically able but who still need to exercise with a qualified instructor to ensure nobody hurts themselves. This is a well-attended group, with people on oxygen, with dementia, with down syndrome, with visually impaired and others just not quite up to the other classes we run. They love the banter and always leave smiling. We are currently looking at offering this twice a week as it is so well attended and the participants report that they find it very beneficial.

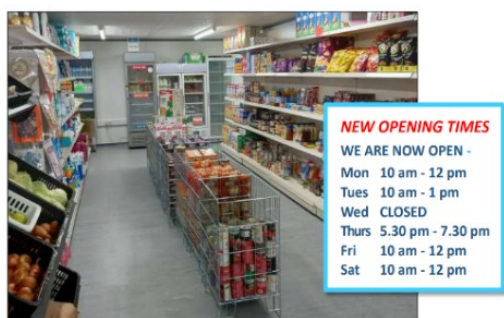
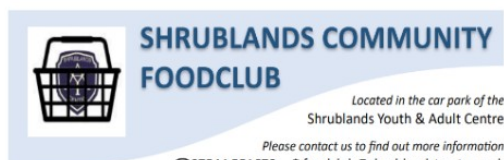
Shrublands Community Café, - (right -Walking Footballers enjoying a cuppa after their game.) The Community Café has been running for ten years and is staffed solely by volunteers. We offer people a place to meet up, a cup of Tea or Coffee are just 70p and we have residents that make their cup of tea last a few hours as it is a warm place to be plus the volunteers chat to them if they wish. The Community Café offers volunteering opportunities to local people, we have had several volunteers progress onto to paid work. We train and support all our volunteers so they all have Level 2 Food Safety & Hygiene qualification and we have a 5-star rating from Great Yarmouth Food Hygiene Ratings Scheme.

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The Community Café is small and welcoming, allowing access to computers for those who need to job search or write on their Universal Credit journal. The Community Café is also used by those participating in our other activities, walking football, circuits, craft group and seated exercise who also purchase their drinks in the café which extends their group to also socialise.

The pricing in the Community Café is deliberately low, we know that our local residents do not have much spare money but use the café as a way of seeing other people on their terms.



The Shrublands Community Food Club provides good quality, affordable food to residents within Gorleston. With a proof of address and an annual fee of £4.00 per household, you are eligible to become a member.

Our members can buy a range of fresh, dried and canned food, alongside toiletries and personal care items.



Shrublands Community Foodclub, this is not a foodbank but based on a Community Supermarket model.

The Foodclub runs on points as some of the food is donated. Residents pay reduced price for their food helping them to stretch their money a bit further. 4 pints of Milk are the equivalent of £1.00, we stock fresh fruit and vegetables, dairy, bread as well as tinned food and snacks.

We work with local suppliers and national schemes such as FareShare and HisChurch, to ensure we can both keep up with demand and keep the prices low. On average we save residents about 30% off their shop, but as well as this we offer that corner shop feel with people happy to chat and this allows us to sign post to all the other organisations and activities that take place locally to ensure that they get the help or advice they need. We have

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volunteers that assist the paid coordinator, ensuring that everything is rooted in the community.

Shrublands Crafters (below) is a group of people that meet in the Community Café have drink and take part in their own Craft, since Covid this has become a way to connect even if your activity is normally quite isolating. One lady bakes and brings in treats, another has made alternative Macmillan crocheted cookies, for those watching their weight. Another lady has made cards to sell in the Foodclub to raise funds.



During Covid 19 when we had to close the Centre, we realised that many of the people we previously supported were at home, scared and struggling. We created the Community Checkers project, where we knocked on residents doors road by road, and spoke to people about help available, and in some cases just chatted. We went all around Gorleston twice, we knocked on every door regardless of whether they were known to us. We dealt with debt, benefits, isolation, bereavement, crime, housing, Covid advice and many other issues. We picked up many people who had no one, and so we started the **Social and Wellbeing contact**. This is a phone call fortnightly to those who have little to no outside contact, and we have continued this after lock down as those benefiting felt this was very important to them.

Walking Football is a group where the guys play on a Monday morning in the gym, having fun and keeping fit, then adjourn to the Community Café to talk about the game or the Football at the weekend, this is a lively group and banter is good. When one of the men was poorly several went to visit him in hospital, he is now back as referee as he is still not able to play, but enjoys the company.

Wellbeing Group is a group facilitated by a qualified councillor who helps the group work through their issues in a practical way. There is a lady recovering from domestic violence, other issues include confidence, depression, coping with physical health issues, dealing with children especially those with extra needs. This group is only term time, but they meet without the councillor for peer support in the holidays. They also have a WhatsApp group in case they need support during the week.

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What's On Guide, this is our local production, many of our residents are not able or do not like to use the internet, so we both put the Guide on the website and produce a physical booklet. We put them in the local library, GP surgeries and churches. We advertise all local groups and activities running at the centre and throughout Gorleston. During Covid 19 we used it as a way to keep in touch with local people as the centre was closed. We have editorial about local issues and submissions from residents about things they are interested in.

Working with Disability

Information and Advice Line – DIAL, another local charity we provide the **Work Club**, which helps residents with their CV's and applying for jobs and getting into volunteering, also through our partnership with DIAL we can offer access to financial and benefit advice at our centre instead of the journey to Great Yarmouth.

We also offer **Yoga** sessions weekly with a qualified instructor, ensuring that there is a kind of exercise that most can join in with.

We are finalising the lease the Solicitors are negotiating the fine details, so we can have the rental income to add to our sustainability.

As well as our activities the Centre is used by a variety of other groups, there is Adult Learning, Arthritis Group, Badminton, Feathers Futures, Fibromyalgia support, Gorleston on Sea Heritage, Great Yarmouth and Gorleston Young Carers, Great Yarmouth Dog Training School Green Gym, Lil' Kickers, NHS Health Checks, Norfolk and Suffolk Foundation Trust, Pilates, Short Mat Bowls, and Summer School Activities.

We also have agencies working from the Centre Great Yarmouth Borough Council Community Hub, including Early Help, Housing and Communities teams, all work from the centre. As well as Change Grow Live, our local addiction service, Community Legal Team, DIAL who give benefit and debt advice, MIND, NHS Social Prescribers, Norfolk County Council Children and Families Team and Safer Neighbourhood Team.



Receipts and payments accounts

For the period from	Period start date	To	Period end date
	01/04/2022		31/03/2023

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations	250	19,066	-	19,316	3,527
Grants	-	118,328	-	118,328	164,808
Savings	-	920	-	920	1,380
Charity shop	-	37,681	-	37,681	911
Fund Raising	-	-	-	-	1,331
Subscriptions	-	5,287	-	5,287	3,478
Rental income	-	25,112	-	25,112	8,763
SMP recovered	-	7,903	-	7,903	-
Other income	175	2,407	-	2,582	945
Sub total (Gross income for AR)	425	216,704	-	217,129	185,143
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	425	216,704	-	217,129	185,143
A3 Payments					
Grants payable	-	637	-	637	2,090
Charity shop/café	-	101,585	-	101,585	3,106
PR	-	1,535	-	1,535	1,373
Printing & stationery	-	-	-	-	54
Books	-	1,764	-	1,764	1,044
Internet	-	-	-	-	142
Telephone	-	309	-	309	566
Cleaning	-	900	-	900	1,443
Refreshments	-	-	-	-	98
Sundry expenses	-	450	-	450	586
Staff wages, etc.	-	55,868	-	55,868	67,747
Workshop tutors	-	13,508	-	13,508	7,025
Accountancy fees	180	-	-	180	360
Professional fees	-	390	-	390	30
Trips	-	1,805	-	1,805	1,872
Uniforms	-	-	-	-	154
Premises expenses	-	4,314	-	4,314	755
Start up costs Food Club	-	12,865	-	12,865	432
Repairs and maintenance costs	-	3,230	-	3,230	4,015
Recruitment expenses	-	343	-	343	-
Insurance	-	1,075	-	1,075	-
Rent	-	31	-	31	-
Sub total	180	200,609	-	200,789	92,892
A4 Asset and investment purchases, (see table)					
Equipment	-	-	-	-	3,063
Sub total	-	-	-	-	3,063
Total payments	180	200,609	-	200,789	95,955
Net of receipts/(payments)	245	16,095	-	16,340	89,188
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	2,086	203,256	-	205,342	116,154
Cash funds this year end	2,331	219,351	-	221,682	205,342

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Bank current account	2,146	29,411	-
	Bank deposit account	185	189,940	-
		-	-	-
	Total cash funds	2,331	219,351	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
B2 Other monetary assets	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
	Shop equipment	Food Club	3,063	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
	Accountancy fees	Unrestricted	-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
		B Brackley	08/07/2023	

Shrublands Youth & Adult Community Centre Charitable Trust
Shrublands Youth & Adult Centre
Magdalan Way
Gorleston
Great Yarmouth
Norfolk
NR31 7BP

Haines Watts Simpson Accountants Limited
Englands Lane Business Centre
47 Englands Lane
Gorleston
Great Yarmouth
Norfolk
NR31 6BE

The following representations are made on the basis of enquiries of management and staff with relevant knowledge and experience such as we consider necessary in connection with your independent examination of the charity's Receipts and Payments account and Trustees Report for the year ended 31/03/2023. These enquiries have included inspection of supporting documentation where appropriate and are sufficient to satisfy ourselves that we can make each of the following representations. All representations are made to the best of our knowledge and belief.

General

1. We acknowledge that the work performed by you is substantially less in scope than an audit performed in accordance with International Standards on Auditing (UK) and that you do not express an audit opinion.
2. We confirm that the charity was entitled to exemption under section 144 of the Charities Act 2011 the requirement to have its Receipts and Payments Account for the financial year ended 31/03/2023 audited.
3. We have fulfilled our responsibilities as trustees as set out in the terms of your engagement letter dated 10/11/2023, under the Charities Act 2011 for preparing Receipts and Payments Accounts in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice), for being satisfied that they give a true and fair view and for making accurate representations to you.
4. All the transactions undertaken by the charity have been properly reflected and recorded in the accounting records.
5. All the accounting records have been made available to you for the purpose of your independent examination. We have provided you with unrestricted access to all appropriate persons within the charity, and with all other records and related information requested, including minutes of all management and trustee meetings and correspondence with The Charity Commission.
6. The Receipts and Payments Accounts are free of material misstatements, including omissions.
7. The effects of uncorrected misstatements are immaterial both individually and in total.

Assets and liabilities

8. The charity has satisfactory title to all assets and there are no liens or encumbrances on the charity's assets, except for those that are disclosed in the notes to the financial statements.
9. All actual liabilities, contingent liabilities and guarantees given to third parties have been recorded or disclosed as appropriate.
10. We have no plans or intentions that may materially alter the carrying value and, where relevant, the fair value measurements or classification of assets and liabilities reflected in the financial statements.

Accounting estimates

11. The methods, data and significant assumptions used by us in making accounting estimates, and their related disclosures, are appropriate to achieve recognition, measurement and disclosure that is reasonable in the context of the applicable financial reporting framework.

Legal claims

12. We have disclosed to you all claims in connection with litigation that have been, or are expected to be, received and such matters, as appropriate, have been properly accounted for and disclosed in the financial statements.

Laws and regulations

13. We have disclosed to you all known instances of non-compliance or suspected non-compliance with laws and regulations whose effects should be considered when preparing the financial statements.

Related parties

14. Related party relationships and transactions have been appropriately accounted for and disclosed in the financial statements. We have disclosed to you all relevant information concerning such relationships and transactions and are not aware of any other matters which require disclosure in order to comply with legislative and accounting standards requirements.

Subsequent events

15. All events subsequent to the date of the financial statements which require adjustment or disclosure have been properly accounted for and disclosed.