

Hope 4 UR Life Limited

Northern Ireland · Charity number 103924

Details

Status Received

Registered 2015-11-02

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

Contact

Address Units 1
2 & 5 North City Business
2 Duncairn Gardens
Belfast
BT15 2gg
BT15 2GG

Phone 02896001707

Email dee@hope4lifeni.org.uk

Activities

Purposes: The objects of the company are the advancement of education and the advancement of health in the provision of training for the prevention and recovery from stress, anxiety and depression. To educate and develop strong role models, mentors and key supporters to help in further developing and supporting those suffering from mental health issues, socially vulnerable and those most at risk within our society.

What the charity does: The advancement of education, The advancement of health or the saving of lives, The advancement of citizenship or community development, The relief of those in need by reason of youth, age, ill-health, disability, financial hardship or other disadvantage

How the charity works: Advice/advocacy/information, Counselling/support, Criminal justice, Cross-border/cross-community, Disability, Education/training, General charitable purposes, Medical/health/sickness, Youth development

Who the charity helps: Addictions (drug/solvent/alcohol abuse), Adult training, Asylum seekers/refugees, Children (5-13 year olds), Community safety/crime prevention, Ethnic minorities, Ex-offenders and prisoners, Homelessness, Men, Mental health, Parents, Specific areas of deprivation, Travellers, Unemployed/low income, Victim support, Voluntary and community sector, Volunteers, Women, Youth (14-25 year olds)

Finances

Period end	Income	Expenditure	Assets	Employees
2025-11-30	£131,882	£204,485	£0	7
2024-11-30	£273,966	£206,466	£-6,898	5

Trustees

Name	Role	Appointed
David Nixon		
Dr Michael Mawhinney		
Eddie Magowan		
Kate Doyle		
Kyla Mccracken		
Matthew Taylor		
Michael Pratt		
Nathaniel Hamilton		
Stephen Greyston		

Hope 4 UR Life Limited

Northern Ireland - Charity number 103924

Accounts

Company registration number: NI631599

Charity registration number: 103924

Hope 4 Ur Life Limited

(A company limited by guarantee)

Annual Report and Financial Statements

for the Year Ended 30 November 2025

Baxterworld Ltd
Chartered Management Accountants
Unit 3 Dargan Industrial Park
60-84 Dargan Crescent
Belfast
BT3 9JP

Hope 4 Ur Life Limited

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Hope 4 Ur Life Limited

Reference and Administrative Details

Trustees	Mr Stephen Greyston Mr Alan David Nixon Mr Nathaniel Hamilton Ms Kate Doyle Dr Michael Mawhinney (appointed 17 September 2025) Ms Kyla McCracken (appointed 19 September 2025) Mr William Michael Pratt (appointed 22 September 2025) Mr Matthew Taylor (appointed 22 September 2025) Mr Eddie Magowan (appointed 5 January 2026) Ms Cara Taylor (Resigned 30 April 2026) Ms Judith McConville (Resigned 17 June 2025) Ms Victoria Mary McLaughlin (Resigned 15 December 2025) Ms Bronagh Duggan (Resigned 28 March 2025)
Secretary	Mr Stephen Greyston
Principal Office	Units 1,2 & 5 North City Business Centre 2 Duncairn Gardens Belfast BT15 2GG
Company Registration Number	NI631599
Charity Registration Number	103924
Bankers	Danske Bank Donegall Square West Belfast BT1 6JS
Independent Examiner	Baxterworld Ltd Chartered Management Accountants Unit 3 Dargan Industrial Park 60-84 Dargan Crescent Belfast BT3 9JP

Hope 4 Ur Life Limited

Strategic Report for the Year Ended 30 November 2025

The trustees, who are directors for the purposes of company law, present their strategic report for the year ended 30 November 2025, in compliance with s414C of the Companies Act 2006.

Financial review

Despite a funding landscape described by the Board as "challenging" and "highly competitive", the charity has successfully secured critical grant funding and community donations, fundraising and have been nominated as Charity of the Year, by 3 organisations. All of which supports our operations. Securing additional unrestricted funding—particularly through our Adult Mental Health Training Programmes— all of which remain top priority to continue to protect the ongoing need for the work that we do to support communities across Northern Ireland, but this funds this necessary work and protects our charity reserves.

Income in the year was £131,882 and expenditure totalled £204,485 giving a deficit of £72,603. Unrestricted and designated reserves totalled £125,442 at the close of the period.

Policy on reserves

It is the policy of the charity that un-restricted funds, that have not been designated for a specific use, should be maintained at a level equivalent to between 3 to 6 months expenditures. The trustees consider that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the charity's current activities while consideration is given to ways in which additional funds may be raised. This equates to £51,121 to £102,242 and this level of reserves has been maintained throughout the year.

The strategic report was approved by the trustees of the charity on 28 May 2026 and signed on its behalf by:

Stephen Greyston

Mr Stephen Greyston
Company Secretary and Trustee

Eddie Magowan

Mr Eddie Magowan
Trustee

Hope 4 Ur Life Limited

Trustees' Report

The trustees, who are directors for the purposes of company law, present the annual report together with the financial statements of the charitable company for the year ended 30 November 2025.

Objectives and activities

Objects and aims

The charity's objects are the advancement of education and of prevention and early intervention mental health and wellbeing programmes for children, young people, and adults. We aim to educate individuals in better understanding mental ill-health, how to recognise triggers and stressors at a much earlier stage, while also equipping them with tools and techniques to maintain wellbeing. We also train and support individuals to become strong role models, mentors, and key supporters to help in further preventing mental health issues, reducing stigma and isolation in those who are vulnerable and most at risk within our society.

Hope 4 Life NI's aim is to serve our community locally with integrity and excellence, to help those who need support with their mental health and wellbeing, and to offer practical tools and techniques for them to cope better with life's challenges. We engage, equip, and empower individuals through our prevention and early intervention mental health and wellbeing framework of programmes that support mental wellness and aid recovery at a much earlier stage. Our fundamental aim is the provision of pro-active, early intervention approaches to reducing the unsustainable and consistently rising levels of mental illness within all areas of our society.

Hope 4 Ur Life Limited

Trustees' Report

Objectives, strategies and activities

The 2024/2025 operational period has seen significant strategic growth, enhanced political engagement, and a continued focus on data-driven early intervention.

Programme Delivery and Impact

- **Uberheroes® UK Expansion:** The Uberheroes® licensing platform has been completed and soft-launched, enabling the charity to offer our services across England, Scotland, and Wales as a core part of our sustainability strategy.
- **Cost-Benefit Data:** We have compiled a robust dataset of over 4,000 survey responses proving our preventative impact. Data demonstrates that the Uberheroes® programme costs approximately £19 per beneficiary, compared to £2,250 per child for reactive CAMHS services. For every £1 spent on our programmes, a minimum of £112 is saved for the public purse (saving over £24 million to date).
- **School Engagement:** Bookings for the year included 203 workshops, delivering to over 7,690 beneficiaries.
- **Targeted Partnerships:** We secured funding to deliver programmes to the National Autistic Society through March 2025. Furthermore, exploratory discussions are underway with other Corporate and Businesses as well as supporting other Charity and Community Groups regarding All of our Training as well as supporting the highly popular annual Awards Ceremony where the Uberheroes® Acts of Kindness Awards through Nominations & Awards Sponsorships.

Community and Volunteer Engagement

- **Uberheroes® Acts of Kindness Awards:** Building on the success of previous years, the 5th Annual Kindness Awards was scheduled for April 2025. The 2024 awards successfully raised £7,771.
- **World Kindness Day:** In partnership with Queen's University Student's Union and B4B, we distributed 365 motivational lollipops across Belfast, an initiative that was directly emulated by Cedar Integrated Primary School in Crossgar.
- **Volunteer Force:** The calibre of our volunteers remains superb. We are currently onboarding and training 10 new volunteer facilitators from PwC. We have also secured Psychology Student Placements from Ulster University for 2025 and hosted an alternative placement student from Stranmillis who developed valuable follow-up resources for our comics.

Political and Strategic Outreach

To address the challenges in Northern Ireland's mental health services, the Board and Executive team have actively increased political lobbying. Following positive meetings with MLA's, we are drafting a briefing paper for submission to MLAs across the Departments of Education, Health, and Communities to advocate for a collaborative approach to our preventative mental health funding.

Hope 4 Ur Life Limited

Trustees' Report

Public benefit

We meet the public benefit requirement by providing support and education to children and adults in relation to mental health issues. Our primary activities include:

- Specialist Wellbeing Training: Delivering prevention and early intervention interactive workshops and training programmes to support children, young people and adults.
- Cross-Community Alliances: Promoting alliances with teachers, parents, youth workers, and community associations to combat low self-esteem, stress, anxiety, and depression.
- Uberheroes® Programme: Using comic formats based on real experiences of local children to teach early warning signs and resilience.
- Prescriptive Programmes: Delivering WRAP® (Wellness Recovery Action Plan) and MHFA (Mental Health First Aid) adapted for practical, real-world application.
- Workplace Training: Delivering specific wellbeing training to reduce absenteeism and the economic drain of stress and depression.
- Minority Group Support: Working alongside Local Authorities to support vulnerable and isolated minority groups.

The trustees confirm that they have complied with the requirements of section 2 & 3 of the Charities Act (Northern Ireland) 2008 to have due regard to the public benefit guidance published by the Charity Commission for Northern Ireland.

Structure, governance and management

Nature of governing document

Hope 4 Ur Life is a Company limited by guarantee and controlled by its Memorandum and Articles. It is registered as a charity with the Charities Commission for NI and with HMRC. The Board of Directors of Hope 4 Ur Life meets on a quarterly basis. It is responsible for the strategic direction of the organisation and oversees the management of the organisation. The day-to-day management and operation of activities are carried out by a staff team, led by the C.E.O and the Senior Management Team, who also report regularly to the Board of Directors. Directors are appointed according to the specific skills required by the organisation to fulfil its' responsibilities as outlined in its Strategic Plan and are ratified on a yearly basis at the AGM.

Recruitment and appointment of trustees

It is an underpinning requirement that members of the management board have commitment to and an understanding of the ethos, aims and values of Hope 4 Ur Life. Specific skills may be required and with this in mind, new committee members are attracted by word of mouth. The new member is then invited to attend the regular meetings and would become full board members after being elected at the next AGM.

The Board has heavily prioritised strengthening governance and compliance structures during this reporting period, although we have always been very strong on the robustness of all of our policies, we are so grateful that we have such an experienced new member of our Trustees who has had years of knowledge and experience in guiding a long established and well supported Charity in Northern Ireland.

Hope 4 Ur Life Limited

Trustees' Report

- Risk and Policy Management: A new Risk Register has been established to proactively manage organisational risks. Additionally, a sustainable 3-year cycle for reviewing all charity policies has been implemented.
- Safeguarding and Data Protection: Dedicated reviews of safeguarding and GDPR data protection policies have been initiated to ensure absolute compliance, particularly in light of new third-party software usage.
- AI Policy Innovation: Hope 4 Life NI is proudly acting as a case study for the voluntary and community sector by developing an internal Artificial Intelligence usage policy in collaboration with NICVA. We are leveraging enterprise-level AI (Gemini) strictly for administrative efficiency, policy drafting, and meeting transcription under tight data protection guardrails.

Board of Trustees

The charity benefits from a highly engaged and diverse Board of Trustees. During this financial year, we welcomed several new members bringing expertise in youth justice, human resources, and charity sector lobbying. We have a new Trustee joining us at the start of the new year who is taking on the role of Treasurer for the charity.

Organisational structure

We have 3 full time posts, with 4 part time posts and 3 free-lance facilitators, as well as a group of 16-25 regular volunteers. Our CEO, relationship development manager and youth development manager are the 3 full time positions, with our youth development officer and the digital administrators being part time positions.

The part time finance manager retired during the year and an decision was made to outsource the finance function of the organisation.

We use the charity commission's code of good governance and have in place the necessary personnel from our staff team and board to help with adherence to this code.

We have an external independent accountant to prepare the annual financial accounts.

Financial instruments

Objectives and policies

The charity's activities expose it to a number of financial risks including credit risk, cash flow risk and liquidity risk.

Cash flow risk

The charity's activities expose it primarily to the financial risks of changes in foreign currency exchange rates and interest rates. The charity would use foreign exchange forward contracts and interest rate swap contracts to hedge these exposures.

Interest bearing assets and liabilities are held at fixed rate to ensure certainty of cash flows.

Credit risk

The charity's principal financial assets are bank balances and cash, trade and other receivables, and investments. The charity's credit risk is primarily attributable to its trade receivables. The amounts presented in the balance sheet are net of allowances for doubtful receivables. An allowance for impairment is made where there is an identified loss event which, based on previous experience, is evidence of a reduction in the recoverability of the cash flows.

The credit risk on liquid funds and derivative financial instruments is limited because the counterparties are banks with high credit-ratings assigned by international credit-rating agencies.

The charity has no significant concentration of credit risk, with exposure spread over a large number of counterparties and customers.

Hope 4 Ur Life Limited

Trustees' Report

Liquidity risk

In order to maintain liquidity to ensure that sufficient funds are available for ongoing operations and future developments, the charity would use a mixture of long-term and short-term debt finance. Further details regarding liquidity risk can be found in the Statement of accounting policies in the financial statements.

The annual report was approved by the trustees of the charity on 28 May 2026 and signed on its behalf by:

Stephen Greyston

.....
Mr Stephen Greyston
Company Secretary and Trustee

Eddie Magowan

.....
Mr Eddie Magowan
Trustee

Hope 4 Ur Life Limited

Statement of Trustees' Responsibilities

The trustees (who are also the directors of Hope 4 Ur Life Limited for the purposes of company law) are responsible for preparing the trustees' report and the financial statements in accordance with the United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) and applicable law and regulations.

Company law requires the trustees to prepare financial statements for each financial year. Under company law the trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charitable company and of its incoming resources and application of resources, including its income and expenditure, for that period. In preparing these financial statements, the trustees are required to:

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

The trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charitable company's transactions and disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the trustees of the charity on 28 May 2026 and signed on its behalf by:

Stephen Greyston

.....
Mr Stephen Greyston
Company Secretary and Trustee

Eddie Magowan

.....
Mr Eddie Magowan
Trustee

Hope 4 Ur Life Limited

Independent Examiner's Report to the trustees of Hope 4 Ur Life Limited

I report on the accounts of the charity for the year ended 30 November 2025 which are set out on pages 10 to 20

.

Respective responsibilities of trustees and examiner

The trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 65(2) of the Charities Act (Northern Ireland) 2008 (the 2008 Act) and that an independent examination is needed.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 65 of the 2008 Act;
- to follow the procedures laid down in the general Directions given by the Charity Commission under section 65(9)(b) of the 2008 Act; and
- to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

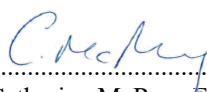
In connection with my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect the requirements:

- to keep accounting records in accordance with section 386 of the Companies Act 2006; and
- to prepare accounts which accord with the accounting records, comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities

have not been met; or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.


.....
Catherine McRory FCMA CGMA
Chartered Management Accountants
CIMA

Unit 3 Dargan Industrial Park
60-84 Dargan Crescent
Belfast
BT3 9JP

28 May 2026

Hope 4 Ur Life Limited

Statement of Financial Activities for the Year Ended 30 November 2025 (Including Income and Expenditure Account and Statement of Total Recognised Gains and Losses)

	Note	Unrestricted funds £	Restricted funds £	Total 2025 £
Income and Endowments from:				
Donations and legacies	3	34,084	-	34,084
Charitable activities	4	-	97,798	97,798
Total Income		<u>34,084</u>	<u>97,798</u>	<u>131,882</u>
Expenditure on:				
Raising funds		(620)	-	(620)
Charitable activities	5	<u>(17,485)</u>	<u>(186,380)</u>	<u>(203,865)</u>
Total Expenditure		<u>(18,105)</u>	<u>(186,380)</u>	<u>(204,485)</u>
Net income/(expenditure)		15,979	(88,582)	(72,603)
Transfers between funds		<u>37,857</u>	<u>(37,857)</u>	-
Net movement in funds		53,836	(126,439)	(72,603)
Reconciliation of funds				
Total funds brought forward		<u>71,606</u>	<u>203,997</u>	<u>275,603</u>
Total funds carried forward	12	<u>125,442</u>	<u>77,558</u>	<u>203,000</u>
	Note	Unrestricted funds £	Restricted funds £	Total 2024 £
Income and Endowments from:				
Donations and legacies	3	40,502	-	40,502
Charitable activities	4	<u>13,776</u>	<u>219,688</u>	<u>233,464</u>
Total Income		<u>54,278</u>	<u>219,688</u>	<u>273,966</u>
Expenditure on:				
Charitable activities	5	<u>(55,103)</u>	<u>(151,363)</u>	<u>(206,466)</u>
Total Expenditure		<u>(55,103)</u>	<u>(151,363)</u>	<u>(206,466)</u>
Net (expenditure)/income		<u>(825)</u>	<u>68,325</u>	<u>67,500</u>
Net movement in funds		(825)	68,325	67,500
Reconciliation of funds				
Total funds brought forward		<u>72,430</u>	<u>135,673</u>	<u>208,103</u>
Total funds carried forward	12	<u>71,605</u>	<u>203,998</u>	<u>275,603</u>

All of the charity's activities derive from continuing operations during the above two periods.
The funds breakdown for 2024 is shown in note 12.

Hope 4 Ur Life Limited
(Registration number: NI631599)
Balance Sheet as at 30 November 2025

	Note	2025 £	2024 £
Fixed assets			
Tangible assets	10	2,184	3,620
Current assets			
Cash at bank and in hand		208,404	278,881
Creditors: Amounts falling due within one year	11	<u>(7,588)</u>	<u>(6,898)</u>
Net current assets		<u>200,816</u>	<u>271,983</u>
Net assets		<u>203,000</u>	<u>275,603</u>
Funds of the charity:			
Restricted funds			
		77,558	203,998
Unrestricted income funds			
Unrestricted funds		<u>125,442</u>	<u>71,605</u>
Total funds	12	<u>203,000</u>	<u>275,603</u>

For the financial year ending 30 November 2025 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the charity to obtain an audit of its accounts for the year in question in accordance with section 476; and
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements on pages 10 to 20 were approved by the trustees, and authorised for issue on 28 May 2026 and signed on their behalf by:

.....
 Stephen Greyston
 Mr Stephen Greyston
 Company Secretary and Trustee

Eddie Magowan

 Mr Eddie Magowan
 Trustee

Hope 4 Ur Life Limited

Notes to the Financial Statements for the Year Ended 30 November 2025

1 Charity status

The charity is a charity limited by guarantee and consequently does not have share capital. Each of the trustees is liable to contribute an amount not exceeding £Nil towards the assets of the charity in the event of liquidation.

2 Accounting policies

Summary of significant accounting policies and key accounting estimates

The principal accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all the years presented, unless otherwise stated.

Statement of compliance

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 (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Basis of preparation

Hope 4 Ur Life Limited meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

Going concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern nor any significant areas of uncertainty that affect the carrying value of assets held by the charity.

Exemption from preparing a cash flow statement

The charity opted to early adopt Bulletin 1 published on 2 February 2016 and have therefore not included a cash flow statement in these financial statements.

Income and endowments

All income is recognised once the charity has entitlement to the income, it is probable that the income will be received and the amount of the income receivable can be measured reliably.

Donations and legacies

Donations are recognised when the charity has been notified in writing of both the amount and settlement date. In the event that a donation is subject to conditions that require a level of performance by the charity before the charity is entitled to the funds, the income is deferred and not recognised until either those conditions are fully met, or the fulfilment of those conditions is wholly within the control of the charity and it is probable that these conditions will be fulfilled in the reporting period.

Hope 4 Ur Life Limited

Notes to the Financial Statements for the Year Ended 30 November 2025

Expenditure

All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use. Other support costs are allocated based on the spread of staff costs.

Raising funds

These are costs incurred in attracting voluntary income, the management of investments and those incurred in trading activities that raise funds.

Charitable activities

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Support costs

Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, for example, allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.

Governance costs

These include the costs attributable to the charity's compliance with constitutional and statutory requirements, including audit, strategic management and trustees's meetings and reimbursed expenses.

Taxation

The charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

Tangible fixed assets

Individual fixed assets costing £0.00 or more are initially recorded at cost, less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

Depreciation and amortisation

Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

Asset class	Depreciation method and rate
Computer Equipment	20% Straight Line

Hope 4 Ur Life Limited

Notes to the Financial Statements for the Year Ended 30 November 2025

Cash and cash equivalents

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

Trade creditors

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Accounts payable are classified as current liabilities if the charity does not have an unconditional right, at the end of the reporting period, to defer settlement of the creditor for at least twelve months after the reporting date. If there is an unconditional right to defer settlement for at least twelve months after the reporting date, they are presented as non-current liabilities.

Trade creditors are recognised initially at the transaction price and subsequently measured at amortised cost using the effective interest method.

Borrowings

Interest-bearing borrowings are initially recorded at fair value, net of transaction costs. Interest-bearing borrowings are subsequently carried at amortised cost, with the difference between the proceeds, net of transaction costs, and the amount due on redemption being recognised as a charge to the Statement of Financial Activities over the period of the relevant borrowing.

Interest expense is recognised on the basis of the effective interest method and is included in interest payable and similar charges.

Borrowings are classified as current liabilities unless the charity has an unconditional right to defer settlement of the liability for at least twelve months after the reporting date.

Fund structure

Unrestricted income funds are general funds that are available for use at the trustees's discretion in furtherance of the objectives of the charity.

Restricted income funds are those donated for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

Financial instruments

Classification

Financial assets and financial liabilities are recognised when the charity becomes a party to the contractual provisions of the instrument.

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

Hope 4 Ur Life Limited

Notes to the Financial Statements for the Year Ended 30 November 2025

Recognition and measurement

All financial assets and liabilities are initially measured at transaction price (including transaction costs), except for those financial assets classified as at fair value through profit or loss, which are initially measured at fair value (which is normally the transaction price excluding transaction costs), unless the arrangement constitutes a financing transaction. If an arrangement constitutes a financing transaction, the financial asset or financial liability is measured at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Financial assets and liabilities are only offset in the statement of financial position when, and only when there exists a legally enforceable right to set off the recognised amounts and the charity intends either to settle on a net basis, or to realise the asset and settle the liability simultaneously.

Financial assets are derecognised when and only when a) the contractual rights to the cash flows from the financial asset expire or are settled, b) the charity transfers to another party substantially all of the risks and rewards of ownership of the financial asset, or c) the charity, despite having retained some, but not all, significant risks and rewards of ownership, has transferred control of the asset to another party.

Financial liabilities are derecognised only when the obligation specified in the contract is discharged, cancelled or expires.

Investments

Investments in non-convertible preference shares and non-puttable ordinary or preference shares (where shares are publicly traded or their fair value is reliably measurable) are measured at fair value through profit or loss. Where fair value cannot be measured reliably, investments are measured at cost less impairment.

Investments in subsidiaries and associates are measured at cost less impairment. For investments in subsidiaries acquired for consideration including the issue of shares qualifying for merger relief, cost is measured by reference to the nominal value of the shares issued plus fair value of other consideration. Any premium is ignored.

Fair value measurement

The best evidence of fair value is a quoted price for an identical asset in an active market. When quoted prices are unavailable, the price of a recent transaction for an identical asset provides evidence of fair value as long as there has not been a significant change in economic circumstances or a significant lapse of time since the transaction took place. If the market is not active and recent transactions of an identical asset on their own are not a good estimate of fair value, the fair value is estimated by using a valuation technique.

3 Income from donations and legacies

	Unrestricted funds		
	General	Total	Total
	£	2025	2024
		£	£
Donations and legacies;			
Donations from individuals	26,584	26,584	40,502
Regular giving and capital donations	<u>7,500</u>	<u>7,500</u>	-
	<u><u>34,084</u></u>	<u><u>34,084</u></u>	<u><u>40,502</u></u>

Hope 4 Ur Life Limited

Notes to the Financial Statements for the Year Ended 30 November 2025

4 Income from charitable activities

	Restricted funds	Total 2025	Total 2024
	£	£	£
Overheads	97,798	97,798	233,464

5 Expenditure on charitable activities

		Unrestricted funds	Restricted funds	Total 2025	Total 2024
	Note	General	funds	£	£
		£	£	£	£
Overheads		24,779	32,309	57,088	53,569
Staff costs		(11,047)	152,781	141,734	142,999
Allocated support costs	6	3,753	-	3,753	8,608
Governance costs	6	-	1,290	1,290	1,290
		17,485	186,380	203,865	206,466
		Activity undertaken directly	Activity support costs	Total 2025	Total 2024
		£	£	£	£
Wages and Salaries		150,969	(12,639)	138,330	141,864
Printing, postage and stationery		5,800	4,222	10,022	12,975
Events		-	15,806	15,806	11,394
Facilitators/Volunteers		-	-	-	9,147
Rent & Rates		15,384	-	15,384	13,688
Insurance		2,528	-	2,528	2,496
Heat & Light		2,310	-	2,310	2,672
Repairs		-	277	277	18
Bank charges		32	43	75	79
Legal & Professional		-	77	77	-
IT & Software		1,598	(38)	1,560	1,118
Consultancy		120	4,320	4,440	-
Telephone		-	1,052	1,052	1,136
Subscriptions		1,226	-	1,226	3,284
Office expenses		-	42	42	2,494
Bookkeeping Services		3,312	720	4,032	-
Staff welfare and expenses		1,811	1,473	3,284	1,134
Depreciation		-	1,435	1,435	1,435
Other		-	1,197	1,197	241
Motor and Travel expenses		-	118	118	-
		185,090	18,105	203,195	205,175

Hope 4 Ur Life Limited

Notes to the Financial Statements for the Year Ended 30 November 2025

£18,105 (2024 - £53,812) of the above expenditure was attributable to unrestricted funds and £185,090 (2024 - £151,363) to restricted funds.

6 Analysis of governance and support costs

Governance costs

	Restricted funds £	Total 2025 £	Total 2024 £
Allocated support costs	1,290	1,290	1,290
	1,290	1,290	1,290

7 Trustees remuneration and expenses

No trustees, nor any persons connected with them, have received any remuneration from the charity during the year.

8 Staff costs

The aggregate payroll costs were as follows:

	2025 £	2024 £
Staff costs during the year were:		
Wages and salaries	120,511	129,362
Social security costs	14,636	9,469
Pension costs	3,183	3,033
Other staff costs	3,404	1,135
	141,734	142,999

The monthly average number of persons (including senior management team) employed by the charity during the year expressed as full time equivalents was as follows:

	2025 No	2024 No
Charitable Activities	5	3
Governance	2	2
	7	5

No employee received emoluments of more than £60,000 during the year.

Hope 4 Ur Life Limited

Notes to the Financial Statements for the Year Ended 30 November 2025

9 Taxation

The charity is a registered charity and is therefore exempt from taxation.

10 Tangible fixed assets

	Computer equipment £	Total £
Cost		
At 1 December 2024	<u>7,176</u>	<u>7,176</u>
At 30 November 2025	<u>7,176</u>	<u>7,176</u>
Depreciation		
At 1 December 2024	3,556	3,556
Charge for the year	<u>1,436</u>	<u>1,436</u>
At 30 November 2025	<u>4,992</u>	<u>4,992</u>
Net book value		
At 30 November 2025	<u><u>2,184</u></u>	<u><u>2,184</u></u>
At 30 November 2024	<u><u>3,620</u></u>	<u><u>3,620</u></u>

11 Creditors: amounts falling due within one year

	2025 £	2024 £
Trade creditors	2,151	180
Other taxation and social security	1,174	2,587
Pension scheme creditor	640	641
Accruals	<u>3,623</u>	<u>3,490</u>
	<u><u>7,588</u></u>	<u><u>6,898</u></u>

12 Funds

	Balance at 1 December 2024 £	Incoming resources £	Resources expended £	Transfers £	Balance at 30 November 2025 £
Unrestricted funds					
<i>General</i>					
Unrestricted Funds	71,605	34,084	(18,105)	37,857	125,441

Hope 4 Ur Life Limited

Notes to the Financial Statements for the Year Ended 30 November 2025

	Balance at 1 December 2024 £	Incoming resources £	Resources expended £	Transfers £	Balance at 30 November 2025 £
Restricted funds					
Dormant Accounts	58,434	10,926	(25,643)	(28,363)	15,354
Big Lottery	142,308	42,372	(144,987)	(13,738)	25,955
Other Restricted	3,256	-	-	(3,256)	-
Garfield Weston	-	15,000	(11,926)	-	3,074
Halifax	-	-	(3,823)	7,500	3,677
Amazon Creative Fund	-	29,500	-	-	29,500
Total restricted funds	203,998	97,798	(186,379)	(37,857)	77,560
Total funds	275,603	131,882	(204,484)	-	203,001

	Balance at 1 December 2023 £	Incoming resources £	Resources expended £	Balance at 30 November 2024 £
Unrestricted funds				
<i>General</i>				
Unrestricted Funds	72,430	54,278	(55,102)	71,606
Restricted funds				
Dormant Accounts	31,148	46,586	(19,300)	58,434
Big Lottery	101,269	173,102	(132,063)	142,308
Other Restricted	3,256	-	-	3,256
Total restricted funds	135,673	219,688	(151,363)	203,998
Total funds	208,103	273,966	(206,465)	275,604

13 Analysis of net assets between funds

	Unrestricted funds	Restricted funds	Total funds
	General £	£	£
Tangible fixed assets	2,184	-	2,184
Current assets	130,846	77,558	208,404
Current liabilities	(7,588)	-	(7,588)
Total net assets	125,442	77,558	203,000

Hope 4 Ur Life Limited

Notes to the Financial Statements for the Year Ended 30 November 2025

14 Analysis of net funds

	At 1 December 2024 £	Cash flow £	At 30 November 2025 £
Cash at bank and in hand	278,881	(70,477)	208,404
Net debt	<u>278,881</u>	<u>(70,477)</u>	<u>208,404</u>

Hope 4 UR Life Limited

Northern Ireland - Charity number 103924

Accounts

Company registration number: NI631599

Charity registration number: 103924

Hope 4 Ur Life Limited

(A company limited by guarantee)

Annual Report and Financial Statements

for the Year Ended 30 November 2024

Baxterworld Ltd
Chartered Management Accountants
Unit 3 Dargan Industrial Park
60-84 Dargan Crescent
Belfast
BT3 9JP

Hope 4 Ur Life Limited

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Hope 4 Ur Life Limited

Reference and Administrative Details

Trustees	Ms Victoria Mary McLaughlin (appointed 15 April 2024) Ms Kate Doyle (appointed 15 April 2024) Mr Nathaniel Hamilton Ms Cara Taylor Mr Stephen Greyson Mr Alan David Nixon Ms Bronagh Duggan (Resigned 28 March 2025) Ms Emma McCormick (Resigned 15 April 2024) Ms Marie Terese O'Neill (Resigned 14 April 2024) Ms Sandra Wright (Resigned 15 April 2024)
Secretary	Mr Stephen Greyson
Principal Office	Units 1,2 & 5 North City Business Centre 2 Duncairn Gardens Belfast BT15 2GG
Company Registration Number	NI631599
Charity Registration Number	103924
Bankers	Danske Bank Donegall Square West Belfast BT1 6JS
Independent Examiner	Baxterworld Ltd Chartered Management Accountants Unit 3 Dargan Industrial Park 60-84 Dargan Crescent Belfast BT3 9JP

Hope 4 Ur Life Limited

Strategic Report for the Year Ended 30 November 2024

The trustees, who are directors for the purposes of company law, present their strategic report for the year ended 30 November 2024, in compliance with s414C of the Companies Act 2006.

Achievements and performance

The charity obtained significant funding during the year, and it is hoped that, going forward, similar levels of funding can be obtained.

The charity was contacted by over 6000 children through our online advice section called "Ask an Uberhero a question" on our website. The charity, through the help of freelance clinicians and counsellors were able to work with these children and young people to directly help them or to get them in to see counsellors within 10 days of contacting us or to signpost them onto other charities who we knew would be able to support their individual needs.

We ran our 3rd in person "Uberheroes Acts of Kindness Awards" ceremony in a local hotel with 270 guests including our 30 Finalists chosen from the hundreds of entries. These children and young people were nominated for their selfless acts of kindness to siblings, parents, neighbours, community incentives [foodbanks and homeless projects] these entries were so inspiring to read. We asked local businessmen and women, and those involved in community groups to be on the judging panel. They had the unenviable job of picking only 30 finalists who were able to join us with 2 family members for a night where they were the stars of the show. This has been so well received by the finalists, parents and sponsors and we are now organising next year's Awards.

We are launching a new programme "Uberheroes - My Origin Story" - this programme has been devised by young people for young people, prior to general health questionnaires completed at each of the school sessions we attend with the Uberheroes comic sessions. We were able to assess that at peak times across the P6 and especially in the P7 year groups in November, February & May. We have been working with children & young people through our network of Primary and Secondary Schools across NI to ensure that we are really hearing what is going on. We engaged with hundreds of children and young people to seek their advice and listen to their personal experiences of P7 and Y8.

We intend to deliver this programme to approximately 30 - 40 Schools visiting the pupils in each year group 6 times throughout the academic year, following each group from P6 into P7 and following them to their new school in Y8 & Y9 to support them through the challenges and vulnerabilities of transitioning from Primary and Secondary education.

We will be able to help and support them building their confidence, self-belief, ability to communicate their feelings, problem solving and resilience building at this challenging time in their young lives.

Hope 4 Ur Life Limited

Strategic Report for the Year Ended 30 November 2024

Notable Achievements for 2024- 2025 financial year

- Ø Our response to the data collated from the general health questionnaires highlighting the issues being faced by the children in P6, P7 & Year 8.
- Ø Ran additional focus groups data conducted across the aforementioned year groups and including Y9, covering many of the specific issues facing these children. Their honest and sometimes raw reflections on how they are feeling and their experiences of transitioning.
- Ø We ran a series of meetings with P6, P7 & Y8 teachers, head of year, Principals and Vice Principals too, their views, reflections and recommendations were invaluable.
- Ø Workbooks, covering topics and issues covered in each of the respective year groups, along with the Teacher's Manual updates.
- Ø We have tested some of the transitioning sessions with this year's P7's to help support them with tools and techniques and has also offered us real learning for this new programme.
- Ø We have delivered Uberheroes workshops to 8,878 children this academic year across 289 schools. We also delivered 7 Adult training programmes to approx 196 people.
- Ø We are a charity partner with PwC, we have trained 45 PwC staff as volunteer facilitators (around 20 of whom come out with us)
- Ø Our annual Acts of Kindness Awards was a great success for our beneficiaries and for our sponsors this was held at La Mon Hotel, our judges chose 30 Finalists- 3 in each of the 10 categories, all aged between 8-16 years of age from across from across Northern Ireland.
- Ø Our latest Comic, which is our seventeenth issue, is about a wonderful young woman who was born with Cerebral Palsy and has been in a wheelchair since a small child; she wants to share her experiences of how people interact with her, mostly negative; along with how she was bullied and victimised in her Special Education Needs school by fellow pupils and teachers. This is such an inspirational story, her attitude to others is unparalleled, with many lessons on how we should all be conscious of how we interact with anyone in a wheelchair!
- Ø Uberheroes® Licensing Product with Tughans Solicitors - will support us in offering the Uberheroes® programme into GB as part of our sustainability strategy.
- Ø Belfast Exposed, Summer Scheme Kids and young adults' groups ran across the summer months and were highly successful in reaching hundreds of children and young people.
- Ø Our Psychology Student Placements from Ulster University, who are with the charity from September 24 to June 25 have been involved in a myriad of events and school workshop deliveries. All 3 are great students, with two of them making it very clear that they would both love to be considered for new staff roles once their degree finishes in June 2026.
- Ø b4b Groups Charity Partner for the 3rd year, we love working with this company as they are involved with the charity throughout the year, supporting fundraising events and activities as well as attending mental health workshops for their personal development and wellbeing.
- Ø Our 2 Digital Administrators have worked incredibly hard to support updates on our websites, creating new content and design, working hard to create the new intranet portal which is now at the stage of security testing and asking independent stakeholders to test the user experience for this portal.
- Ø We had a great year with Andy Neely our Ambassador for Kindness winner, he worked with us on a number of campaigns, such as World act of Kindness Day, he was also interviewed on BBC Radio Ulster, Belfast Telegraph and Belfast Live and some other local press too.
- Ø We continue to build our relationships with Queens University and Ulster University Psychology and Health and Social Care Departments for both Bachelors and Master Students. We are hoping to further these relationships in the creation of our new My Origin Programme, where they will use the data from the Uberheroes and My Origin Programmes to use for longitudinal research.
- Ø Our "Ask an Uberhero a question" is still helping 1000's of children in crisis.
- Ø Our website traffic increased by 6,000 weekly views.
- Ø Our social media platforms (Facebook & Instagram) all increased by an additional 7,000 + reach and interactions.

Hope 4 Ur Life Limited

Strategic Report for the Year Ended 30 November 2024

Impact and Benefits

The charity meets the public benefit requirement by providing support and education to children and adults in relation to mental health issues. The charity has engaged with a number of key political parties and members, community leaders and other third sector organisations in furtherance of these objects.

The charity has delivered, in partnership with a number of schools, community groups and charitable organisations, services for Young People to provide early intervention mental health and wellbeing programmes to help children, young people and adults to recognise and prevent mental health issues such as self-harming, abuse, anxiety, stress & depression, fear, grief or suicidal thoughts, offering them educational support services to help prevent these issues arising.

The charity also works with organisations who provide support services for children with additional needs such as Autism, DSD, Asperger's Syndrome and ADHD, suicide & self-harm prevention services helping to support the young people they work with, their parents and wider family circle. The charity primarily works with schools and community groups highlighting the mental health issues that many of our young people are struggling to understand, manage and seek the support they need to help them recover.

The charity was contacted by over 500 children on the online advice section of the "Ask an Uberhero a question" website. The charity, through the help of freelance clinicians, were able to help many children and young people to get the help they needed to prevent them suffering from mental health issues.

The charity is supported by the National Lottery Community Fund, via their EYP programme; this enables them to support 3 full-time members of staff throughout the year as well as enabling the team to continue delivering the Uberheroes programmes. This funder is the largest contributor to our work and the largest of all our restricted funds. Our total funding over this financial year was made up from both restricted and non-restricted funds - most of which were from donations, fundraising event, activities with a few smaller funding applications also contributing to our non-restricted income too.

In all of this the Trustees have regard to the Charity Commissions public benefit requirement guidance

Financial review

Income in the year was £273,965 and expenditure totalled £206,466 giving a surplus of £67,500. Total funds held at 30th November 2024 were £275,603. £203,997 of the total funds are restricted and are not available for the general purposes of the charity at the end of the reporting period. Unrestricted and designated reserves totalled £71,606 at the close of the period.

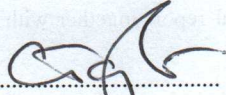
Policy on reserves

It is the policy of the charity that un-restricted funds, that have not been designated for a specific use, should be maintained at a level equivalent to between 3 to 6 months expenditures. The trustees consider that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the charity's current activities while consideration is given to ways in which additional funds may be raised. This level of reserves has been maintained throughout the year.

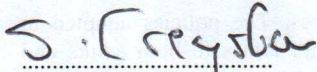
The strategic report was approved by the trustees of the charity on 25 July 2025 and signed on its behalf by:

Hope 4 Ur Life Limited

Strategic Report for the Year Ended 30 November 2024



Ms Cara Taylor
Trustee



Mr Stephen Greysøh
Company Secretary and Trustee

Hope 4 Ur Life Limited

Trustees' Report

The trustees, who are directors for the purposes of company law, present the annual report together with the financial statements of the charitable company for the year ended 30 November 2024.

Objectives and activities

Objects and aims

The charity's objects are to provide support in relation to mental health issues. The policies adopted in furtherance of these objects are to provide education in respect of mental health issues to both adults and children. The objects of the organisation are the advancement of education and the advancement of early intervention mental health and wellbeing programmes for children, young people and adults. Through the provision of our early intervention programmes for the prevention and recovery from stress, anxiety and depression. To educate and develop strong role models, mentors and key supporters to help in further developing and supporting those suffering from mental health issues, socially vulnerable and those most at risk within our society.

Hope 4 Ur Life's aim is to serve our community locally with integrity and excellence, to help those who need supported with their mental health and wellbeing to offer practical tools and techniques for them to cope better with life's challenges; to engage, equip and empower individuals with mental ill-health with a wellbeing framework of programmes that mentor and support them with what they need to recover and stay well. The fundamental aim is to supply a pro-active, early intervention approach to reducing the unsustainable and rising levels of mental ill health within all areas of our society. We believe that through the delivery of our primary intervention training and mentoring programmes we can and will affect significant change.

Hope 4 Ur Life Limited

Trustees' Report

Objectives, strategies and activities

Our focus is on primary intervention rather than focusing on purely recovery models. We deliver 2 prescriptive programmes called WRAP® - Wellness Recovery Action Plan and MHFA - Mental Health First Aid, both of these programmes have been adapted to include additional practical, fun and engaging elements to assist retention recall and implementation. In other words, we work with real situations, in the real world of a working environment with practical solutions and positive outcomes. We deliver the 2 day, level 1 and 5 day, level 2 WRAP® programme, and also the MHFA level 1 - these programmes are delivered by the Advanced Level Facilitators in NI.

We also deliver bespoke training programmes, from stress management to supervision and reflection, these are designed and delivered by highly trained clinicians. In 2016 we created and designed a new programme, based on the findings of local young people who were struggling to find a resource to better explain mental illness and how to recognise earlier those triggers and early warning signs to combat and overcome mental ill health.

The programme was called Uberheroes – we used Heroes to teach the foundational characteristics of wellbeing and the Villains to represent the characteristics of many of the issues facing our young people today - issues such as anxiety, isolation, depression, fear, grief, self-harm, abuse, suicide and more... This programme was designed by young people for young people and has been a great success in reducing mental illness, offering hope and support to overcome mental ill-health.

Our Uberhero comics are all real stories of local children and young people across Northern Ireland. We interview local kids to let them share their experiences of mental health issues covering many topics, these children and young people are given the opportunity to use their voices to share their experiences with thousands of others through our work with schools and other partnerships we have reaching thousands of children and young people each year.

Our Uberheroes Comics never show any recognisable images of these children or their geographical surroundings, each comic character is also given the chance to decide on a pseudonym for the comic, this can be a name using the Capital letter of their own name or something completely different. Our recordings are only heard by the people from our organisation who interview them, and these are deleted once the comic is complete.

All our comics are delivered by highly experienced facilitators who come from a clinician or teaching background. We offer the children a unique and safe environment to discuss mental health issues that focus on the facts not the fears told in a comic format but based on real experiences of local children. This is followed by a facilitated session where the children learn about triggers and those early subtle changes in thoughts and behaviours as well as uncovering ways to create action plans or strategies to develop resilient thinking, to recognise symptoms earlier and to manage or avoid future mental ill health.

Hope 4 Ur Life Limited

Trustees' Report

Public benefit

1. Delivering specialist wellbeing training for mentor schemes for young people, adults, clergy and the elderly within our society.
2. Promote cross-community alliances to deal with low self-esteem, stress, anxiety and depression, involving teachers, parents, community youth workers, churches and community associations.
3. To develop positive mental health and wellbeing in young people to enable them to engage appropriately within schools, third level education and the world of work; to assist them in leading and contributing to effect positive change within their communities; to train them to understand how they can resolve misunderstandings, tensions or conflict within their local communities.
4. Providing specific wellbeing training within the workplace environment to raise awareness and reduce the high levels of stress, anxiety and depression to help diminish the high rates of absenteeism and the increasing drain on our local economy through lost revenue.
5. To work alongside local authorities, charitable organisations, community housing groups and care homes to support and deliver training to the following minority groups:

Asylum-seekers and refugees
Gay, lesbian, bi-sexual or transgender people
People suffering from mental health problems
Gypsies and travellers
Migrant workers
Offenders and ex-offenders
Older people who feel isolated within the community
People who have experienced violence or abuse

6. Where relevant and advantageous, we will work with other training providers to further develop or enhance our programme delivery and outcomes; making these available for all within our local communities.
7. Developing referral schemes in partnership with local authorities, charitable organisations and community youth teams

The organisation exists to benefit individuals within our society who are suffering from mental health issues to develop individuals to become emotionally resilient and to encourage strong role models for the socially vulnerable and at risk within our communities, we aim to impact on the increasing number of people suffering year on year.

The trustees confirm that they have complied with the requirements of section 2 & 3 of the Charities Act (Northern Ireland) 2008 to have due regard to the public benefit guidance published by the Charity Commission for Northern Ireland.

Structure, governance and management

Nature of governing document

Hope 4 Ur Life is a Company limited by guarantee and controlled by its Memorandum and Articles. It is registered as a charity with the Charities Commission for NI and with HMRC. The Board of Directors of Hope 4 Ur Life meets on a quarterly basis. It is responsible for the strategic direction of the organisation and oversees the management of the organisation. The day-to-day management and operation of activities are carried out by a staff team, led by the C.E.O and the Senior Management Team, who also report regularly to the Board of Directors. Directors are appointed according to the specific skills required by the organisation to fulfil its' responsibilities as outlined in its Strategic Plan and are ratified on a yearly basis at the AGM.

Hope 4 Ur Life Limited

Trustees' Report

Recruitment and appointment of trustees

It is an underpinning requirement that members of the management board have commitment to and an understanding of the ethos, aims and values of Hope 4 Ur Life. Specific skills may be required and with this in mind, new committee members are attracted by word of mouth. The new member is then invited to attend the regular meetings and would become full board members after being elected at the next AGM.

Organisational structure

We have 3 full time posts, with 4 part time posts and 3 free-lance facilitators, as well as a group of 16-25 regular volunteers. Our CEO, relationship development manager and youth development manager are the 3 full time positions, with our youth development officer and the digital administrators being part time positions.

The part time finance manager retired during the year and an decision was made to outsource the finance function of the organisation.

We use the charity commission's code of good governance and have in place the necessary personnel from our staff team and board to help with adherence to this code.

We have an external independent accountant to prepare the annual financial accounts.

Financial instruments

Objectives and policies

The charity's activities expose it to a number of financial risks including credit risk, cash flow risk and liquidity risk. The use of financial derivatives is governed by the charity's policies approved by the board of trustees, which provide written principles on the use of financial derivatives to manage these risks. The charity does not use derivative financial instruments for speculative purposes.

Cash flow risk

The charity's activities expose it primarily to the financial risks of changes in foreign currency exchange rates and interest rates. The charity uses foreign exchange forward contracts and interest rate swap contracts to hedge these exposures.

Interest bearing assets and liabilities are held at fixed rate to ensure certainty of cash flows.

Credit risk

The charity's principal financial assets are bank balances and cash, trade and other receivables, and investments. The charity's credit risk is primarily attributable to its trade receivables. The amounts presented in the balance sheet are net of allowances for doubtful receivables. An allowance for impairment is made where there is an identified loss event which, based on previous experience, is evidence of a reduction in the recoverability of the cash flows.

The credit risk on liquid funds and derivative financial instruments is limited because the counterparties are banks with high credit-ratings assigned by international credit-rating agencies.

The charity has no significant concentration of credit risk, with exposure spread over a large number of counterparties and customers.

Liquidity risk

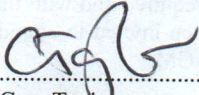
In order to maintain liquidity to ensure that sufficient funds are available for ongoing operations and future developments, the charity uses a mixture of long-term and short-term debt finance.

Further details regarding liquidity risk can be found in the Statement of accounting policies in the financial statements.

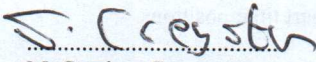
Hope 4 Ur Life Limited

Trustees' Report

The annual report was approved by the trustees of the charity on 25 July 2025 and signed on its behalf by:



Ms Cara Taylor
Trustee



Mr Stephen Greyson
Company Secretary and Trustee

Hope 4 Ur Life Limited

Statement of Trustees' Responsibilities

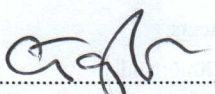
The trustees (who are also the directors of Hope 4 Ur Life Limited for the purposes of company law) are responsible for preparing the trustees' report and the financial statements in accordance with the United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) and applicable law and regulations.

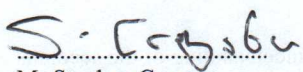
Company law requires the trustees to prepare financial statements for each financial year. Under company law the trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charitable company and of its incoming resources and application of resources, including its income and expenditure, for that period. In preparing these financial statements, the trustees are required to:

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

The trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charitable company's transactions and disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the trustees of the charity on 25 July 2025 and signed on its behalf by:


.....
Ms Cara Taylor
Trustee


.....
Mr Stephen Greyson
Company Secretary and Trustee

Hope 4 Ur Life Limited

Independent Examiner's Report to the trustees of Hope 4 Ur Life Limited

I report on the accounts of the charity for the year ended 30 November 2024 which are set out on pages 13 to 23

Respective responsibilities of trustees and examiner

The trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 65(2) of the Charities Act (Northern Ireland) 2008 (the 2008 Act) and that an independent examination is needed. The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of CIMA.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 65 of the 2008 Act;
- to follow the procedures laid down in the general Directions given by the Charity Commission under section 65(9)(b) of the 2008 Act; and
- to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

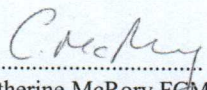
In connection with my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect the requirements:

- to keep accounting records in accordance with section 386 of the Companies Act 2006; and
- to prepare accounts which accord with the accounting records, comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities

have not been met; or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.


.....
Catherine McRory FCMA CGMA
Chartered Management Accountants
CIMA

Unit 3 Dargan Industrial Park
60-84 Dargan Crescent
Belfast
BT3 9JP

25 July 2025

Hope 4 Ur Life Limited

Statement of Financial Activities for the Year Ended 30 November 2024 (Including Income and Expenditure Account and Statement of Total Recognised Gains and Losses)

	Note	Unrestricted funds £	Restricted funds £	Total 2024 £
Income and Endowments from:				
Donations and legacies	3	40,502	-	40,502
Charitable activities	4	13,776	219,688	233,464
Total Income		<u>54,278</u>	<u>219,688</u>	<u>273,966</u>
Expenditure on:				
Charitable activities	5	(55,103)	(151,363)	(206,466)
Total Expenditure		<u>(55,103)</u>	<u>(151,363)</u>	<u>(206,466)</u>
Net (expenditure)/income		<u>(825)</u>	<u>68,325</u>	<u>67,500</u>
Net movement in funds		(825)	68,325	67,500
Reconciliation of funds				
Total funds brought forward		<u>72,430</u>	<u>135,673</u>	<u>208,103</u>
Total funds carried forward	12	<u>71,605</u>	<u>203,998</u>	<u>275,603</u>
	Note	Unrestricted funds £	Restricted funds £	Total 2023 £
Income and Endowments from:				
Donations and legacies	3	35,436	-	35,436
Charitable activities	4	-	221,974	221,974
Total Income		<u>35,436</u>	<u>221,974</u>	<u>257,410</u>
Expenditure on:				
Charitable activities	5	(32,519)	(160,144)	(192,663)
Total Expenditure		<u>(32,519)</u>	<u>(160,144)</u>	<u>(192,663)</u>
Net income		<u>2,917</u>	<u>61,830</u>	<u>64,747</u>
Net movement in funds		2,917	61,830	64,747
Reconciliation of funds				
Total funds brought forward		<u>69,513</u>	<u>73,843</u>	<u>143,356</u>
Total funds carried forward	12	<u>72,430</u>	<u>135,673</u>	<u>208,103</u>

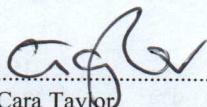
All of the charity's activities derive from continuing operations during the above two periods.
The funds breakdown for 2023 is shown in note 12.

Hope 4 Ur Life Limited

(Registration number: NI631599)
Balance Sheet as at 30 November 2024

	Note	2024 £	2023 £
Fixed assets			
Tangible assets	10	3,620	1,414
Current assets			
Cash at bank and in hand		278,881	221,368
Creditors: Amounts falling due within one year	11	<u>(6,898)</u>	<u>(14,679)</u>
Net current assets		<u>271,983</u>	<u>206,689</u>
Net assets		<u>275,603</u>	<u>208,103</u>
Funds of the charity:			
Restricted funds		203,998	135,673
Unrestricted income funds			
Unrestricted funds		<u>71,605</u>	<u>72,430</u>
Total funds	12	<u>275,603</u>	<u>208,103</u>

The financial statements on pages 13 to 23 were approved by the trustees, and authorised for issue on 25 July 2025 and signed on their behalf by:


.....
Ms Cara Taylor
Trustee


.....
Mr Stephen Greyson
Company Secretary and Trustee

Hope 4 Ur Life Limited

Notes to the Financial Statements for the Year Ended 30 November 2024

1 Charity status

The charity is a charity limited by guarantee and consequently does not have share capital. Each of the trustees is liable to contribute an amount not exceeding £Nil towards the assets of the charity in the event of liquidation.

2 Accounting policies

Summary of significant accounting policies and key accounting estimates

The principal accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all the years presented, unless otherwise stated.

Statement of compliance

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 (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Basis of preparation

Hope 4 Ur Life Limited meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

Going concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern nor any significant areas of uncertainty that affect the carrying value of assets held by the charity.

Exemption from preparing a cash flow statement

The charity opted to early adopt Bulletin 1 published on 2 February 2016 and have therefore not included a cash flow statement in these financial statements.

Income and endowments

All income is recognised once the charity has entitlement to the income, it is probable that the income will be received and the amount of the income receivable can be measured reliably.

Donations and legacies

Donations are recognised when the charity has been notified in writing of both the amount and settlement date. In the event that a donation is subject to conditions that require a level of performance by the charity before the charity is entitled to the funds, the income is deferred and not recognised until either those conditions are fully met, or the fulfilment of those conditions is wholly within the control of the charity and it is probable that these conditions will be fulfilled in the reporting period.

Hope 4 Ur Life Limited

Notes to the Financial Statements for the Year Ended 30 November 2024

Expenditure

All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use. Other support costs are allocated based on the spread of staff costs.

Charitable activities

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Support costs

Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, for example, allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.

Governance costs

These include the costs attributable to the charity's compliance with constitutional and statutory requirements, including audit, strategic management and trustees's meetings and reimbursed expenses.

Taxation

The charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

Tangible fixed assets

Individual fixed assets costing £0.00 or more are initially recorded at cost, less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

Depreciation and amortisation

Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

Cash and cash equivalents

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

Hope 4 Ur Life Limited

Notes to the Financial Statements for the Year Ended 30 November 2024

Trade creditors

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Accounts payable are classified as current liabilities if the charity does not have an unconditional right, at the end of the reporting period, to defer settlement of the creditor for at least twelve months after the reporting date. If there is an unconditional right to defer settlement for at least twelve months after the reporting date, they are presented as non-current liabilities.

Trade creditors are recognised initially at the transaction price and subsequently measured at amortised cost using the effective interest method.

Borrowings

Interest-bearing borrowings are initially recorded at fair value, net of transaction costs. Interest-bearing borrowings are subsequently carried at amortised cost, with the difference between the proceeds, net of transaction costs, and the amount due on redemption being recognised as a charge to the Statement of Financial Activities over the period of the relevant borrowing.

Interest expense is recognised on the basis of the effective interest method and is included in interest payable and similar charges.

Borrowings are classified as current liabilities unless the charity has an unconditional right to defer settlement of the liability for at least twelve months after the reporting date.

Fund structure

Unrestricted income funds are general funds that are available for use at the trustees's discretion in furtherance of the objectives of the charity.

Restricted income funds are those donated for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

Financial instruments

Classification

Financial assets and financial liabilities are recognised when the charity becomes a party to the contractual provisions of the instrument.

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

Hope 4 Ur Life Limited

Notes to the Financial Statements for the Year Ended 30 November 2024

Recognition and measurement

All financial assets and liabilities are initially measured at transaction price (including transaction costs), except for those financial assets classified as at fair value through profit or loss, which are initially measured at fair value (which is normally the transaction price excluding transaction costs), unless the arrangement constitutes a financing transaction. If an arrangement constitutes a financing transaction, the financial asset or financial liability is measured at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Financial assets and liabilities are only offset in the statement of financial position when, and only when there exists a legally enforceable right to set off the recognised amounts and the charity intends either to settle on a net basis, or to realise the asset and settle the liability simultaneously.

Financial assets are derecognised when and only when a) the contractual rights to the cash flows from the financial asset expire or are settled, b) the charity transfers to another party substantially all of the risks and rewards of ownership of the financial asset, or c) the charity, despite having retained some, but not all, significant risks and rewards of ownership, has transferred control of the asset to another party.

Financial liabilities are derecognised only when the obligation specified in the contract is discharged, cancelled or expires.

Investments

Investments in non-convertible preference shares and non-puttable ordinary or preference shares (where shares are publicly traded or their fair value is reliably measurable) are measured at fair value through profit or loss. Where fair value cannot be measured reliably, investments are measured at cost less impairment.

Investments in subsidiaries and associates are measured at cost less impairment. For investments in subsidiaries acquired for consideration including the issue of shares qualifying for merger relief, cost is measured by reference to the nominal value of the shares issued plus fair value of other consideration. Any premium is ignored.

Fair value measurement

The best evidence of fair value is a quoted price for an identical asset in an active market. When quoted prices are unavailable, the price of a recent transaction for an identical asset provides evidence of fair value as long as there has not been a significant change in economic circumstances or a significant lapse of time since the transaction took place. If the market is not active and recent transactions of an identical asset on their own are not a good estimate of fair value, the fair value is estimated by using a valuation technique.

3 Income from donations and legacies

	Unrestricted funds		
	General	Total	Total
	£	2024	2023
		£	£
Donations and legacies;			
Donations from individuals	40,502	40,502	34,917
Gift aid reclaimed	-	-	519
	<u>40,502</u>	<u>40,502</u>	<u>35,436</u>

Hope 4 Ur Life Limited

Notes to the Financial Statements for the Year Ended 30 November 2024

4 Income from charitable activities

Unrestricted funds	Restricted funds	Total 2024	Total 2023
General £	£	£	£
13,776	219,688	233,464	221,974

5 Expenditure on charitable activities

Note	Unrestricted funds	Restricted funds	Total 2024	Total 2023
	General £	£	£	£
	34,083	19,486	53,569	52,619
Staff costs	11,122	131,877	142,999	134,687
Allocated support costs	6 8,608	-	8,608	3,157
Governance costs	6 1,290	-	1,290	2,200
	55,103	151,363	206,466	192,663
	Activity undertaken directly £	Activity support costs £	Total 2024 £	Total 2023 £
Wages and Salaries	131,484	10,380	141,864	134,378
Printing, postage and stationery	-	12,975	12,975	440
Events	-	11,394	11,394	14,923
Facilitators/Volunteers	-	9,147	9,147	309
Rent & Rates	13,688	-	13,688	16,786
Insurance	2,496	-	2,496	-
Heat & Light	2,672	-	2,672	601
Repairs	-	18	18	-
Bank charges	33	46	79	-
IT & Software	598	520	1,118	-
Telephone	-	1,136	1,136	-
Subscriptions	-	3,284	3,284	-
Office expenses	-	2,494	2,494	1,791
Staff welfare and expenses	392	742	1,134	-
Depreciation	-	1,435	1,435	707
Other	-	241	241	1,947
Motor and Travel expenses	-	-	-	3,843
Iprint Comic	-	-	-	14,738
	151,363	53,812	205,175	190,463

Hope 4 Ur Life Limited

Notes to the Financial Statements for the Year Ended 30 November 2024

£53,812 (2023 - £32,519) of the above expenditure was attributable to unrestricted funds and £151,363 (2023 - £157,944) to restricted funds.

6 Analysis of governance and support costs

Governance costs

	Unrestricted funds	Total 2024	Total 2023
	General £	£	£
Allocated support costs	1,290	1,290	2,200
	1,290	1,290	2,200

7 Trustees remuneration and expenses

No trustees, nor any persons connected with them, have received any remuneration from the charity during the year.

8 Staff costs

The aggregate payroll costs were as follows:

	2024 £	2023 £
Staff costs during the year were:		
Wages and salaries	129,362	121,595
Social security costs	9,469	10,189
Pension costs	3,033	2,594
Other staff costs	1,135	309
	142,999	134,687

The monthly average number of persons (including senior management team) employed by the charity during the year expressed as full time equivalents was as follows:

	2024 No	2023 No
Charitable Activities	3	3
Governance	2	2
	5	5

No employee received emoluments of more than £60,000 during the year.

Hope 4 Ur Life Limited

Notes to the Financial Statements for the Year Ended 30 November 2024

9 Taxation

The charity is a registered charity and is therefore exempt from taxation.

10 Tangible fixed assets

	Computer equipment £	Total £
Cost		
At 1 December 2023	3,535	3,535
Additions	<u>3,641</u>	<u>3,641</u>
At 30 November 2024	<u>7,176</u>	<u>7,176</u>
Depreciation		
At 1 December 2023	2,121	2,121
Charge for the year	<u>1,435</u>	<u>1,435</u>
At 30 November 2024	<u>3,556</u>	<u>3,556</u>
Net book value		
At 30 November 2024	<u>3,620</u>	<u>3,620</u>
At 30 November 2023	<u>1,414</u>	<u>1,414</u>

11 Creditors: amounts falling due within one year

	2024 £	2023 £
Trade creditors	180	-
Other taxation and social security	2,587	7,214
Other creditors	-	1,232
Pension scheme creditor	641	2,689
Accruals	<u>3,490</u>	<u>3,544</u>
	<u>6,898</u>	<u>14,679</u>

12 Funds

	Balance at 1 December 2023 £	Incoming resources £	Resources expended £	Balance at 30 November 2024 £
Unrestricted funds				
<i>General</i>				
Unrestricted Funds	72,430	54,278	(55,102)	71,606

Hope 4 Ur Life Limited

Notes to the Financial Statements for the Year Ended 30 November 2024

	Balance at 1 December 2023 £	Incoming resources £	Resources expended £	Balance at 30 November 2024 £
Restricted funds				
Dormant Accounts	31,148	46,586	(19,300)	58,434
Big Lottery	101,269	173,102	(132,063)	142,308
Other Restricted	3,256	-	-	3,256
Total restricted funds	<u>135,673</u>	<u>219,688</u>	<u>(151,363)</u>	<u>203,998</u>
Total funds	<u>208,103</u>	<u>273,966</u>	<u>(206,465)</u>	<u>275,604</u>

	Balance at 1 December 2022 £	Incoming resources £	Resources expended £	Transfers £	Balance at 30 November 2023 £
Unrestricted funds					
<i>General</i>					
Unrestricted Funds	87,243	221,629	(169,634)	(66,808)	72,430
Restricted funds					
Dormant Accounts	-	41,425	(10,277)	-	31,148
Big Lottery	56,621	120,395	(142,555)	66,808	101,269
Other Restricted	-	3,256	-	-	3,256
Total restricted funds	<u>56,621</u>	<u>165,076</u>	<u>(152,832)</u>	<u>66,808</u>	<u>135,673</u>
Total funds	<u>143,864</u>	<u>386,705</u>	<u>(322,466)</u>	<u>-</u>	<u>208,103</u>

13 Analysis of net assets between funds

	Unrestricted funds General £	Restricted funds £	Total funds £
Tangible fixed assets	3,620	-	3,620
Current assets	74,884	203,997	278,881
Current liabilities	(6,898)	-	(6,898)
Total net assets	<u>71,606</u>	<u>203,997</u>	<u>275,603</u>

Hope 4 Ur Life Limited

Notes to the Financial Statements for the Year Ended 30 November 2024

14 Analysis of net funds

	At 1 December 2023 £	Cash flow £	At 30 November 2024 £
Cash at bank and in hand	221,368	57,513	278,881
Net debt	<u>221,368</u>	<u>57,513</u>	<u>278,881</u>

Financial Statements

Notes to the Financial Statements for the Year ended 30 November 2014

2014	2013	2012
123,456	123,456	123,456
123,456	123,456	123,456
123,456	123,456	123,456

12 Analysis of net assets

13 Analysis of net assets

14 Analysis of net assets

Hope 4 UR Life Limited

Northern Ireland - Charity number 103924

Accounts

HOPE 4 UR LIFE LIMITED

Statement of Financial Activities

For the year ended 30th November 2023

	Note	Unrestricted £	Restricted Income £	2023 Funds £	2022 Funds £
Income and Endowment from:	2				
Donations and Funding		35436	0	35436	37132
Charitable Activities		0	221974	221974	127858
Other Trading Activities		0	0	0	0
Investments		0	0	0	2
Material item of Income		0	0	0	0
Other		0	0	0	0
Total		35436	221974	257410	164992
Expenditure on:	3				
Raising Funds		0	17387	17387	16579
Charitable Activities		29033	136526	165559	144685
Other Trading Activities		0	0	0	0
Other		3486	6231	9717	10000
Total		32519	160144	192663	171264
Net Income before Tax		2917	61830	64747	-6272
Tax Payable				0	0
Net Income after Tax		2917	61830	64747	-6272
Extraordinary Items					
Transfers between Funds		0	0	0	0
Net Movement in Funds		2917	61830	64747	-6272
Reconciliation of Funds					
Funds brought forward		82887	60470	143357	149630
Total Funds		85804	122300	208104	143358

HOPE 4 UR LIFE LIMITED

Balance Sheet

For the year ended 30th November 2023

	Note	Unrestricted £	Restricted Income £	2023 Funds £	2022 Funds £
Fixed Assets					
Intangible Assets				0	0
Tangible Assets	6	1414		1414	2121
Heritage Assets				0	0
Investments				0	0
Other				0	0
Total Fixed Assets		1414	0	1414	2121
Current Assets					
Stock				0	0
Debtors			0	0	8901
Investments				0	0
Cash at Bank and in Hanc	8	84463	135673	220136	143865
Total Current Assets		84463	135673	220136	152766
Creditors: amounts falling due within one year	7	73	13373	13446	11530
Net Current Assets		84390	122300	206690	141236
Total Assets less Current Liabilities		85804	122300	208104	143357
Creditors: amount falling due after one year	7	0	0	0	0
Total Net Assets		85804	122300	208104	143357
Funds of the Charity					
Restricted Income Funds			122300	122300	60470
Unrestricted Funds		85804		85804	82888
Total Funds		85804	122300	208104	143358

HOPE 4 UR LIFE LIMITED

Statement of Financial Activities

For the year ended 30th November 2023

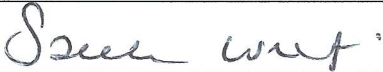

The Company was entitled to exemption from audit under s477 of the Companies Act 2006 relating to small companies.

The members have not required the Company to obtain an audit in accordance with s476 of the Companies Act 2006

The Directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to small companies subject to the small companies regime and in accordance with FRS102 SORP.

Signed by two Trustees on behalf of the Trustees

	
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Date: 15th April 2024

HOPE 4 UR LIFE LIMITED

Notes to the Accounts

For the year ended 30th November 2023

Note 1

Basis of preparation

1.1 Basis of Accounting

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

The accounts have been prepared in accordance with:
the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1st January 2015).

The charity constitutes a public benefit entity as defined by FRS 102.
Assets and Liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

1.2 Change of Accounting Policy

The accounts present a true and fair view and no changes have been made to the accounting policies adopted in note {1.1}.

1.3 Incoming Resources

All incoming resources are included in the statement of financial activities when the Charity is entitled to the income and the amount can be quantified with reasonable accuracy.

1.4 Resources Expended

Liabilities are recognised as resources expended when there is a legal or constructive obligation committing the Charity to expenditure.

HOPE 4 UR LIFE LIMITED

Notes to the Accounts

For the year ended 30th November 2023

Note 2

Income	Unrestricted	Restricted	2023	2022
Analysis of income		Income	Funds	Funds
	£	£	£	£
Donations and Legacies:				
Donations and Funding	34917	0	34917	37132
Gift Aid	519	0	519	0
Membership subscriptions	0	0	0	0
Other	0	0	0	0
Total	35436	0	35436	37132
Charitable activities:				
Grants Received	0	180548	180548	127858
Dormant Accounts	0	41426	41426	0
Other CJRS	0	0	0	0
Total	0	221974	221974	127858
Other trading activities:				
Cafe	0	0	0	0
Other	0	0	0	0
Total	0	0	0	0
Income from Investments:				
Interest income	0	0	0	2
Rental and leasing income	0	0	0	0
Other	0	0	0	0
Total	0	0	0	2
Separate material Income:				
Employers Allowance	0	0	0	0
Room Hire	0	0	0	0
Other	0	0	0	0
Total	0	0	0	0
Other:				
Other	0	0	0	0
Total	0	0	0	0
Total Income	35436	221974	257410	164992

HOPE 4 UR LIFE LIMITED

Notes to the Accounts

For the year ended 30th November 2023

Note 3

Expenditure		Unrestricted	Restricted	2023	2022
Analysis of expenditure			Income	Funds	Funds
		£	£	£	£
Expenditure on raising funds					
	Incurring seeking donation	0	0	0	0
	Incurring seeking grants	0	0	0	0
	Rent and Insurance	0	16786	16786	15988
	Light, Heat and Power	0	601	601	591
	Repairs	0	0	0	0
	Other	0	0	0	0
	Total expenditure on raising funds	0	17387	17387	16579
Expenditure on charitable activities					
	Wages and Salaries	12899	121479	134378	115929
	Printing and Stationery	440	0	440	832
	Events	14923	0	14923	12236
	Print Comic	0	14738	14738	7820
	Facilitators/Volunteers	0	309	309	6615
	Other	771	0	771	1252
	Total expenditure on charitable activities	29033	136526	165559	144684
Expenditure on other trading activities					
	Wages and Salaries	0	0	0	0
	Purchases for Trading	0	0	0	0
	Total expenditure on other trading activities	0	0	0	0
Other					
	Motor and Travel Expense	0	3843	3843	3487
	Administration Expenses	1404	387	1791	2584
	Other Expenses	1375	2001	3376	3223
	Depreciation	707	0	707	707
	Other	0	0	0	0
	Total other expenditure	3486	6231	9717	10001
Total Expenditure		32519	160144	192663	171264

HOPE 4 UR LIFE LIMITED

Notes to the Accounts

For the year ended 30th November 2023

Note 4

Details of certain types of expenditure

Note 4.1 Fees for examination of the accounts

	2023 £	2022 £
Independent examiner's fees	2200	1500

Note 5

Paid employees

5.1 Staff Costs

	2023 £	2022 £
Salaries and wages	121595	104062
Social security costs	10189	9579
Pension costs (defined contribution pension plan)	2594	2288
Other employee benefits	0	0
Total staff costs	134378	115929

No employees received employee benefits (excluding employer pension costs) for the reporting period of more than £60,000

5.2 Average head count in the year

	2023 Number	2022 Number
The parts of the charity in which the employees work		
Fundraising	0	0
Charitable Activities	3	3
Governance	2	2
Other	0	0
Total	5	5

HOPE 4 UR LIFE LIMITED

Notes to the Accounts

For the year ended 30th November 2023

Note 6

Tangible fixed assets

6.1 Cost or valuation

	Freehold Land and Buildings £	Other Land and Buildings £	Motor Vehicle £	Fixtures Fittings and Equipment £	Total £
At the 1 st December 2022	0	0	0	0	0
Additions	0	0	0	3535	3535
Revaluations	0	0	0	0	0
Disposals	0	0	0	0	0
Transfers *	0	0	0	0	0
At 30 th November 2023	0	0	0	3535	3535

6.2 Depreciation and impairments

	£	£	£	20% SL £	£
At the 1 st December 2022	0	0	0	1414	1414
Disposals	0	0	0	0	0
Depreciation	0	0	0	707	707
Impairment	0	0	0	0	0
Transfers*	0	0	0	0	0
At 30 th November 2023	0	0	0	2121	2121

6.3 Net book value

Net book value 30/11/23	0	0	0	1414	1414
Net book value 30/11/22	0	0	0	2121	2121

6.4 Impairment

N/A

6.5 Revaluation

N/A

6.6 Other Disclosures

(I) Borrowing Costs

N/A

(ii) Contractual Commitments

N/A

(iii) Assets are owned outright and have no pledged security.

N/A

HOPE 4 UR LIFE LIMITED

Notes to the Accounts

For the year ended 30th November 2023

Note 7

Creditors and accruals

7.1 Analysis of creditors

	Amounts falling due within one year		Amounts falling due after more than one year	
	2023 £	2022 £	2023 £	2022 £
Grants Received in Advance	0	0	0	0
Bank loans and overdrafts	0	0	0	0
Trade creditors	0	0	0	0
Payments received on account	0	0	0	0
Accruals and deferred income	6232	8126	0	0
Taxation and social security	7214	3404	0	0
Other creditors	0	0	0	0
Total	13446	11530	0	0

7.2 Deferred Income

Movement in deferred income account	2023 £	2022 £
Balance at the start of the reporting period	0	0
Amounts added in current period	0	0
Amounts released to income from previous periods	0	0
Balance at the end of the reporting period	0	0

Note 8

Cash at Bank and in Hand

	2023 £	2022 £
National Lottery Community Fund	101269	56622
Dormants Accounts Fund NI	31148	0
Other Funds	3256	0
Cash at bank and on hand	84463	87243
Other	220136	143865
Total		

HOPE 4 UR LIFE LIMITED

Notes to the Accounts

For the year ended 30th November 2023

Note 9

Transactions with trustees and related parties

9.1 Trustee remuneration and benefits

Name of trustee	Amounts paid or benefit value			2023	2022
	£ Salary	£ Pension	£ Other	£ Total	£
	0	0	0	0	0

9.2 Trustees' expenses

	2023	2022
	£	£
No trustee expenses have been incurred.		
Type of expenses reimbursed		
Travel		
Subsistence		
Accommodation		
Telephone and Internet	0	0
Total	<u>0</u>	<u>0</u>

9.3 Transaction(s) with related parties

There have been no related party transactions in the reporting period.

HOPE 4 UR LIFE LIMITED

Notes to the Accounts

For the year ended 30th November 2023

**Note 9
Charity Funds**

9.1 Details of material funds held and movements during the CURRENT reporting period

Fund name	Type	Purpose and Restrictions	Opening Balance	Income	Expenditure	To Be Transferred	Gains and Losses	Closing Balance
			£	£	£	£	£	£
HOPE 4 UR LIFE LTD	UR		87243	221629	-157601	-66808	0	84463
Big Lottery Fund	R		56621	120395	-142555	66808	0	101269
Dormant Accounts	R		0	41425	-10277	0	0	31148
Other funds	R		0	3256	0	0	0	3256
			0	0	0	0	0	0
			0	0	0	0	0	0
			0	0	0	0	0	0
			0	0	0	0	0	0
			0	0	0	0	0	0
Other funds (balancing figure)			0	0	0	0	0	0
Total Funds as per balance sheet			143864	386705	-310433	0	0	220136

The figure in 'To Be Transferred' is the net amount to be lodged into the Big Lottery Fund that should have been done before the year end. Dormant Accounts and Other Funds have been lodged to the main Hope 4 UR Life Bank Account.

Fund balances carried forward include assets and liabilities denominated in a foreign currency

Yes* No*
N/A

HOPE 4 UR LIFE LIMITED

Notes to the Accounts

For the year ended 30th November 2023

**Note 9
Charity Funds**

9.2 Details of material funds held and movements during the PREVIOUS reporting period

Fund name	Type	Purpose and Restrictions	Opening Balance	Income	Expenditure	To Be Transferred	Gains and Losses	Closing Balance
			£	£	£	£	£	£
HOPE 4 UR LIFE LTD	UR		80754	196137	-189648	0	0	87243
Big Lottery Fund	R		71882	124668	-139929	0	0	56621
			0	0	0	0	0	0
			0	0	0	0	0	0
			0	0	0	0	0	0
			0	0	0	0	0	0
			0	0	0	0	0	0
			0	0	0	0	0	0
Other funds			0	0	0	0	0	0
Total Funds as per balance sheet			152636	320805	-329577	0	0	143864

Yes*
No*

Fund balances carried forward include assets and liabilities denominated in a foreign currency

N/A

Hope 4 UR Life Limited

Northern Ireland - Charity number 103924

Annual report

Company Number NI631599

Charity Number NIC103924

Charity Name Hope 4 UR Life

HOPE 4 UR LIFE LIMITED

(Limited by Guarantee)

Report of the Trustees and Unaudited Financial Statements

For the year ended 30th November 2023

HOPE 4 UR LIFE LIMITED

For the year ended 30th November 2023

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HOPE 4 UR LIFE LIMITED

For the year ended 30th November 2023

Information

Trustees

Sandra Wright – Chair
Emma McCormack – Dep Chair
Alan D Nixon
Nathaniel Hamilton
Stephen Greyston
Bronagh Duggan
Marie Therese O'Neill
Cara Taylor

Trustee Secretary

Stephen Greyston

Registration Number

NI631599

Charity Number

NIC103924

Registered Office

1,2 & 5 North City Business Centre
2 Duncairn Gardens
Belfast
BT15 2GG

Accountants

D W McKillen & Co
32 Enterprise House
Enterprise Crescent
Lisburn
BT28 2BP

Bankers

Danske Bank
Donegall Square West
Belfast
BT1 6JS

HOPE 4 UR LIFE LIMITED

For the year ended 30th November 2023

Trustees Annual Report

The Trustees present their report and financial statements for the year ended 30th November 2023.

Aims, Objects, Benefits and Activities

Aims

Hope4Life NI - our aim is to serve our community locally with integrity and excellence, to help those who need supported with their mental health and wellbeing to offer practical tools and techniques for them to cope better with life's challenges; to engage, equip and empower individuals with mental ill-health with a wellbeing framework of programmes that mentor and support them with what they need to recover and stay well. The fundamental aim is to supply a pro-active, early intervention approach to reducing the unsustainable and rising levels of mental ill health within all areas of our society. We believe that through the delivery of our primary intervention training and mentoring programmes we can and will affect significant change.

Objects

The charity's objects are to provide support in relation to mental health issues. The policies adopted in furtherance of these objects are to provide education in respect of mental health issues to both adults and children.

The objects of the organisation are the advancement of education and the advancement of early intervention mental health and wellbeing programmes for children, young people and adults. Through the provision of our early intervention programmes for the prevention and recovery from stress, anxiety and depression. To educate and develop strong role models, mentors and key supporters to help in further developing and supporting those suffering from mental health issues, socially vulnerable and those most at risk within our society.

Benefits

1. Delivering specialist wellbeing training for mentor schemes for young people, adults, clergy and the elderly within our society.
2. Promote cross-community alliances to deal with low self-esteem, stress, anxiety and depression, involving Teachers, Parents, Community Youth Workers, Churches and Community Associations.
3. To develop positive mental health and wellbeing in young people to enable them to engage appropriately within schools, third level education and the world of work; to assist them in leading and contributing to effect positive change within their communities; to train them to understand how they can resolve misunderstandings, tensions or conflict within their local communities.
4. Providing specific wellbeing training within the workplace environment to raise awareness and reduce the high levels of stress, anxiety and depression to help diminish the high rates of absenteeism and the increasing drain on our local economy through lost revenue.
5. To work alongside Local Authorities, Charitable Organisations, Community Housing Groups and Care Homes to support and deliver training to the following minority groups:

- Asylum-seekers and refugees
- Gay, lesbian, bi-sexual or transgender people
- People suffering from mental health problems
- Gypsies and Travellers
- Migrant workers
- Offenders and ex-offenders
- Older people who feel isolated within the community
- People who have experienced violence or abuse

6. Where relevant and advantageous we will work with other training providers to further develop or enhance our programme delivery and outcomes; making these available for all within our local communities.

7. Developing referral schemes in partnership with Local Authorities, Charitable Organisations and Community Youth Teams.

The organisation exists to benefit individuals within our society who are suffering from mental health issues to develop individuals to become emotionally resilient and to encourage strong role models for the socially vulnerable and at risk within our communities, we aim to impact on the increasing number of people suffering year on year.

Activities

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

Our focus is on primary intervention rather than focusing on purely recovery models. We deliver 2 prescriptive programmes called WRAP[®] – Wellness Recovery Action Plan and MHFA – Mental Health First Aid, both of these programmes have been adapted to include additional practical, fun and engaging elements to assist retention recall and implementation. In other words, we work with real situations, in the real world of a working environment with practical solutions and positive outcomes. We deliver the 2 day, level 1 and 5 day, level 2 WRAP[®] programme, and also the MHFA level 1 – these programmes are delivered by the Advanced Level Facilitators in NI.

We also deliver bespoke training programmes, from stress management to supervision and reflection, these are designed and delivered by highly trained clinicians.

In 2016 we created and designed a new programme, based on the findings of local young people who were struggling to find a resource to better explain mental illness and how to recognise earlier those triggers and early warning signs to combat and overcome mental ill health.

The programme was called Uberheroes – we used Heroes to teach the foundational characteristics of wellbeing and the Villains to represent the characteristics of many of the issues facing our young people today – issues such as anxiety, isolation, depression, fear, grief, self-harm, abuse, suicide and more... This programme was designed by young people for young people and has been a great success in reducing mental illness, offering hope and support to overcome mental ill-health.

Our Uberhero comics are all real stories of local children and young people across Northern Ireland. We interview local kids to let them share their experiences of mental health issues covering many topics, these children and young people are given the opportunity to use their voices to share their experiences with thousands of others through our work with schools and other partnerships we have reaching thousands of children and young people each year.

Our Uberheroes Comics never show any recognisable images of these children or their geographical surroundings, each comic character is also given the chance to decide on a pseudonym for the comic, this can be a name using the Capital letter of their own name or something completely different. Our recordings are only heard by the people from our organisation who interview them, and these are deleted once the comic is complete.

All our comics are delivered by highly experienced facilitators who come from a clinician or teaching background. We offer the children a unique and safe environment to discuss mental health issues that focus on the facts not the fears told in a comic format but based on real experiences of local children. This is followed by a facilitated session where the children learn about triggers and those early subtle changes in thoughts and behaviours as well as uncovering ways to create action plans or strategies to develop resilient thinking, to recognise symptoms earlier and to manage or avoid future mental ill health.

Our programmes have been delivered to over 28,000 children and young people who have been supported through our engaging, educational, interactive and fun workshops, ensuring that the children have a high level of retention recall of the subjects and the comic characters which has and will work to their benefit as they grow and develop into teenagers and young adults.

We also train our Youth Ambassadors in a programme called IPS - Intentional Peer support, put simply, this is a person who can offer support by virtue of the fact that they can empathise and can relate to others who are now in a similar situation. That is also referred to as "lived experience". Young people who have similar experiences [for example: self-harm, suicidal thoughts, abuse, the loss of a parent or sibling etc], can better relate and can offer more authentic empathy and validation than those without a shared experience. They are often able to offer each other practical advice and suggestions for change that "trained professionals" may never have considered.

Achievements and Performance

The charity obtained significant funding during the year, and it is hoped that, going forward, similar levels of funding can be obtained.

The charity was contacted by over 6000 children through our online advice section called "Ask an Uberhero a question" on our website. The charity, through the help of freelance clinicians and counsellors were able to work with these children and young people to directly help them or to get them in to see counsellors within 10 days of contacting us or to signpost them onto other charities who we knew would be able to support their individual needs.

We ran our 3rd in person "Uberheroes Acts of Kindness Awards" ceremony in a local hotel with 270 guests including our 30 Finalists chosen from the hundreds of entries. These children and young people were nominated for their selfless acts of kindness to siblings, parents, neighbours, community incentives [foodbanks and homeless projects] these entries were so inspiring to read. We asked local businessmen and women, and those involved in community groups to be on the judging panel. They had the unenviable job of picking only 30 finalists who were able to join us with 2 family members for a night where they were the stars of the show. This has been so well received by the finalists, parents and sponsors and we are now organising next year's Awards.

We are launching a new programme "Uberheroes – My Origin Story" – this programme has been devised by young people for young people, prior to general health questionnaires completed at each of the school sessions we attend with the Uberheroes comic sessions. We were able to assess that at peak times across the P6 and especially in the P7 year groups in November, February & May. We have been working with children & young people through our network of Primary and Secondary Schools across NI to ensure that we are really hearing what is going on. We engaged with hundreds of children and young people to seek their advice and listen to their personal experiences of P7 and Y8.

We intend to deliver this programme to approximately 30 – 40 Schools visiting the pupils in each year group 6 times throughout the academic year, following each group from P6 into P7 and following them to their new school in Y8 & Y9 to support them through the challenges and vulnerabilities of transitioning from Primary and Secondary education.

We will be able to help and support them building their confidence, self-belief, ability to communicate their feelings, problem solving and resilience building at this challenging time in their young lives.

Notable Achievements for 2022- 2023 financial year

- ↳ Our response to the data collated from the general health questionnaires highlighting the issues being faced by the children in P6, P7 & Year 8.

- ↪ Ran additional focus groups data conducted across the aforementioned year groups and including Y9, covering many of the specific issues facing these children. Their honest and sometimes raw reflections on how they are feeling and their experiences of transitioning.
- ↪ We ran a series of meetings with P6, P7 & Y8 teachers, head of year, Principals and Vice Principals too, their views, reflections and recommendations were invaluable.
- ↪ Workbooks, covering topics and issues covered in each of the respective year groups, along with the Teacher's Manuals are now printed.
- ↪ We have tested some of the transitioning sessions with this years P7's to help support them with tools and techniques and has also offered us real learning for this new programme.
- ↪ We have delivered Uberheroes workshops to 8,837 children this academic year across 289 schools.
- ↪ We also delivered 5 face to face Adult training programmes to approx 196 people.
- ↪ We were named charity partner for PwC and trained 45 PwC staff as volunteer facilitators (around 30 of whom came out with us)
- ↪ We welcomed new connections with the following for Kindness Awards and other collaborations with - Used Cars NI, EY, Noted Ireland, Zen Orthodontics - Christmas donation in addition to Kindness Awards, 1 Stop Auto Shop, Power NI, Terry Bradley, USEL & Clanmil Housing.
- ↪ Further developed links with, Movie House Cinemas, Charles Hurst Jaguar, Core Impact, Quo Pro Recruitment, Fish City, Synapse and Hastings Group.
- ↪ Nadia leading the Batton of Hope campaign in NI – H4L hosted the finishing celebration.
- ↪ We further developed links with Ulster University with a second student placement Megan McNeill
- ↪ Made connection with QUB one lecturer
- ↪ Applied for QUB Masters Students to do placement with us – come to fruition this year Placement student, Jessica Caldwell from Stranmillis
- ↪ Nadia received training at a Youth Suicide Conference
- ↪ Meetings with Naomi Long Minister of Justice
- ↪ Meetings with Michelle McIlveen Minister of Education and Robin Swan Health Minister
- ↪ Met with Laura Small from Belfast Giants and opened a relationship, one of their players came to Batton of Hope event and they have donated numerous tickets for us to distribute.
- ↪ Creating a UK License with the support of PwC
- ↪ Summer programmes with Belfast Exposed and Saints Youth Centre, Dunmurry
- ↪ One Yong World Conference, Nadia made a lifetime Ambassador
- ↪ Invited to Queens Empower Event on Children's Mental Health.
- ↪ We also had the opportunity to directly engage with parents, who were so delighted with their children's interaction with us post the pandemic and how we have really helped to reduce their child's anxiety and fear levels.
- ↪ Our "Ask an Uberhero a question" is still helping 100's of children.
- ↪ Our website traffic increased by 11,000 weekly views.
- ↪ Our social media platforms (Facebook, Twitter & Instagram) all increased by an additional 8,000 + reach and interactions.

Impact and Benefits

The charity meets the public benefit requirement by providing support and education to children and adults in relation to mental health issues. The charity has engaged with a number of key political parties and members, community leaders and other third sector organisations in furtherance of these objects.

The charity has delivered, in partnership with a number of schools, community groups and charitable organisations, services for Young People to provide early intervention mental health and wellbeing programmes to help children, young people and adults to recognise and prevent mental health issues such as self-harming, abuse, anxiety, stress & depression, fear, grief or suicidal thoughts, offering them educational support services to help prevent these issues arising. The charity also works with organisations who provide support services for children with additional needs such as Autism, DSD, Asperger's Syndrome and ADHD, suicide & self-harm prevention services helping to support the young people they work with, their parents and wider family circle.

The charity primarily works with schools and community groups highlighting the mental health issues that many of our young people are struggling to understand, manage and seek the support they need to help them recover.

The charity was contacted by over 500 children on the online advice section of the "Ask an Uberhero a question" website. The charity, through the help of freelance clinicians, were able to help many children and young people to get the help they needed to prevent them suffering from mental health issues.

The charity is supported by the National Lottery Community Fund, via their EYP programme; this enables them to support 3 full-time members of staff throughout 3 years as well as enabling the team to continue delivering the Uberheroes programmes. This funder is the largest contributor to our work.

In all of this the Trustees have regard to the Charity Commissions public benefit requirement guidance.

Conclusion

In conclusion, this trustee report reflects the dedication, passion, and hard work of our Hope4Life staff team and volunteers in making a positive difference in the lives of individuals facing mental health challenges across Northern Ireland. We are immensely grateful for the unwavering support of our donors, volunteers, staff, and community partners who have stood by us in our mission to promote mental health and well-being.

As we look towards the future, we remain committed to expanding our reach, enhancing our programs, and advocating for greater awareness and support for mental health issues. With your continued support, we are confident that we can make even greater strides in improving the mental health outcomes of those in need.

We extend our heartfelt thanks to everyone who has been a part of our journey and invite you to join us in our continued efforts to create a mentally healthier and more compassionate community. Together, we can make a lasting impact on the lives of those affected by mental health challenges. Thank you for your trust, commitment, and partnership.

Financial Review

It is the policy of the charity that un-restricted funds that have not been designated for a specific use should be maintained at a level equivalent to between three to six month's expenditures. The trustees consider that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the charity's current activities while consideration is given to ways in which additional funds may be raised. This level of reserves has been maintained throughout the year.

Structure and Governance and Management

We have 3 Full time posts, with 2 part-time posts and 6 Free-lance facilitation posts as well as a group of 6 volunteers.

Our CEO, Relationship Development Manager and Youth Development Manager are the 3 full time positions, with our Finance Manager and Youth Development Officer being part-time positions.

We use the Charity Commissions Code of Good Governance and have in place the necessary personnel from our staff team and board to help with adherence to this code.

We have an external Independent Accountant and an internal Management Accountant to help with the financial reporting and monthly management accounting.

Trustees

Trustees who served during the year were as follows;

Sandra Wright – Chair
Emma McCormack – Dep Chair
Alan D Nixon
Nathaniel Hamilton
Stephen Greyston
Bronagh Duggan
Cara Taylor

Declarations

The Company has taken advantage of the small companies exemption in preparing the report above.

The Trustees declare that they have approved the Trustees report.

Signed:	<u>Sandra Wright</u>	<u>Emma McCormack</u>
Print Name:	<u>SANDRA WRIGHT</u>	<u>EMMA MCCORMACK</u>
Position:	<u>Trustee</u>	<u>Trustee</u>
Date:	<u>15th April 2024</u>	

Hope 4 UR Life Limited

Northern Ireland - Charity number 103924

Annual return

HOPE 4 UR LIFE LIMITED

Independent Examiners Report to the Trustees

On Accounts for the year ended 30th November 2023

Charity No: NIC103924

Company No: NI 631599

I report on the accounts of the Company for the year ended 30th November 2023, which are set out on pages 10 to 21.

Respective Responsibilities of the Charity Trustees and Examiner

As the Charity Trustees, (and also the Directors of the Company for the purposes of Company Law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ("the 2006 Act").

Having satisfied myself that the accounts of the Company are not required to be audited, I report in respect of my examination of your Charity's accounts carried out under Company Law, and is eligible for Independent Examination, it is my responsibility to:

1. examine the accounts under section 65 of the Charities Act.
2. follow the procedures laid down in the general Directions given by the Charity Commission for Northern Ireland under section 65(9)(b) of the Charities Act.
3. state whether particular matters have come to my attention.

Basis of Independent Examiner's Report


I have examined your charity accounts as required under section 65 of the Charities Act and my examination was carried out in accordance with the general directions given by the Charity Commission for Northern Ireland under section 65(9)(b) of the Charities Act. The examination included a review of the accounting records kept by the Charity and a comparison of the accounts presented with those records. It also included consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as Charity Trustees concerning any such matters.

My role is to state whether any material matters have come to my attention giving me cause to believe:

1. That accounting records were not kept in accordance with section 386 of the 2006 Act.
2. That the accounts do not accord with those accounting records.
3. That the accounts do not comply with the requirements of section 396 of the 2006 Act and with the methods and principles of the 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.
4. That there is further information needed for a proper understanding of the accounts to be reached.

Independent Examiner's Statement

I have completed my examination and have no concerns in respect of the matters (1) to (4) listed above and, in connection with following the Directions of the Charity Commission for Northern Ireland, I have found no matters that require drawing to your attention.

Signed: 

Date: 15th April 2024

David McKillen FMAAT
D W McKillen & Co
32 Enterprise House
Enterprise Crescent
Lisburn
BT28 2BP

Hope 4 UR Life Limited

Northern Ireland - Charity number 103924

Accounts

HOPE 4 UR LIFE LIMITED

Statement of Financial Activities

For the year ended 30th November 2022

	Note	Unrestricted £	Restricted Income £	2022 Funds £	2021 Funds £
Income and Endowment from:	2				
Donations		37132	0	37132	49746
Charitable Activities		0	127858	127858	84194
Other Trading Activities		0	0	0	0
Investments		2	0	2	186
Material item of Income		0	0	0	4906
Other		0	0	0	8000
Total		37134	127858	164992	147032
Expenditure on:	3				
Raising Funds		0	16579	16579	15373
Charitable Activities		33782	110903	144685	137763
Other Trading Activities		0	0	0	0
Other		4047	5953	10000	11341
Total		37829	133435	171264	164477
Net Income before Tax		-695	-5577	-6272	-17445
Tax Payable				0	0
Net Income after Tax		-695	-5577	-6272	-17445
Extraordinary Items					
Transfers between Funds		0	0	0	0
Net Movement in Funds		-695	-5577	-6272	-17445
Reconciliation of Funds					
Funds brought forward		83583	66047	149630	167076
Total Funds		82888	60470	143358	149631

HOPE 4 UR LIFE LIMITED

Balance Sheet

For the year ended 30th November 2022

	Note	Unrestricted £	Restricted Income £	2022 Funds £	2021 Funds £
Fixed Assets					
Intangible Assets				0	0
Tangible Assets	6	2121		2121	2828
Heritage Assets				0	0
Investments				0	0
Other				0	0
Total Fixed Assets		2121	0	2121	2828
Current Assets					
Stock				0	0
Debtors			8901	8901	0
Investments				0	0
Cash at Bank and in Hanc	8	87243	56622	143865	152637
Total Current Assets		87243	65523	152766	152637
Creditors: amounts falling due within one year	7	6476	5054	11530	5834
Net Current Assets		80767	60469	141236	146803
Total Assets less Current Liabilities		82888	60469	143357	149631
Creditors: amount falling due after one year	7	0	0	0	0
Total Net Assets		82888	60469	143357	149631
Funds of the Charity					
Restricted Income Funds			60470	60470	66048
Unrestricted Funds		82888		82888	83583
Total Funds		82888	60470	143358	149631

HOPE 4 UR LIFE LIMITED

Statement of Financial Activities

For the year ended 30th November 2022

The Company was entitled to exemption from audit under s477 of the Companies Act 2006 relating to small companies.

The members have not required the Company to obtain an audit in accordance with s476 of the Companies Act 2006

The Directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to small companies subject to the small companies regime and in accordance with FRS102 SORP.

Signed by two Trustees on behalf of the Trustees

<i>Somers Wright</i>	<i>ENCCORNGOK</i>
----------------------	-------------------

Date: 19th June 2023

HOPE 4 UR LIFE LIMITED

Notes to the Accounts

For the year ended 30th November 2022

Note 1

Basis of preparation

1.1 Basis of Accounting

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

The accounts have been prepared in accordance with:
the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1st January 2015).

The charity constitutes a public benefit entity as defined by FRS 102.
Assets and Liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

1.2 Change of Accounting Policy

The accounts present a true and fair view and no changes have been made to the accounting policies adopted in note {1.1}.

1.3 Incoming Resources

All incoming resources are included in the statement of financial activities when the Charity is entitled to the income and the amount can be quantified with reasonable accuracy.

1.4 Resources Expended

Liabilities are recognised as resources expended when there is a legal or constructive obligation committing the Charity to expenditure.

HOPE 4 UR LIFE LIMITED

Notes to the Accounts

For the year ended 30th November 2022

Note 2

Income

Analysis of income	Unrestricted £	Restricted Income £	2022 Funds £	2021 Funds £
Donations and Legacies:				
Donations and gifts	37132	0	37132	49746
Gift Aid	0	0	0	0
Membership subscriptions	0	0	0	0
Other	0	0	0	0
Total	37132	0	37132	49746
Charitable activities:				
Grants Received	0	127858	127858	84194
Food Bank	0	0	0	0
Other CJRS	0	0	0	4906
Total	0	127858	127858	89100
Other trading activities:				
Cafe	0	0	0	0
Other	0	0	0	0
Total	0	0	0	0
Income from Investments:				
Interest income	2	0	2	186
Rental and leasing income	0	0	0	0
Other	0	0	0	0
Total	2	0	2	186
Separate material Income:				
Subscriptions	0	0	0	0
Room Hire	0	0	0	0
Other	0	0	0	8000
Total	0	0	0	8000
Other:				
Other	0	0	0	0
Total	0	0	0	0
Total Income	37134	127858	164992	147032

HOPE 4 UR LIFE LIMITED

Notes to the Accounts

For the year ended 30th November 2022

Note 3

Expenditure		Unrestricted	Restricted	2022	2021
Analysis of expenditure		£	Income	Funds	Funds
		£	£	£	£
Expenditure on raising funds					
	Incurring seeking donation	0	0	0	0
	Incurring seeking grants	0	0	0	0
	Rent and Insurance	0	15988	15988	14869
	Light, Heat and Power	0	591	591	504
	Repairs	0	0	0	0
	Other	0	0	0	0
	Total expenditure on raising funds	0	16579	16579	15373
Expenditure on charitable activities					
	Wages and Salaries	23104	92825	115929	106846
	Printing and Stationery	0	832	832	482
	Events	9426	2810	12236	0
	Print Comic	0	7820	7820	24768
	Facilitators/Volunteers	0	6615	6615	4480
	Other	1252	0	1252	1187
	Total expenditure on charitable activities	33782	110902	144684	137763
Expenditure on other trading activities					
	Wages and Salaries	0	0	0	0
	Purchases for Trading	0	0	0	0
	Total expenditure on other trading activities	0	0	0	0
Other					
	Motor and Travel Expense	75	3412	3487	2042
	Administration Expenses	1386	1198	2584	5918
	Other Expenses	1879	1344	3223	2674
	Depreciation	707	0	707	707
	Total other expenditure	4047	5954	10001	11341
Total Expenditure		37829	133435	171264	164477

HOPE 4 UR LIFE LIMITED

Notes to the Accounts

For the year ended 30th November 2022

Note 4

Details of certain types of expenditure

Note 4.1 Fees for examination of the accounts

	2022 £	2021 £
Independent examiner's fees	1500	1300

Note 5

Paid employees

5.1 Staff Costs

	2022 £	2021 £
Salaries and wages	104062	94018
Social security costs	9579	8382
Pension costs (defined contribution pension plan)	2288	4446
Other employee benefits	0	0
Total staff costs	115929	106846

No employees received employee benefits (excluding employer pension costs) for the reporting period of more than £60,000

5.2 Average head count in the year

	2022 Number	2021 Number
The parts of the charity in which the employees work		
Fundraising	0	0
Charitable Activities	3	3
Governance	2	2
Other	0	0
Total	5	5

HOPE 4 UR LIFE LIMITED

Notes to the Accounts

For the year ended 30th November 2022

Note 6

Tangible fixed assets

6.1 Cost or valuation

	Freehold Land and Buildings £	Other Land and Buildings £	Motor Vehicle £	Fixtures Fittings and Equipment £	Total £
At the 1 st December 2021	0	0	0	0	0
Additions	0	0	0	3535	3535
Revaluations	0	0	0	0	0
Disposals	0	0	0	0	0
Transfers *	0	0	0	0	0
At 30 th November 2022	0	0	0	3535	3535

6.2 Depreciation and impairments

	£	£	£	20% SL £	£
At the 1 st December 2021	0	0	0	707	707
Disposals	0	0	0	0	0
Depreciation	0	0	0	707	707
Impairment	0	0	0	0	0
Transfers*	0	0	0	0	0
At 30 th November 2022	0	0	0	1414	1414

6.3 Net book value

Net book value 30/11/22	0	0	0	2121	2121
Net book value 30/11/21	0	0	0	2828	2828

6.4 Impairment

N/A

6.5 Revaluation

N/A

6.6 Other Disclosures

(I) Borrowing Costs

N/A

(ii) Contractual Commitments

N/A

(iii) Assets are owned outright and have no pledged security.

N/A

HOPE 4 UR LIFE LIMITED

Notes to the Accounts

For the year ended 30th November 2022

Note 7

Creditors and accruals

7.1 Analysis of creditors

	Amounts falling due within one year		Amounts falling due after more than one year	
	2022 £	2021 £	2022 £	2021 £
Grants Received in Advance	0	0	0	0
Bank loans and overdrafts	0	0	0	0
Trade creditors	0	0	0	0
Payments received on account	0	0	0	0
Accruals and deferred income	8126	3168	0	0
Taxation and social security	3404	2667	0	0
Other creditors	0	0	0	0
Total	11530	5835	0	0

7.2 Deferred Income

Movement in deferred income account	2022 £	2021 £
Balance at the start of the reporting period	0	0
Amounts added in current period	0	0
Amounts released to income from previous periods	0	0
Balance at the end of the reporting period	<u>0</u>	<u>0</u>

Note 8

Cash at Bank and in Hand

	2022 £	2021 £
Short term cash investments	0	0
Short term deposits	0	0
Cash at bank and on hand	143865	152637
Other	<u>143865</u>	<u>152637</u>
Total	143865	152637

Funds of over £85,000 have been received in advance of projects for the incoming year 2020/2021 and running into early 2021/2022. (see note 7.1).

HOPE 4 UR LIFE LIMITED

Notes to the Accounts

For the year ended 30th November 2022

Note 9

Transactions with trustees and related parties

9.1 Trustee remuneration and benefits

Name of trustee	Amounts paid or benefit value			2022	2021
	£ Salary	£ Pension	£ Other	£ Total	£
	0	0	0	0	0

9.2 Trustees' expenses

No trustee expenses have been incurred.

Type of expenses reimbursed

Travel		
Subsistence		
Accommodation		
Telephone and Internet		
Total	<u>0</u>	<u>0</u>

9.3 Transaction(s) with related parties

There have been no related party transactions in the reporting period.

HOPE 4 UR LIFE LIMITED

Notes to the Accounts

For the year ended 30th November 2022

**Note 9
Charity Funds**

9.1 Details of material funds held and movements during the CURRENT reporting period

Fund name	Type	Purpose and Restrictions	Opening Balance	Income	Expenditure	Transfers	Gains and Losses	Closing Balance
			£	£	£	£	£	£
HOPE 4 UR LIFE LTD	UR		80754	196137	-189648	0	0	87243
Big Lottery Fund	R		71882	124668	-139929	0	0	56621
			0	0	0	0	0	0
			0	0	0	0	0	0
			0	0	0	0	0	0
			0	0	0	0	0	0
			0	0	0	0	0	0
			0	0	0	0	0	0
			0	0	0	0	0	0
Other funds (balancing figure)			0	0	0	0	0	0
Total Funds as per balance sheet			152636	320805	-329577	0	0	143864

Fund balances carried forward include assets and liabilities denominated in a foreign currency

Yes*
No*
N/A

HOPE 4 UR LIFE LIMITED

Notes to the Accounts

For the year ended 30th November 2022

**Note 9
Charity Funds**

9.2 Details of material funds held and movements during the PREVIOUS reporting period

Fund name	Type	Purpose and Restrictions	Opening Balance	Income	Expenditure	Transfers	Gains and Losses	Closing Balance
			£	£	£	£	£	£
HOPE 4 UR LIFE LTD	UR		50291	245603	-215140	0	0	80754
Big Lottery Fund	R		121878	99561	-149557	0	0	71882
TBUC	R		228	0	-228	0	0	0
			0	0	0	0	0	0
			0	0	0	0	0	0
			0	0	0	0	0	0
			0	0	0	0	0	0
			0	0	0	0	0	0
			0	0	0	0	0	0
Other funds			0	0	0	0	0	0
Total Funds as per balance sheet			172397	345164	-364925	0	0	152636

Fund balances carried forward include assets and liabilities denominated in a foreign currency

Yes* No*
N/A

Hope 4 UR Life Limited

Northern Ireland - Charity number 103924

Annual report

Company Number NI631599

Charity Number NIC103924

Charity Name Hope 4 UR Life

HOPE 4 UR LIFE LIMITED

(Limited by Guarantee)

Report of the Trustees and Unaudited Financial Statements

For the year ended 30th November 2022

HOPE 4 UR LIFE LIMITED

For the year ended 30th November 2022

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HOPE 4 UR LIFE LIMITED

For the year ended 30th November 2022

Information

Trustees

Sandra Wright – Chair
Emma McCormack – Dep Chair
Alan D Nixon
Nathaniel Hamilton
Paul Lawther
Stephen Greyston
Sinead Heatley

Trustee Secretary

Stephen Greston

Registration Number

NI631599

Charity Number

NIC103924

Registered Office

1,2 & 5 North City Business Centre
2 Duncairn Gardens
Belfast
BT15 2GG

Accountants

D W McKillen & Co
32 Enterprise House
Enterprise Crescent
Lisburn
BT28 2BP

Bankers

Danske Bank
Donegall Square West
Belfast
BT1 6JS

HOPE 4 UR LIFE LIMITED

For the year ended 30th November 2022

Trustees Annual Report

The Trustees present their report and financial statements for the year ended 30th November 2022.

Aims, Objects, Benefits and Activities

Aims

Hope4Life NI - our aim is to serve our community locally with integrity and excellence, to help those who need supported with their mental health and wellbeing to offer practical tools and techniques for them to cope better with life's challenges; to engage, equip and empower individuals with mental ill-health with a wellbeing framework of programmes that mentor and support them with what they need to recover and stay well. The fundamental aim is to supply a pro-active, early intervention approach to reducing the unsustainable and rising levels of mental ill health within all areas of our society. We believe that through the delivery of our primary intervention training and mentoring programmes we can and will affect significant change.

Objects

The charity's objects are to provide support in relation to mental health issues. The policies adopted in furtherance of these objects are to provide education in respect of mental health issues to both adults and children.

The objects of the organisation are the advancement of education and the advancement of early intervention mental health and wellbeing programmes for children, young people and adults. Through the provision of our early intervention programmes for the prevention and recovery from stress, anxiety and depression. To educate and develop strong role models, mentors and key supporters to help in further developing and supporting those suffering from mental health issues, socially vulnerable and those most at risk within our society.

Benefits

1. Delivering specialist wellbeing training for mentor schemes for young people, adults, clergy and the elderly within our society.
2. Promote cross-community alliances to deal with low self-esteem, stress, anxiety and depression, involving Teachers, Parents, Community Youth Workers, Churches and Community Associations.
3. To develop positive mental health and wellbeing in young people to enable them to engage appropriately within schools, third level education and the world of work; to assist them in leading and contributing to effect positive change within their communities; to train them to understand how they can resolve misunderstandings, tensions or conflict within their local communities.
4. Providing specific wellbeing training within the workplace environment to raise awareness and reduce the high levels of stress, anxiety and depression to help diminish the high rates of absenteeism and the increasing drain on our local economy through lost revenue.
5. To work alongside Local Authorities, Charitable Organisations, Community Housing Groups and Care Homes to support and deliver training to the following minority groups:

- Asylum-seekers and refugees
- Gay, lesbian, bi-sexual or transgender people
- People suffering from mental health problems
- Gypsies and Travellers
- Migrant workers
- Offenders and ex-offenders
- Older people who feel isolated within the community
- People who have experienced violence or abuse

6. Where relevant and advantageous we will work with other training providers to further develop or enhance our programme delivery and outcomes; making these available for all within our local communities.

7. Developing referral schemes in partnership with Local Authorities, Charitable Organisations and Community Youth Teams.

The organisation exists to benefit individuals within our society who are suffering from mental health issues to develop individuals to become emotionally resilient and to encourage strong role models for the socially vulnerable and at risk within our communities, we aim to impact on the increasing number of people suffering year on year.

Activities

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

Our focus is on primary intervention rather than focusing on purely recovery models. We deliver 2 prescriptive programmes called WRAP® – Wellness Recovery Action Plan and MHFA – Mental Health First Aid, both of these programmes have been adapted to include additional practical, fun and engaging elements to assist retention recall and implementation. In other words, we work with real situations, in the real world of a working environment with practical solutions and positive outcomes. We deliver the 2 day, level 1 and 5 day, level 2 WRAP® programme, and also the MHFA level 1 – these programmes are delivered by the Advanced Level Facilitators in NI.

We also deliver bespoke training programmes, from stress management to supervision and reflection, these are designed and delivered by highly trained clinicians.

In 2016 we created and designed a new programme, based on the findings of local young people who were struggling to find a resource to better explain mental illness and how to recognise earlier those triggers and early warning signs to combat and overcome mental ill health.

The programme was called Uberheroes – we used Heroes to teach the foundational characteristics of wellbeing and the Villains to represent the characteristics of many of the issues facing our young people today – issues such as anxiety, isolation, depression, fear, grief, self-harm, abuse, suicide and more... This programme was designed by young people for young people and has been a great success in reducing mental illness, offering hope and support to overcome mental ill-health.

Our Uberhero comics are all real stories of local children and young people across Northern Ireland. We interview local kids to let them share their experiences of mental health issues covering many topics, these children and young people are given the opportunity to use their voices to share their experiences with thousands of others through our work with schools and other partnerships we have reaching thousands of children and young people each year.

Our Uberheroes Comics never show any recognisable images of these children or their geographical surroundings, each comic character is also given the chance to decide on a pseudonym for the comic, this can be a name using the Capital letter of their own name or something completely different. Our recordings are only heard by the people from our organisation who interview them, and these are deleted once the comic is complete.

All our comics are delivered by highly experienced facilitators who come from a clinician or teaching background. We offer the children a unique and safe environment to discuss mental health issues that focus on the facts not the fears told in a comic format but based on real experiences of local children. This is followed by a facilitated session where the children learn about triggers and those early subtle changes in thoughts and behaviours as well as uncovering ways to create action plans or strategies to develop resilient thinking, to recognise symptoms earlier and to manage or avoid future mental ill health.

Our programmes have been delivered to over 28,000 children and young people who have been supported through our engaging, educational, interactive and fun workshops, ensuring that the children have a high level of retention recall of the subjects and the comic characters which has and will work to their benefit as they grow and develop into teenagers and young adults.

We also train our Youth Ambassadors in a programme called IPS - Intentional Peer support, put simply, this is a person who can offer support by virtue of the fact that they can empathise and can relate to others who are now in a similar situation. That is also referred to as "lived experience". Young people who have similar experiences [for example: self-harm, suicidal thoughts, abuse, the loss of a parent or sibling etc], can better relate and can offer more authentic empathy and validation than those without a shared experience. They are often able to offer each other practical advice and suggestions for change that "trained professionals" may never have considered.

Achievements and Performance

The charity obtained significant funding during the year, and it is hoped that, going forward, similar levels of funding can be obtained.

The charity was contacted by over 6000 children through our online advice section called "Ask an Uberhero a question" on our website. The charity, through the help of freelance clinicians and counsellors were able to work with these children and young people to directly help them or to get them in to see counsellors within 10 days of contacting us or to signpost them onto other charities who we knew would be able to support their individual needs.

We ran our 2nd in person "Uberheroes Acts of Kindness Awards" ceremony in a local hotel with 270 guests including our 30 Finalists chosen from the hundreds of entries. These children and young people were nominated for their selfless acts of kindness to siblings, parents, neighbours, community incentives [foodbanks and homeless projects] these entries were so inspiring to read. We asked local businessmen and women, and those involved in community groups to be on the judging panel. They had the unenviable job of picking only 30 finalists who were able to join us with 2 family members for a night where they were the stars of the show. This has been so well received by the finalists, parents and sponsors and we are now organising next year's Awards.

We are launching a new programme "Uberheroes – My Origin Story" – this programme has been devised by young people for young people, prior to general health questionnaires completed at each of the school sessions we attend with the Uberheroes comic sessions. We were able to assess that at peak times across the P6 and especially in the P7 year groups in November, February & May. We have been working with children & young people through our network of Primary and Secondary Schools across NI to ensure that we are really hearing what is going on. We engaged with hundreds of children and young people to seek their advice and listen to their personal experiences of P7 and Y8.

We intend to deliver this programme to approximately 30 – 40 Schools visiting the pupils in each year group 6 times throughout the academic year, following each group from P6 into P7 and following them to their new school in Y8 & Y9 to support them through the challenges and vulnerabilities of transitioning from Primary and Secondary education.

We will be able to help and support them building their confidence, self-belief, ability to communicate their feelings, problem solving and resilience building at this challenging time in their young lives.

Notable Achievements for 2021- 2022 financial year

- ↪ Our response to the data collated from the general health questionnaires highlighting the issues being faced by the children in P6, P7 & Year 8.
- ↪ The focus groups data conducted across the aforementioned year groups and including Y9, covering many of the specific issues facing these children. Their honest and sometimes raw reflections on how they are feeling and their experiences of transitioning.
- ↪ We ran a series of meetings with P6, P7 & Y8 teachers, head of year, Principals and Vice Principals too, their views, reflections and recommendations were invaluable.
- ↪ Workbooks, covering topics and issues covered in each of the respective year groups, along with the Teacher's Manuals are now completed and ready for printing.
- ↪ We have tested some of the transitioning sessions with this years P7's to help support them with tools and techniques and has also offered us real learning for this new programme.
- ↪ We have had a record year in delivering to just shy of 9,000 children this academic year across 280 schools.
- ↪ We also delivered 7 face to face Adult training programmes to approx 141 people during the summer months when lockdown had been eased.
- ↪ We also had the opportunity to directly engage with parents, who were so delighted with their children's interaction with us post pandemic and how we have really helped to reduce their child's anxiety and fear levels.
- ↪ Our "Ask an Uberhero a question" is still helping 100's of children.
- ↪ Our website traffic increased by 15,000 weekly views.
- ↪ Our social media platforms (Facebook, Twitter & Instagram) all increased by an additional 7,000 + reach and interactions.

Impact and Benefits

The charity meets the public benefit requirement by providing support and education to children and adults in relation to mental health issues. The charity has engaged with a number of key political parties and members, community leaders and other third sector organisations in furtherance of these objects.

The charity has delivered, in partnership with a number of schools, community groups and charitable organisations, services for Young People to provide early intervention mental health and wellbeing programmes to help children, young people and adults to recognise and prevent mental health issues such as self-harming, abuse, anxiety, stress & depression, fear, grief or suicidal thoughts, offering them educational support services to help prevent these issues arising. The charity also works with organisations who provide support services for children with additional needs such as Autism, DSD, Asperger's Syndrome and ADHD, suicide & self-harm prevention services helping to support the young people they work with, their parents and wider family circle.

The charity primarily works with schools and community groups highlighting the mental health issues that many of our young people are struggling to understand, manage and seek the support they need to help them recover.

The charity, through the help of freelance clinicians, has helped many children and young people to get the help they needed to prevent them suffering from mental health issues.

The charity is supported by the National Lottery Community Fund, via their EYP programme; this enables them to support 3 full-time members of staff throughout 3 years as well as enabling the team to continue delivering the Uberheroes programmes. This funder is the largest contributor to our work.

In all of this the Trustees have regard to the Charity Commissions public benefit requirement guidance.

Financial Review

It is the policy of the charity that un-restricted funds that have not been designated for a specific use should be maintained at a level equivalent to between three to six month's expenditures. The trustees consider that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the charity's current activities while consideration is given to ways in which additional funds may be raised. This level of reserves has been maintained throughout the year.

Structure and Governance and Management

We have 3 Full time posts, with 2 part-time posts and 6 Free-lance facilitation posts as well as a group of 6 volunteers.

Our CEO, Relationship Development Manager and Youth Development Manager are the 3 full time positions, with our Finance Manager and Youth Development Officer being part-time positions.

We use the Charity Commissions Code of Good Governance and have in place the necessary personnel from our staff team and board to help with adherence to this code.

We have an external Independent Accountant and an internal Management Accountant to help with the financial reporting and monthly management accounting.

Trustees

Trustees who served during the year were as follows;

Sandra Wright – Chair
Emma McCormack – Dep Chair
Alan D Nixon
Nathaniel Hamilton
Paul Lawther
Stephen Greyston
Sinead Heatley

Declarations

The Company has taken advantage of the small companies exemption in preparing the report above.

The Trustees declare that they have approved the Trustees report.

Signed: Sandra Wright

Elena McCormack

Print Name: SANDRA WRIGHT

Elena McCormack

Position: Trustee

Trustee

Date: 19th June 2023

Hope 4 UR Life Limited

Northern Ireland - Charity number 103924

Annual return

HOPE 4 UR LIFE LIMITED

Independent Examiners Report to the Trustees

On Accounts for the year ended 30th November 2022

Charity No: NIC103924

Company No: NI 631599

I report on the accounts of the Company for the year ended 30th November 2022, which are set out on pages 10 to 21.

Respective Responsibilities of the Charity Trustees and Examiner

As the Charity Trustees, (and also the Directors of the Company for the purposes of Company Law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ("the 2006 Act").

Having satisfied myself that the accounts of the Company are not required to be audited, I report in respect of my examination of your Charity's accounts carried out under Company Law, and is eligible for Independent Examination, it is my responsibility to:

1. examine the accounts under section 65 of the Charities Act.
2. follow the procedures laid down in the general Directions given by the Charity Commission for Northern Ireland under section 65(9)(b) of the Charities Act.
3. state whether particular matters have come to my attention.

Basis of Independent Examiner's Report

I have examined your charity accounts as required under section 65 of the Charities Act and my examination was carried out in accordance with the general directions given by the Charity Commission for Northern Ireland under section 65(9)(b) of the Charities Act. The examination included a review of the accounting records kept by the Charity and a comparison of the accounts presented with those records. It also included consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as Charity Trustees concerning any such matters.

My role is to state whether any material matters have come to my attention giving me cause to believe:

1. That accounting records were not kept in accordance with section 386 of the 2006 Act.
2. That the accounts do not accord with those accounting records.
3. That the accounts do not comply with the requirements of section 396 of the 2006 Act and with the methods and principles of the 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.
4. That there is further information needed for a proper understanding of the accounts to be reached.

Independent Examiner's Statement

I have completed my examination and have no concerns in respect of the matters (1) to (4) listed above and, in connection with following the Directions of the Charity Commission for Northern Ireland, I have found no matters that require drawing to your attention.

Signed: _____



Date: 19th June 2023

David McKillen FMAAT
D W McKillen & Co
32 Enterprise House
Enterprise Crescent
Lisburn
BT28 2BP