

# Youthlife Ltd

Northern Ireland · Charity number 105568

## Details

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Status Received

Company number [72222](#)

Registered 2016-08-15

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

## Contact

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Address Youthlife  
23 Bishop Street  
Londonderry  
23 Bishop Street  
Londonderry Bt48  
Bt48 6pr  
BT48 6PR

Phone 02871377227

Email [manager@youthlife.org](mailto:manager@youthlife.org)

Website [www.youthlife.org](http://www.youthlife.org)

## Activities

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**Purposes:** The relief of hardship caused to young persons by bereavement and family breakdown through counselling and support in the Derry area and its environs of county Londonderry without distinction of age, gender, disability, sexual orientation, nationality, ethnic identity, political or religious opinion, by associating the statutory authorities, community and voluntary organisations and the inhabitants in a common effort and in particular: a) to foster an atmosphere of mutual support among people suffering as a consequence of death, divorce, or separation & to encourage them to provide mutual support. b) To advance the education of the general public as to the effects of bereavement & family breakdown on young persons IN FURTHERANCE OF THE AFORESAID OBJECTS BUT NOT OTHERWISE THE COMPANY SHALL PURSUE THE AFORESAID OBJECTS BY THE MEANS AND WITH THE POWERS STATED IN THE MEMORANDUM AND ARTICLES

**What the charity does:** 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, Community development, Counselling/support, Education/training, Medical/health/sickness, Volunteer development, Youth

development

**Who the charity helps:** Children (5-13 year olds), General public, Mental health, Parents, Volunteers, Youth (14-25 year olds)

## Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£173,393	£166,728	£0	2

## Trustees

Name	Role	Appointed
Mr Giovanni Doran		
Mrs Dorothy Hutchinson		
Mrs Tina Fallon		
Ms Catrina Mcfeely		

**Youthlife Ltd**

Northern Ireland - Charity number 105568

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# Accounts

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Registration number NI072222

**Youthlife Limited**  
**Financial Statements & Trustees' Report**  
**for the year Ended 31 March 2025**

**Youthlife Limited**  
**Company limited by guarantee**

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**Youthlife Limited**  
**Company limited by guarantee**

**Legal and Administrative Information**

**Status :**

The organisation is a charitable company limited by guarantee, incorporated in Northern Ireland on 31 March 2009 and is recognised as a charity by the Inland Revenue. The governing document is a Memorandum and Articles of Association.

**Directors :**

Ms Dorothy Hutchinson (Chairperson)  
Ms Catrina McFeely  
Mr Giovanni Doran  
Ms Lisa Archibald  
Mrs Tina Fallon

**Secretary :**

Mr Giovanni Doran

**Accountants :**

Doherty & Co Accountants Ltd  
Chartered Certified Accountants  
The Amp  
11 Ebrington Square  
Derry  
BT47 6FA

**Main Bankers :**

Bank of Ireland  
27 Culmore Road  
Derry  
BT48 8JB

**Address:**

23 Bishop Street  
Derry  
BT48 6PR

**Inland Revenue Charity Reference Number :**

XR 34422

**Company Number :**

NI072222

**Charity Commission for Northern Ireland Number:**

NIC105568

## **Youthlife Limited**

### **Trustees' Annual Report for the Year Ended 31 March 2025**

The financial statements comply with the Charities Act (NI) 2022, Companies Act 2006, the Memorandum and Articles of Association, and 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 (FRS102) (effective 1 January 2019.)

The company is governed by a Memorandum and Articles of Association dated 31/03/09. The company number is NI 72222 and the registered office is 23 Bishop Street, Derry/Londonderry, BT48 6PR. The company is a registered Northern Ireland charity - reference NIC 105568.

#### **Directors and trustees**

The directors of the charitable company (the Charity) are the trustees for the purpose of Charity Law.

The trustees during the year and at 31 March 2025 were as follows:

Ms Dorothy Hutchinson  
Ms Catrina McFeely  
Mr Giovanni Doran  
Ms Lisa Archibald  
Mrs Tina Fallon

#### **Chair's report**

Funding streams improved significantly during 2024-2025 which enabled Youthlife to work to full capacity and provide pathways to services from a wide variety of sources reaching those young people most in need of support; with a large number of clients through the self referral and CAMHS pathways to counselling.

Year end resources for unrestricted and restricted funds were £18,277 and £85,500 respectively totalling £103,777 of funds to be carried over. A healthy budget indeed.

I want to sincerely thank each staff member and the board for their continuing commitment to Youthlife and to express how much I appreciate their input, dedication and support throughout the year.

The board wish to thank the staff, counsellors and volunteers for their continuing support and hard work during the year and also to our funders and supports who have helped sustain Youthlife throughout 2024-2025.

#### **Our purposes and activities**

The purpose of the Charity is to support children and young people aged 5-25 years who have experienced bereavement, separation and loss of a significant person in their life. Youthlife offer counselling, art and alternative therapies, group work and outreach workshops and activities.

In shaping our objectives for the year and planning our activities, the directors have considered the Charity Commissions guidance on public benefit requirement (PBR1). We endeavour to encourage a wide range of children, young people and their parents and carers to take advantage of our expertise and community signposting services.

## **Youthlife Limited**

### **Trustees' Annual Report for the Year Ended 31 March 2025**

#### **Our Volunteers**

The Charity is governed by a Board of Directors who are all volunteers. The Board of Directors oversee the financial affairs and administration and ensure the smooth running of the Charity's affairs in accordance with legal obligations, funders requirements and ethical standards.

Thanks to volunteer Michelle McCoy who completed placement hours with Youthlife in anticipation of completing a diploma in Children and young people counselling and who has since become a self-employed member of the team delivering services on Youthlife's behalf.

Paula Coyle returned to Youthlife to complete placement hours as she trained to become a family therapist, working with 4 families providing guidance, support and relationship building to greatly improve their mental health and home environments.

Chloe Hyndman continues to volunteer in the Youthlife office; the placement was facilitated through Now-Group. Chloe supports in the completion of administration duties and inspired all staff and counsellors to complete Autism NI training.

Also thanks to May Duffy and Cliona Lindsay for co-facilitating workshops alongside our team of dedicated counsellors.

#### **Achievements and performance**

Our main achievement continues to be the charity's timely and effective response to all referrals Youthlife received April 24-March 25. During this period we have maintained our relationship and contracts with WHSCT in relation to providing services for approximately 50 children and young people (440 sessions) in the Northern sector of the Western Trust. We also completed delivery of an additional contract offering services across the Western Trust delivering an additional 716 sessions to children and young people (approx 90 young people). This enabled Youthlife service in Omagh and Enniskillen to continue, provided by the Western Trust CAMHS was maintained throughout the financial year 2024-2025.

The National Lottery Community Fund secured a self-referral pathway to our services following bereavement, separation or loss; providing a self-referral pathway utilised by parents/guardians/carers and across the statutory, community and voluntary sectors. This Pathway to Counselling supported in reducing CAMHS waiting list and ensuring children receive the right support at the right time. NLCF provided 520 counselling sessions this year topped up and enhanced through other small project funds with an additional crisis and complex pathway meeting the mental health needs of Children in Care, those at risk of self-harm and suicide and autistic young people. The Self-referral pathway has developed and strengthened partnerships across the Children and Adolescent Mental Health statutory, community and voluntary sectors. Our Virtual Youthlife service continues to reach geographically and demographically as many teenagers in particular feel more confident attending sessions online or on the phone. Youthlife continue to offer services on CAMHS behalf in Omagh and Enniskillen and feel confident this will continue into 25/26.

In this period April 24 - March 25 Youthlife has provided signposting or services to more than 500 families, registered 461 unique individuals and engaged 338 unique children and young people in 2144 scheduled 1:1 counselling and art therapy sessions. 1887 sessions were attended 198 did not attend. These figures include 163 unique participants and 989 sessions delivered on behalf of Western Trust CAMHS.

## **Youthlife Limited**

### **Trustees' Annual Report for the Year Ended 31 March 2025**

#### **Achievements and performance - continued**

Youthlife have retained a skilled team of 10 counsellors and 2 art therapists and our reputation for quality services and meeting mental health need continues to grow. This year all staff and counsellors attended Autism NI training.

Youthlife performance is measured through SDQs (Strength and difficulties questionnaires) and Youthlife evaluations. The SDQ responses measure improvements over a range of indicators including emotional and physical symptoms and relationships with friends, family and peers. Response indicated Youthlife is an effective intervention, the majority of clients moving from 'abnormal' or 'borderline' category to 'normal' (SDQ terminology) levels over the range of indicators. Feedback from parents and clients is highly positive with noticeable improvements within the 8-10 week period.

Following 1:1 counselling:

94.3% agree or strongly agree: I am feeling more in control of my life

90.2% agree or strongly agree: I value and respect myself more

90.6% agree or strongly agree: I feel I can cope more with everyday life

83.6% agree or strongly agree: My self esteem has increased

82.7% agree or strongly agree: I have made plans for the future

88.1% agree or strongly agree: I am managing my relationships better

#### **Financial review**

Funding of £164,475 was secured during the year and donations and fundraising totalled £8,918. Direct costs including wages and programme costs were £120,645, administration overheads were £45,714 and depreciation of £369 was charged. This resulted in a surplus for the year of £6,665 which when added to opening reserves of £97,112, left the Charity with reserves of £103,777 at the year end.

The Directors were pleased with the results for the year. The unrestricted reserves at the year end were £18,277.

#### **Reserves policy and going concern**

Reserves are needed to bridge the gap between the spending and receiving of income and to cover unplanned emergency costs. Due to the nature of the activities of the Charity no material unplanned costs are expected. The major costs are wages, programme costs and rent but funding is/will be in place to cover most of these costs. The Directors consider that a satisfactory level of unrestricted reserves to be in the region of £7,000.

#### **Plans for future periods**

Youthlife's core service aims to secure 2000 sessions per year; delivered across the Derry and Strabane area. Once our maximum capacity of 2000 sessions is financially secure, funding efforts may turn to the creation of a coordinators post and to maintaining CAMHS service, and extending the self referral pathway in Omagh and/or Enniskillen to meet an identified need in more rural communities.

Future plans also include, an increase in 'alternative therapies' including equine therapy, use of art, sport, dance and music to improve confidence and mental health.

We will review and update our current strategy and, we seek to secure a new coordinator post and, enhance board membership and development.

## Youthlife Limited

### Trustees' Annual Report for the Year Ended 31 March 2025

#### Statement of Trustees' Responsibilities

The Charity Trustees (who are also the directors of the Youthlife Limited for the purposes of company law) are responsible for preparing a Trustees' Annual Report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the profit or loss of the company for that year.

In preparing these the Trustees are required to:

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

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the company's transactions and disclose with reasonable accuracy at any time the financial position of the 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 company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report has been prepared in accordance with the special provisions for small companies under Part 15 of the Companies Act 2006.

This report was approved by the Board on 13 October 2025 and signed on its behalf by



Dorothy Hutchinson  
Chairperson

13 October 2025

**Youthlife Limited**  
**Company limited by guarantee**

**Independent Examiner's report to the Charity Trustees of Youthlife Limited**  
**Year ended 31 March 2025**

I report solely to the Charity Trustees on my examination of the accounts for the year ended 31 March 2025. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than Youthlife Limited and its Trustees as a body for my work or for this report. As a practising member of the Chartered Association Of Certified Accountants I am subject to its ethical and other professional requirements which are detailed at [www.accaglobal.com](http://www.accaglobal.com).

**Respective responsibilities of 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 and the Charities Act (Northern Ireland) 2008. Having satisfied myself that the charity is not subject to an audit under company law, and is eligible for independent examination, it is my responsibility to:

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

**Basis of independent examiner's report**

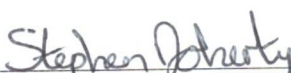
I have examined your charity accounts as required under section 65 of the Charities Act and my examination was carried out in accordance with the general directions given by the Charity Commission for Northern Ireland under section 65(9)(b) of the Charities Act. The examination included a review of the 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 concern to believe:

1. that accounting records were not kept as required by with section 386 of the Companies Act 2006 and section 63 of the Charities Act;
2. that the accounts do not accord with those accounting records;
3. that the accounts do not comply with the accounting requirements of section 396 of the Companies Act 2006, the Charities Act and with methods and principles of the Charities Statement of Recommended Practise 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) 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.



**Stephen Doherty FCCA**  
**Chartered Certified Accountant**  
**The Amp**  
**11 Ebrington Square**  
**Derry**  
**BT47 6FA**

**13 October 2025**

**Youthlife Limited**  
Company limited by guarantee

**Statement of Financial Activities for the year Ended 31 March 2025**

	Notes	Unrestricted Funds £	Restricted Funds £	Totals £	Totals 2024 £
<b><u>Incoming Resources</u></b>					
Donations, legacies and similar incoming resources	5	8,918	-	8,918	6,006
Income from activities of furtherance of charitable objects	5	542	163,933	164,475	179,972
Income from activities for generating funds	5	-	-	-	-
<b>Total incoming resources</b>		9,460	163,933	173,393	185,978
<b><u>Resources Expended</u></b>					
Charitable expenditure:					
Furtherance of charitable activities	6	4,877	115,768	120,645	120,962
Management and administration	6	1,500	44,214	45,714	35,236
Depreciation	6	-	369	369	-
<b>Total resources expended</b>		6,377	160,351	166,728	156,198
<b>Net movement in funds in year</b>		3,083	3,582	6,665	29,780
<b>Total funds brought forward at 31 March 2024</b>		15,194	81,918	97,112	67,332
<b>Total funds carried forward at 31 March 2025</b>		18,277	85,500	103,777	97,112

There are no recognised gains or losses other than the profit or loss for the above financial year.

**Youthlife Limited**  
**Company limited by guarantee**

**Balance Sheet as at 31 March 2025**

	Unrestricted Funds	Restricted Funds	Totals	Totals
Notes	£	£	£	£
<b><u>Fixed Assets</u></b>				
Tangible Assets	-	1,473	1,473	1,842
<b>Total fixed assets</b>	<b>-</b>	<b>1,473</b>	<b>1,473</b>	<b>1,842</b>
<b><u>Current Assets</u></b>				
Cash at bank and in hand	18,277	85,336	103,613	96,244
<b>Total current assets</b>	<b>18,277</b>	<b>85,336</b>	<b>103,613</b>	<b>96,244</b>
<b>Creditors: amounts falling due within one year</b>	<b>-</b>	<b>(1,309)</b>	<b>(1,309)</b>	<b>974</b>
<b>Net current assets</b>	<b>18,277</b>	<b>84,027</b>	<b>102,304</b>	<b>95,270</b>
<b>Total assets less current liabilities</b>	<b>18,277</b>	<b>85,500</b>	<b>103,777</b>	<b>97,112</b>
<b>Net assets</b>	<b>18,277</b>	<b>85,500</b>	<b>103,777</b>	<b>97,112</b>
<b><u>Financed by:</u></b>				
<b>Funds</b>	<b>18,277</b>	<b>85,500</b>	<b>103,777</b>	<b>97,112</b>

For the year ended 31 March 2025 the company 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 company to obtain an audit of its financial statements for the year in question in accordance with section 476;

-The trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime and in accordance with FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland'.

**Youthlife Limited**  
**Company limited by guarantee**

These financial statements were approved by the Board of Directors and authorised for issue on 13 October 2025, and are signed on behalf of the Board by;

*Dorothy Hutchinson*

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**Dorothy Hutchinson**  
**Director**

**Company Registration Number: NI072222**

**Youthlife Limited**  
**Company limited by guarantee**

**Notes to the financial statements**  
**Year ended 31 March 2025**

**1. General information**

The Charity is a charitable private company limited by guarantee, registered in Northern Ireland. The address of the registered office is 23 Bishop Street, Derry, BT48 6PR.

**2. Accounting policies**

**Basis of preparation**

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 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Youthlife 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 note(s).

**Turnover**

Turnover represents the total value of grants received and receivable as well as other income arising from other operating and fundraising activities during the year. Grants are recognised in the Profit and Loss account when the conditions for their receipt have been complied with and there is reasonable assurance that the grant will be received.

**Tangible assets**

Tangible assets are initially recorded at cost, and are subsequently stated at cost less any accumulated depreciation and impairment losses.

**Depreciation**

Depreciation is calculated so as to write off the cost or valuation of an asset, less its residual value, over the useful economic life of that asset as follows:

Plant and machinery	- 20%	reducing balance
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**Youthlife Limited**  
**Company limited by guarantee**

**Notes to the financial statements (continued)**  
**Year ended 31 March 2025**

**Financial instruments**

A financial asset or a financial liability is recognised only when the company becomes a party to the contractual provisions of the instrument.

Basic financial instruments are initially recognised at the transaction price, unless the arrangement constitutes a financing transaction, where it is recognised at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Debt instruments are subsequently measured at amortised cost.

Where investments in non-convertible preference shares and non-puttable ordinary shares or preference shares are publicly traded or their fair value can otherwise be measured reliably, the investment is subsequently measured at fair value with changes in fair value recognised in profit or loss. All other such investments are subsequently measured at cost less impairment.

Other financial instruments, including derivatives, are initially recognised at fair value, unless payment for an asset is deferred beyond normal business terms or financed at a rate of interest that is not a market rate, in which case the asset is measured at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Other financial instruments are subsequently measured at fair value, with any changes recognised in profit or loss, with the exception of hedging instruments in a designated hedging relationship.

Financial assets that are measured at cost or amortised cost are reviewed for objective evidence of impairment at the end of each reporting date. If there is objective evidence of impairment, an impairment loss is recognised in profit or loss immediately.

For all equity instruments regardless of significance, and other financial assets that are individually significant, these are assessed individually for impairment. Other financial assets are either assessed individually or grouped on the basis of similar credit risk characteristics.

Any reversals of impairment are recognised in profit or loss immediately, to the extent that the reversal does not result in a carrying amount of the financial asset that exceeds what the carrying amount would have been had the impairment not previously been recognised.

**3. Funds**

Unrestricted Revenue Funds - comprise those revenue funds which the management committee are free to use in accordance with the company objectives.

Restricted Revenue Funds - comprise those revenue funds which have been given for particular purposes and projects.

**4. Limited by guarantee**

The company is limited by guarantee and a registered charity by Revenue & Customs.

HMRC Charity Reference: XR 34422

Charity Commission of Northern Ireland Number: NIC105568

**Youthlife Limited**  
**Company limited by guarantee**

**Notes to the financial statements (continued)**  
**Year ended 31 March 2025**

**5. Incoming Resources**

	<b>Unrestricted Funds £</b>	<b>Restricted Funds £</b>	<b>Totals 2025 £</b>	<b>Totals 2024 £</b>
<b><u>Donations, legacies and similar incoming resources</u></b>				
Donations and fundraising	8,918	-	8,918	6,006
	<u>8,918</u>	<u>-</u>	<u>8,918</u>	<u>6,006</u>
<b><u>Income from activities of furtherance of charitable objects</u></b>				
CAMHS	-	80,883	80,883	58,507
Big Lottery Community Fund	-	39,650	39,650	64,150
Trusthouse	-	16,650	16,650	16,650
RTE Toy Appeal	-	10,000	10,000	-
Halifax Foundation	-	5,000	5,000	3,150
Pixel	-	5,000	5,000	-
Leathersellers	-	5,000	5,000	-
Woodward	-	1,750	1,750	-
Department for Communities	542	-	542	-
Seeds (WHSCT)	-	-	-	15,000
Children In Need	-	-	-	8,295
LFT	-	-	-	4,980
Albert Hunt	-	-	-	4,000
Victoria Homes	-	-	-	2,560
Childrens Court	-	-	-	1,450
Enkalon	-	-	-	1,000
WHSCT	-	-	-	230
	<u>542</u>	<u>163,933</u>	<u>164,475</u>	<u>179,972</u>
<b><u>Income from activities generating funds</u></b>				
Other	-	-	-	-
<b>Total</b>	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>
<b><u>Investment and other income</u></b>				
Interest received	-	-	-	-
	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>
<b>Total incoming resources</b>	<u>9,460</u>	<u>163,933</u>	<u>173,393</u>	<u>185,978</u>

**Youthlife Limited**  
**Company limited by guarantee**

**Notes to the financial statements (continued)**  
**Year ended 31 March 2025**

6. Resources expended	Unrestricted Funds £	Restricted Funds £	Totals 2025 £	Totals 2024 £
<b><u>Furtherance of charitable activities</u></b>				
Wages and salaries	4,715	45,067	49,782	51,217
Programme costs	-	70,368	70,368	69,412
Travel expenses	-	333	333	256
Hospitality expenses	162	-	162	77
<b>Total</b>	<b>4,877</b>	<b>115,768</b>	<b>120,645</b>	<b>120,962</b>
<b><u>Management and administration costs</u></b>				
Training	-	1,130	1,130	409
Rent	-	32,375	32,375	24,800
Insurance & subscriptions	-	3,085	3,085	1,984
Light and heat	-	1,141	1,141	1,048
Repairs and maintenance	-	448	448	1,799
Printing, postage and stationery	-	279	279	498
Publicity	-	180	180	85
Telephone & internet	-	2,551	2,551	2,244
Computer & equipment costs	131	168	299	780
Uniforms	477	-	477	-
Consultancy fees	-	2,500	2,500	181
Accountancy fees	800	100	900	900
Bank charges	-	194	194	141
General expenses	92	63	155	367
<b>Total</b>	<b>1,500</b>	<b>44,214</b>	<b>45,714</b>	<b>35,236</b>
<b><u>Depreciation</u></b>				
Depreciation of tangible assets	-	369	369	-
	-	369	369	-
<b>Total resources expended</b>	<b>6,377</b>	<b>160,351</b>	<b>166,728</b>	<b>156,198</b>

**Youthlife Limited**  
**Company limited by guarantee**

**Notes to the financial statements (continued)**  
**Year ended 31 March 2025**

**7. Staff costs**

The average number of persons employed by the company during the was 2 (2024: 2).

No remuneration was paid and no expenses were reimbursed to the directors during the year.

The key management personnel of the charity comprises of the Trustees and the Manager. The total benefits of the key management personnel was £49,782 (31 March 2024 - £51,217).

**8. Tangible assets**

	Plant and machinery	Total
	£	£
<b>Cost</b>		
<b>At 1 April 2024 and 31 March 2025</b>	11,494	11,494
<b>Depreciation</b>		
At 1 April 2024	9,652	9,652
Charge for the year	369	369
<b>At 31 March 2025</b>	10,021	10,021
<b>Carrying amount</b>		
<b>At 31 March 2025</b>	1,473	1,473
At 31 March 2024	1,842	1,842

**9. Creditors: amounts falling due within one year**

	2025	2024
	£	£
Other creditors	1,309	974

**10. Contingent assets and liabilities**

Youthlife Limited has received grant assistance from government, public and other bodies. The payment of these grants is made subject to certain conditions being fulfilled by the company. The directors consider these conditions will be satisfactorily fulfilled and the likelihood of the company having to repay any grant is remote.

**Youthlife Limited**  
**Company limited by guarantee**

**Notes to the financial statements (continued)**  
**Year ended 31 March 2025**

**11. Analysis of charitable funds**

**Analysis of movements in unrestricted funds**

	<b>Balance at 1 April 2024</b>	<b>Incoming Resources</b>	<b>Resources Expended</b>	<b>Transfers</b>	<b>Funds at 31 March 2025</b>
	£	£	£	£	£
General Fund	15,194	9,460	(6,377)	-	18,277
	<u>15,194</u>	<u>9,460</u>	<u>(6,377)</u>	<u>-</u>	<u>18,277</u>

<b>Name of unrestricted fund</b>	<b>Description of the Fund</b>
General Funds	Funds which the Charity is able to apply freely in pursuit of its own charitable objectives and related purposes.

**Analysis of movements in restricted funds**

	<b>Balance at 1 April 2024</b>	<b>Incoming Resources</b>	<b>Resources Expended</b>	<b>Transfers</b>	<b>Funds at 31 March 2025</b>
	£	£	£	£	£
Restricted Fund	81,918	163,933	(160,351)	-	85,500
	<u>81,918</u>	<u>163,933</u>	<u>(160,351)</u>	<u>-</u>	<u>85,500</u>

<b>Name of restricted fund</b>	<b>Description of the Fund</b>
Restricted Fund	Funds which the Charity applies for particular purposes and projects in pursuit of its charitable objectives.

**Analysis of net assets between funds**

	<b>General Fund</b>	<b>Restricted Fund</b>	<b>Total</b>
Fixed Assets	-	1,473	1,473
Debtors	-	-	-
Cash at bank and in hand	18,277	85,336	103,613
Creditors	-	(1,309)	(1,309)
<b>Total</b>	<u>18,277</u>	<u>85,500</u>	<u>103,777</u>

**Youthlife Ltd**

Northern Ireland - Charity number 105568

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# Accounts

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Registration number NI072222

**Youthlife Limited**  
**Financial Statements & Trustees' Report**  
**for the year Ended 31 March 2024**

**Youthlife Limited**  
**Company limited by guarantee**

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**Youthlife Limited**  
**Company limited by guarantee**

**Legal and Administrative Information**

**Status :**

The organisation is a charitable company limited by guarantee, incorporated in Northern Ireland on 31 March 2009 and is recognised as a charity by the Inland Revenue. The governing document is a Memorandum and Articles of Association.

**Directors :**

Ms Dorothy Hutchinson (Chairperson)  
Ms Paula Cunningham (Vice Chairperson)  
Mr Giovanni Doran  
Ms Catrina McFeely  
Ms Lisa Archibald  
Mr Alan McClure  
Mrs Tina Fallon

**Secretary :**

Mr Giovanni Doran

**Accountants :**

Doherty & Co Accountants Ltd  
Chartered Certified Accountants  
The Amp  
11 Ebrington Square  
Derry  
BT47 6FA

**Main Bankers :**

Bank of Ireland  
15 Strand Road  
Derry  
BT48 7BT

**Address:**

23 Bishop Street  
Derry  
BT48 6PR

**Inland Revenue Charity Reference Number :**

XR 34422

**Company Number :**

NI072222

**Charity Commission for Northern Ireland Number:**

NIC105568

## **Youthlife Limited**

### **Trustees' Annual Report for the Year Ended 31 March 2024**

The financial statements comply with the Charities Act (NI) 2022, Companies Act 2006, the Memorandum and Articles of Association, and 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 (FRS102) (effective 1 January 2019.)

The company is governed by a Memorandum and Articles of Association dated 31/03/09. The company number is NI 72222 and the registered office is 23 Bishop Street, Derry/Londonderry, BT48 6PR. The company is a registered Northern Ireland charity - reference NIC 105568.

#### **Directors and trustees**

The directors of the charitable company (the Charity) are the trustees for the purpose of Charity Law.

The trustees during the year and at 31 March 2024 were as follows:

Ms Dorothy Hutchinson	Ms Lisa Archibald
Ms Paula Cunningham	Mr Alan McClure
Mr Giovanni Doran	Mrs Tina Fallon
Ms Catrina McFeely	

Alan McClure stepped down from the board February 2024 due to ill health. Lisa Archibald left the board July 2023 due to family commitments. We are saddened by the loss of long-term and active board member Paula Cunningham who died 19th November 2023 and remains in our hearts and ethos of our work.

#### **Chair's report**

2023 started with dwindling funds and narrow funding opportunities; 2023 - 2024 was a challenging year for Youthlife as we endeavoured to secure longer term funding whilst continuing to deliver a first class service on a month-to-month basis, without a guarantee of ongoing security. The government Mental Health Fund was opened and withdrawn raising concern. Early summer, 2023, we realised we were entering a financial crisis and forecasted our finances lasting only until the End of Dec 2023. Staff were steadfast in support of Youthlife; hopeful the situation would be resolved.

I want to sincerely thank each member of staff and the board for their continuing dedication to Youthlife and to express how much I appreciate their input, dedication and support throughout the year.

Despite the difficulties the year was successful and services withstand across the Western Trust, with counselling and Art Therapy delivered face to face from our Derry City Centre office and outposts active in Omagh and Enniskillen on CAMHS behalf, as well as counselling online and over the phone for those who prefer.

The Children In Need Waypoint project ended December 2023 after 9 years of engaging and training young peer mentors and offering outreach activity to support positive mental health in schools and the community. Thank you to Tina McHugh for her amazing work in the post.

By March 2024 funds had been secured to allow Youthlife to continue to December 2024 with the hopes of further funding and maintained service into 2025 and beyond! The board wish to thank the staff, counsellors and volunteers for their continuing support and hard work during the year. Thanks also to our funders and supporters who have helped sustain Youthlife throughout 2023-2024.

## **Youthlife Limited**

### **Trustees' Annual Report for the Year Ended 31 March 2024**

#### **Our purposes and activities**

The purpose of the charity is to support children and young people aged 5-25 years who have experienced bereavement, separation, and loss. Youthlife offer counselling, art, play and music therapies and peer mentor support.

In shaping our objectives for the year and planning our activities, the directors have considered the Charity Commissions guidance on public benefit requirement (PBR1). We endeavour to encourage a wide range of children, young people and their parents and carers to take advantage of our expertise and community signposting services.

#### **Our Volunteers**

The Charity is governed by a Board of Directors who are all volunteers; The Board of Directors oversee the financial affairs and administration and ensure the smooth running of the Charity's affairs in accordance with legal obligations, funders requirements and ethical standards. Youthlife promotes Youth-led services and have established a Youth Advisory Board who participated in training and personal and professional development for the role! Our Volunteer Peer Mentors are young people aged 16-25 with lived experience of bereavement, separation and loss who undertake OCN qualifications and personal development workshops in order to help others. Thanks to Children In Need funding young people who require additional support upon exiting counselling can avail of Peer Mentor Support and efforts have been ongoing to secure this service without a dedicated member of staff in place.

Thanks to volunteers Sean Doherty, Michelle McCoy and Mary Duddy who volunteered their time and expertise offering therapeutic support to children, young people and their families.

#### **Achievements and performance**

Our main achievement continues to be the charities timely and effective response to all referrals Youthlife received April 23-March 24, even though adversity and funding challenges. During this period we have maintained our relationship and contracts with WHSCT in relation to providing services for approximately 50 children and young people (440 sessions) in the Northern sector of the Western Trust and completed delivery of an additional contract offering services across the Western Trust reaching an additional 50 children and young people (444 sessions). The service in Omagh and Enniskillen, provided by the Western Trust CAMHS, was temporarily closed from November, and re-opened February with a new contract.

The National Lottery Community Fund has secured a self-referral pathway to our services following bereavement; reducing CAMHS waiting list and ensuring children receive the right support at the right time. NLCF provides 640 counselling sessions per year topped up and enhanced through other small project funds with an additional crisis pathway. This has developed and strengthened partnerships across the Children and Adolescent Mental Health statutory, community and voluntary sectors. Our Virtual Youthlife service continues to reach geographically and demographically as many teenagers in particular feel more confident attending sessions online or on the phone. Youthlife continue to offer services on CAMHS behalf in Omagh and Enniskillen.

Youthlife have retained a skilled team and our reputation for quality services and meeting mental health need continues to grow.

## Youthlife Limited

### Trustees' Annual Report for the Year Ended 31 March 2024

#### **Achievements and performance - continued**

In this period April 23 - March 24 Youthlife has engaged 276 children and young people in 1887 counselling sessions including 150 clients (1104 sessions) delivered on CAMHS behalf. In addition,

50 young people in Longtower Primary engaged in a Transitions project.

8 young people engaged in peer mentoring OCN training.

3 children enjoyed Equine Therapy over a 4 week period.

22 young women enjoyed empowering young women workshops through Oakgrove College.

8 young women participated in a mind Body Fit workshop.

6 active Youth Advisory Board members.

2 children availed of un-time-limited Art therapy (14 sessions) through the Looked after Children's services; our Art Therapy is highly regarded especially where talking therapies are not an option or due to trauma or communication difficulties.

Youthlife performance is measured through SDQs (Strength and difficulties questionnaires) and Youthlife evaluations. The SDQ responses measure improvements over a range of indicators including emotional and physical symptoms and relationships with friends, family and peers. Response indicated Youthlife is an effective intervention, the majority of clients moving from 'abnormal' or 'borderline' category to 'normal' (SDQ terminology) levels over the range of indicators. Feedback from parents and clients is highly positive with noticeable improvements within the 8-10 week period.

Following 1:1 counselling:

- " 86% of recent participants have reported 'yes, counselling has helped me,' 13% still felt unsure.
- " 95% agree or strongly agree 'I am feeling more in control of my life.'
- " 87.5% agree 'I value and respect myself more.'
- " 88% 'I feel I can cope more with everyday life.'
- " 78% 'my self esteem has increased.'
- " 79% 'I have made plans for the future.'
- " 87.5% 'I am managing my relationships better.'

#### **Financial review**

Funding of £179,972 was secured during the year and donations and fundraising totalled £6,006. Direct costs including wages and programme costs were £120,962, administration overheads were £35,236 and depreciation of £461 was charged. This resulted in a surplus for the year of £29,780 which when added to opening reserves of £67,332, left the Charity with reserves of £97,112 at the year end.

The Directors were pleased with the results for the year. The unrestricted reserves at the year end were £15,194.

#### **Reserves policy and going concern**

Reserves are needed to bridge the gap between the spending and receiving of income and to cover unplanned emergency costs. Due to the nature of the activities of the Charity no material unplanned costs are expected. The major costs are wages, programme costs and rent but funding is/will be in place to cover most of these costs. The Directors consider that a satisfactory level of unrestricted reserves to be in the region of £7,000.

## Youthlife Limited

### Trustees' Annual Report for the Year Ended 31 March 2024

#### Plans for future periods

Youthlife's core service aims to secure 2000 sessions per year; delivered across the Derry and Strabane area.

The end of the Children in Need project, and the loss of a staff member, has significantly reduced our capacity to deliver OCN training, The Peer mentoring service and outreach activities and workshops. Once our maximum capacity of 2000 sessions is financially secure, funding efforts may turn to the creation of a coordinators post, and to maintaining service in Omagh and/or Enniskillen to meet an identified need in more rural communities.

Future plans also include, an increase in 'alternative therapies' including equine therapy, use of art, sport, dance and music to improve confidence and mental health.

We will review and update our current strategy and, we seek to secure a new coordinator post and, enhance board membership and development.

#### Statement of Trustees' Responsibilities

The Charity Trustees (who are also the directors of the Youthlife Limited for the purposes of company law) are responsible for preparing a Trustees' Annual Report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the profit or loss of the company for that year.

In preparing these the Trustees are required to:

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

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the company's transactions and disclose with reasonable accuracy at any time the financial position of the 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 company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report has been prepared in accordance with the special provisions for small companies under Part 15 of the Companies Act 2006.

This report was approved by the Board on 28 October 2024 and signed on its behalf by



Dorothy Hutchinson  
Chairperson  
28 October 2024

**Youthlife Limited**  
**Company limited by guarantee**

**Independent Examiner's report to the Charity Trustees of Youthlife Limited**  
**Year ended 31 March 2024**

We report solely to the Charity Trustees on our examination of the accounts for the year ended 31 March 2024. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than Youthlife Limited and its Trustees as a body for our work or for this report. As a practising member firm of the Chartered Association of Certified Accountants we are subject to its ethical and other professional requirements which are detailed at [www.accaglobal.com](http://www.accaglobal.com).

**Respective responsibilities of 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 and the Charities Act (Northern Ireland) 2008. Having satisfied ourselves that the charity is not subject to an audit under company law, and is eligible for independent examination, it is our responsibility to:

- examine the accounts under section 65 of the Charities Act.
- follow the procedures laid down in general directions given by the Charity Commission for Northern Ireland under Section 65(9)(b) of the Charities Act.
- state whether particular matters have come to our attention.

**Basis of independent examiner's report**

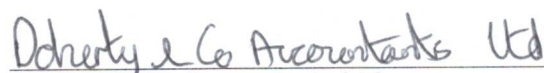
We have examined your Charity accounts as required under Section 65 of the Charities Act and our examination was carried out in accordance with the general directions given by the Charity Commission for Northern Ireland under Section 65(9)(b) of the Charities Act. The examination included a review of 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.

Our role is to state whether any material matters have come to our attention giving us concern to believe:

1. that accounting records were not kept as required by with Section 386 of the Companies Act 2006 and Section 63 of the Charities Act;
2. that the accounts do not accord with those accounting records;
3. that the accounts do not comply with the accounting requirements of Section 396 of the Companies Act 2006, the Charities Act and with methods and principles of the Charities Statement of Recommended Practise 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**

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



**Doherty & Co Accountants Ltd**

**The Amp**

**11 Ebrington Square**

**Derry**

**BT47 6FA**

**28 October 2024**

**Youthlife Limited**  
**Company limited by guarantee**

**Statement of Financial Activities for the year Ended 31 March 2024**

	Notes	Unrestricted Funds £	Restricted Funds £	Totals £	Totals 2023 £
<b><u>Incoming Resources</u></b>					
Donations, legacies and similar incoming resources	5	6,006	-	6,006	2,000
Income from activities of furtherance of charitable objects	5	-	179,972	179,972	111,321
Income from activities for generating funds	5	-	-	-	-
<b>Total incoming resources</b>		6,006	179,972	185,978	113,321
<b><u>Resources Expended</u></b>					
Charitable expenditure:					
Furtherance of charitable activities	6	-	120,962	120,962	130,939
Management and administration	6	41	35,195	35,236	34,668
Depreciation	6	-	-	-	461
<b>Total resources expended</b>		41	156,157	156,198	166,068
<b>Net movement in funds in year</b>		5,965	23,815	29,780	(52,747)
<b>Total funds brought forward at 31 March 2023</b>		9,229	58,103	67,332	120,079
<b>Total funds carried forward at 31 March 2024</b>		15,194	81,918	97,112	67,332

There are no recognised gains or losses other than the profit or loss for the above financial year.

**Youthlife Limited**  
**Company limited by guarantee**

**Balance Sheet as at 31 March 2024**

	Unrestricted Funds	Restricted Funds	Totals	Totals
Notes	£	£	£	£
<b><u>Fixed Assets</u></b>				
Tangible Assets	-	1,842	1,842	1,842
<b>Total fixed assets</b>	-	1,842	1,842	1,842
<b><u>Current Assets</u></b>				
Debtors	-	-	-	2,814
Cash at bank and in hand	15,194	81,050	96,244	63,608
<b>Total current assets</b>	15,194	81,050	96,244	66,422
<b>Creditors: amounts falling due within one year</b>	-	(974)	(974)	932
<b>Net current assets</b>	15,194	80,076	95,270	65,490
<b>Total assets less current liabilities</b>	15,194	81,918	97,112	67,332
<b>Net assets</b>	15,194	81,918	97,112	67,332
<b><u>Financed by:</u></b>				
<b>Funds</b>	15,194	81,918	97,112	67,332

For the year ended 31 March 2024 the company 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 company to obtain an audit of its financial statements for the year in question in accordance with section 476;
- The trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime and in accordance with FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland'.

**Youthlife Limited**  
**Company limited by guarantee**

These financial statements were approved by the Board of Directors and authorised for issue on 28 October 2024, and are signed on behalf of the Board by;



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**Dorothy Hutchinson**  
**Director**

**Company Registration Number: NI072222**

**Youthlife Limited**  
**Company limited by guarantee**

**Notes to the financial statements**  
**Year ended 31 March 2024**

**1. General information**

The Charity is a charitable private company limited by guarantee, registered in Northern Ireland. The address of the registered office is 23 Bishop Street, Derry, BT48 6PR.

**2. Accounting policies**

**Basis of preparation**

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 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Youthlife 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 note(s).

**Turnover**

Turnover represents the total value of grants received and receivable as well as other income arising from other operating and fundraising activities during the year. Grants are recognised in the Profit and Loss account when the conditions for their receipt have been complied with and there is reasonable assurance that the grant will be received.

**Tangible assets**

Tangible assets are initially recorded at cost, and are subsequently stated at cost less any accumulated depreciation and impairment losses.

**Depreciation**

Depreciation is calculated so as to write off the cost or valuation of an asset, less its residual value, over the useful economic life of that asset as follows:

Plant and machinery	- 20%	reducing balance
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**Youthlife Limited**  
**Company limited by guarantee**

**Notes to the financial statements (continued)**  
**Year ended 31 March 2024**

**Financial instruments**

A financial asset or a financial liability is recognised only when the company becomes a party to the contractual provisions of the instrument.

Basic financial instruments are initially recognised at the transaction price, unless the arrangement constitutes a financing transaction, where it is recognised at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Debt instruments are subsequently measured at amortised cost.

Where investments in non-convertible preference shares and non-puttable ordinary shares or preference shares are publicly traded or their fair value can otherwise be measured reliably, the investment is subsequently measured at fair value with changes in fair value recognised in profit or loss. All other such investments are subsequently measured at cost less impairment.

Other financial instruments, including derivatives, are initially recognised at fair value, unless payment for an asset is deferred beyond normal business terms or financed at a rate of interest that is not a market rate, in which case the asset is measured at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Other financial instruments are subsequently measured at fair value, with any changes recognised in profit or loss, with the exception of hedging instruments in a designated hedging relationship.

Financial assets that are measured at cost or amortised cost are reviewed for objective evidence of impairment at the end of each reporting date. If there is objective evidence of impairment, an impairment loss is recognised in profit or loss immediately.

For all equity instruments regardless of significance, and other financial assets that are individually significant, these are assessed individually for impairment. Other financial assets are either assessed individually or grouped on the basis of similar credit risk characteristics.

Any reversals of impairment are recognised in profit or loss immediately, to the extent that the reversal does not result in a carrying amount of the financial asset that exceeds what the carrying amount would have been had the impairment not previously been recognised.

**3. Funds**

Unrestricted Revenue Funds - comprise those revenue funds which the management committee are free to use in accordance with the company objectives.

Restricted Revenue Funds - comprise those revenue funds which have been given for particular purposes and projects.

**4. Limited by guarantee**

The company is limited by guarantee and a registered charity by Revenue & Customs.

HMRC Charity Reference: XR 34422

Charity Commission of Northern Ireland Number: NIC105568

**Youthlife Limited**  
**Company limited by guarantee**

**Notes to the financial statements (continued)**  
**Year ended 31 March 2024**

**5. Incoming Resources**

	<b>Unrestricted Funds £</b>	<b>Restricted Funds £</b>	<b>Totals 2024 £</b>	<b>Totals 2023 £</b>
<b><u>Donations, legacies and similar incoming resources</u></b>				
Donations and fundraising	6,006	-	6,006	2,000
	<u>6,006</u>	<u>-</u>	<u>6,006</u>	<u>2,000</u>
<b><u>Income from activities of furtherance of charitable objects</u></b>				
Big Lottery Community Fund	-	64,150	64,150	30,050
CAMHS	-	58,507	58,507	26,920
Trusthouse	-	16,650	16,650	-
Seeds (WHSCT)	-	15,000	15,000	-
Children In Need	-	8,295	8,295	41,741
LFT	-	4,980	4,980	4,980
Albert Hunt	-	4,000	4,000	-
Halifax Foundation	-	3,150	3,150	-
Victoria Homes	-	2,560	2,560	-
Childrens Court	-	1,450	1,450	-
Enkalon	-	1,000	1,000	-
WHSCT	-	230	230	1,655
B & Q	-	-	-	5,000
Youth Justice	-	-	-	975
	<u>-</u>	<u>179,972</u>	<u>179,972</u>	<u>111,321</u>
<b><u>Income from activities generating funds</u></b>				
Other	-	-	-	-
<b>Total</b>	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>
<b><u>Investment and other income</u></b>				
Interest received	-	-	-	-
	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>
<b>Total incoming resources</b>	<u>6,006</u>	<u>179,972</u>	<u>185,978</u>	<u>113,321</u>

**Youthlife Limited**  
**Company limited by guarantee**

**Notes to the financial statements (continued)**  
**Year ended 31 March 2024**

<b>6. Resources expended</b>	<b>Unrestricted Funds £</b>	<b>Restricted Funds £</b>	<b>Totals 2024 £</b>	<b>Totals 2023 £</b>
<b><u>Furtherance of charitable activities</u></b>				
Wages and salaries	-	51,217	51,217	52,481
Programme costs	-	69,412	69,412	76,581
Travel expenses	-	255	255	919
Hospitality expenses	-	78	78	958
<b>Total</b>	-	120,962	120,962	130,939
<b><u>Management and administration costs</u></b>				
Training	-	409	409	1,334
Rent	-	24,800	24,800	21,250
Insurance & subscriptions	-	1,984	1,984	2,850
Light and heat	-	1,048	1,048	1,024
Repairs and maintenance	-	1,799	1,799	968
Printing, postage and stationery	-	498	498	1,103
Publicity	-	85	85	85
Telephone & internet	16	2,228	2,244	1,981
Computer & equipment costs	-	780	780	773
Consultancy fees	-	181	181	2,167
Accountancy fees	-	900	900	920
Bank charges	-	141	141	86
General expenses	25	342	367	127
<b>Total</b>	41	35,195	35,236	34,668
<b><u>Depreciation</u></b>				
Depreciation of tangible assets	-	-	-	461
	-	-	-	461
<b>Total resources expended</b>	41	156,157	156,198	166,068

**Youthlife Limited**  
**Company limited by guarantee**

**Notes to the financial statements (continued)**  
**Year ended 31 March 2024**

**7. Tangible assets**

	Plant and machinery	<b>Total</b>
	£	£
<b>Cost</b>		
<b>At 1 April 2023 and 31 March 2024</b>	11,494	11,494
<b>Depreciation</b>		
<b>At 1 April 2023 and 31 March 2024</b>	9,652	9,652
<b>Carrying amount</b>		
<b>At 31 March 2024</b>	1,842	1,842
At 31 March 2023	1,842	1,842

**8. Debtors**

	<b>2024</b>	2023
	£	£
Other debtors	-	2,814

**9. Creditors: amounts falling due within one year**

	<b>2024</b>	2023
	£	£
Other creditors	974	932

**10. Contingent assets and liabilities**

Youthlife Limited has received grant assistance from government, public and other bodies. The payment of these grants is made subject to certain conditions being fulfilled by the company. The directors consider these conditions will be satisfactorily fulfilled and the likelihood of the company having to repay any grant is remote.

**Youthlife Limited**  
**Company limited by guarantee**

**Notes to the financial statements (continued)**  
**Year ended 31 March 2024**

**11. Analysis of charitable funds**

**Analysis of movements in unrestricted funds**

	<b>Balance at 1 April 2023</b>	<b>Incoming Resources</b>	<b>Resources Expended</b>	<b>Transfers</b>	<b>Funds at 31 March 2024</b>
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
General Fund	9,229	6,006	(41)	-	15,194
	<u>9,229</u>	<u>6,006</u>	<u>(41)</u>	<u>-</u>	<u>15,194</u>

**Name of unrestricted fund Description of the Fund**

General Funds Funds which the Charity is able to apply freely in pursuit of its own charitable objectives and related purposes.

**Analysis of movements in restricted funds**

	<b>Balance at 1 April 2023</b>	<b>Incoming Resources</b>	<b>Resources Expended</b>	<b>Transfers</b>	<b>Funds at 31 March 2024</b>
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
Restricted Fund	58,103	179,972	(156,157)	-	81,918
	<u>58,103</u>	<u>179,972</u>	<u>(156,157)</u>	<u>-</u>	<u>81,918</u>

**Name of restricted fund Description of the Fund**

Restricted Fund Funds which the Charity applies for particular purposes and projects in pursuit of its charitable objectives.

**Analysis of net assets between funds**

	<b>General Fund</b>	<b>Restricted Fund</b>	<b>Total</b>
Fixed Assets	-	1,842	1,842
Debtors	-	-	-
Cash at bank and in hand	15,194	81,050	96,244
Creditors	-	(974)	(974)
<b>Total</b>	<u>15,194</u>	<u>81,918</u>	<u>97,112</u>

**Youthlife Ltd**

Northern Ireland - Charity number 105568

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# Annual report

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## **Youthlife Limited**

### **Trustees' Annual Report for the Year Ended 31 March 2024**

The financial statements comply with the Charities Act (NI) 2022, Companies Act 2006, the Memorandum and Articles of Association, and 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 (FRS102) (effective 1 January 2019.)

The company is governed by a Memorandum and Articles of Association dated 31/03/09. The company number is NI 72222 and the registered office is 23 Bishop Street, Derry/Londonderry, BT48 6PR. The company is a registered Northern Ireland charity - reference NIC 105568.

#### **Directors and trustees**

The directors of the charitable company (the Charity) are the trustees for the purpose of Charity Law.

The trustees during the year and at 31 March 2024 were as follows:

Ms Dorothy Hutchinson	Ms Lisa Archibald
Ms Paula Cunningham	Mr Alan McClure
Mr Giovanni Doran	Mrs Tina Fallon
Ms Catrina McFeely	

Alan McClure stepped down from the board February 2024 due to ill health. Lisa Archibald left the board July 2023 due to family commitments. We are saddened by the loss of long-term and active board member Paula Cunningham who died 19th November 2023 and remains in our hearts and ethos of our work.

#### **Chair's report**

2023 started with dwindling funds and narrow funding opportunities; 2023 - 2024 was a challenging year for Youthlife as we endeavoured to secure longer term funding whilst continuing to deliver a first class service on a month-to-month basis, without a guarantee of ongoing security. The government Mental Health Fund was opened and withdrawn raising concern. Early summer, 2023, we realised we were entering a financial crisis and forecasted our finances lasting only until the End of Dec 2023. Staff were steadfast in support of Youthlife; hopeful the situation would be resolved.

I want to sincerely thank each member of staff and the board for their continuing dedication to Youthlife and to express how much I appreciate their input, dedication and support throughout the year.

Despite the difficulties the year was successful and services withstand across the Western Trust, with counselling and Art Therapy delivered face to face from our Derry City Centre office and outposts active in Omagh and Enniskillen on CAMHS behalf, as well as counselling online and over the phone for those who prefer.

The Children In Need Waypoint project ended December 2023 after 9 years of engaging and training young peer mentors and offering outreach activity to support positive mental health in schools and the community. Thank you to Tina McHugh for her amazing work in the post.

By March 2024 funds had been secured to allow Youthlife to continue to December 2024 with the hopes of further funding and maintained service into 2025 and beyond! The board wish to thank the staff, counsellors and volunteers for their continuing support and hard work during the year. Thanks also to our funders and supporters who have helped sustain Youthlife throughout 2023-2024.

## **Youthlife Limited**

### **Trustees' Annual Report for the Year Ended 31 March 2024**

#### **Our purposes and activities**

The purpose of the charity is to support children and young people aged 5-25 years who have experienced bereavement, separation, and loss. Youthlife offer counselling, art, play and music therapies and peer mentor support.

In shaping our objectives for the year and planning our activities, the directors have considered the Charity Commissions guidance on public benefit requirement (PBR1). We endeavour to encourage a wide range of children, young people and their parents and carers to take advantage of our expertise and community signposting services.

#### **Our Volunteers**

The Charity is governed by a Board of Directors who are all volunteers; The Board of Directors oversee the financial affairs and administration and ensure the smooth running of the Charity's affairs in accordance with legal obligations, funders requirements and ethical standards. Youthlife promotes Youth-led services and have established a Youth Advisory Board who participated in training and personal and professional development for the role! Our Volunteer Peer Mentors are young people aged 16-25 with lived experience of bereavement, separation and loss who undertake OCN qualifications and personal development workshops in order to help others. Thanks to Children In Need funding young people who require additional support upon exiting counselling can avail of Peer Mentor Support and efforts have been ongoing to secure this service without a dedicated member of staff in place.

Thanks to volunteers Sean Doherty, Michelle McCoy and Mary Duddy who volunteered their time and expertise offering therapeutic support to children, young people and their families.

#### **Achievements and performance**

Our main achievement continues to be the charities timely and effective response to all referrals Youthlife received April 23-March 24, even though adversity and funding challenges. During this period we have maintained our relationship and contracts with WHSCT in relation to providing services for approximately 50 children and young people (440 sessions) in the Northern sector of the Western Trust and completed delivery of an additional contract offering services across the Western Trust reaching an additional 50 children and young people (444 sessions). The service in Omagh and Enniskillen, provided by the Western Trust CAMHS, was temporarily closed from November, and re-opened February with a new contract.

The National Lottery Community Fund has secured a self-referral pathway to our services following bereavement; reducing CAMHS waiting list and ensuring children receive the right support at the right time. NLCF provides 640 counselling sessions per year topped up and enhanced through other small project funds with an additional crisis pathway. This has developed and strengthened partnerships across the Children and Adolescent Mental Health statutory, community and voluntary sectors. Our Virtual Youthlife service continues to reach geographically and demographically as many teenagers in particular feel more confident attending sessions online or on the phone. Youthlife continue to offer services on CAMHS behalf in Omagh and Enniskillen.

Youthlife have retained a skilled team and our reputation for quality services and meeting mental health need continues to grow.

## Youthlife Limited

### Trustees' Annual Report for the Year Ended 31 March 2024

#### **Achievements and performance - continued**

In this period April 23 - March 24 Youthlife has engaged 276 children and young people in 1887 counselling sessions including 150 clients (1104 sessions) delivered on CAMHS behalf. In addition,

50 young people in Longtower Primary engaged in a Transitions project.

8 young people engaged in peer mentoring OCN training.

3 children enjoyed Equine Therapy over a 4 week period.

22 young women enjoyed empowering young women workshops through Oakgrove College.

8 young women participated in a mind Body Fit workshop.

6 active Youth Advisory Board members.

2 children availed of un-time-limited Art therapy (14 sessions) through the Looked after Children's services; our Art Therapy is highly regarded especially where talking therapies are not an option or due to trauma or communication difficulties.

Youthlife performance is measured through SDQs (Strength and difficulties questionnaires) and Youthlife evaluations. The SDQ responses measure improvements over a range of indicators including emotional and physical symptoms and relationships with friends, family and peers. Response indicated Youthlife is an effective intervention, the majority of clients moving from 'abnormal' or 'borderline' category to 'normal' (SDQ terminology) levels over the range of indicators. Feedback from parents and clients is highly positive with noticeable improvements within the 8-10 week period.

Following 1:1 counselling:

- " 86% of recent participants have reported 'yes, counselling has helped me,' 13% still felt unsure.
- " 95% agree or strongly agree 'I am feeling more in control of my life.'
- " 87.5% agree 'I value and respect myself more.'
- " 88% 'I feel I can cope more with everyday life.'
- " 78% 'my self esteem has increased.'
- " 79% 'I have made plans for the future.'
- " 87.5% 'I am managing my relationships better.'

#### **Financial review**

Funding of £179,972 was secured during the year and donations and fundraising totalled £6,006. Direct costs including wages and programme costs were £120,962, administration overheads were £35,236 and depreciation of £461 was charged. This resulted in a surplus for the year of £29,780 which when added to opening reserves of £67,332, left the Charity with reserves of £97,112 at the year end.

The Directors were pleased with the results for the year. The unrestricted reserves at the year end were £15,194.

#### **Reserves policy and going concern**

Reserves are needed to bridge the gap between the spending and receiving of income and to cover unplanned emergency costs. Due to the nature of the activities of the Charity no material unplanned costs are expected. The major costs are wages, programme costs and rent but funding is/will be in place to cover most of these costs. The Directors consider that a satisfactory level of unrestricted reserves to be in the region of £7,000.

## Youthlife Limited

### Trustees' Annual Report for the Year Ended 31 March 2024

#### Plans for future periods

Youthlife's core service aims to secure 2000 sessions per year; delivered across the Derry and Strabane area.

The end of the Children in Need project, and the loss of a staff member, has significantly reduced our capacity to deliver OCN training, The Peer mentoring service and outreach activities and workshops. Once our maximum capacity of 2000 sessions is financially secure, funding efforts may turn to the creation of a coordinators post, and to maintaining service in Omagh and/or Enniskillen to meet an identified need in more rural communities.

Future plans also include, an increase in 'alternative therapies' including equine therapy, use of art, sport, dance and music to improve confidence and mental health.

We will review and update our current strategy and, we seek to secure a new coordinator post and, enhance board membership and development.

#### Statement of Trustees' Responsibilities

The Charity Trustees (who are also the directors of the Youthlife Limited for the purposes of company law) are responsible for preparing a Trustees' Annual Report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the profit or loss of the company for that year.

In preparing these the Trustees are required to:

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

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the company's transactions and disclose with reasonable accuracy at any time the financial position of the 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 company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report has been prepared in accordance with the special provisions for small companies under Part 15 of the Companies Act 2006.

This report was approved by the Board on 28 October 2024 and signed on its behalf by



Dorothy Hutchinson  
Chairperson  
28 October 2024

**Youthlife Ltd**

Northern Ireland - Charity number 105568

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# Annual return

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**Youthlife Limited**  
**Company limited by guarantee**

**Independent Examiner's report to the Charity Trustees of Youthlife Limited**  
**Year ended 31 March 2024**

We report solely to the Charity Trustees on our examination of the accounts for the year ended 31 March 2024. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than Youthlife Limited and its Trustees as a body for our work or for this report. As a practising member firm of the Chartered Association of Certified Accountants we are subject to its ethical and other professional requirements which are detailed at [www.accaglobal.com](http://www.accaglobal.com).

**Respective responsibilities of 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 and the Charities Act (Northern Ireland) 2008. Having satisfied ourselves that the charity is not subject to an audit under company law, and is eligible for independent examination, it is our responsibility to:

- examine the accounts under section 65 of the Charities Act.
- follow the procedures laid down in general directions given by the Charity Commission for Northern Ireland under Section 65(9)(b) of the Charities Act.
- state whether particular matters have come to our attention.

**Basis of independent examiner's report**

We have examined your Charity accounts as required under Section 65 of the Charities Act and our 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.

Our role is to state whether any material matters have come to our attention giving us concern to believe:

1. that accounting records were not kept as required by with Section 386 of the Companies Act 2006 and Section 63 of the Charities Act;
2. that the accounts do not accord with those accounting records;
3. that the accounts do not comply with the accounting requirements of Section 396 of the Companies Act 2006, the Charities Act and with methods and principles of the Charities Statement of Recommended Practise 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**

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

  
**Doherty & Co Accountants Ltd**  
**The Amp**  
**11 Ebrington Square**  
**BT47 6FA**

**28 October 2024**

**Youthlife Ltd**

Northern Ireland - Charity number 105568

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# Accounts

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**Registration number NI072222**

**Youthlife Limited**  
**Financial Statements & Trustees' Report**  
**for the year Ended 31 March 2023**

**Youthlife Limited**  
**Company limited by guarantee**

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**Youthlife Limited**  
**Company limited by guarantee**

**Legal and Administrative Information**

**Status :**

The organisation is a charitable company limited by guarantee, incorporated in Northern Ireland on 31 March 2009 and is recognised as a charity by the Inland Revenue. The governing document is a Memorandum and Articles of Association.

**Directors :**

Ms Dorothy Hutchinson (Chairperson)  
Ms Paula Cunningham (Vice Chairperson)  
Mr Giovanni Doran  
Ms Catrina McFeely  
Ms Lisa Archibald  
Mr Alan McClure  
Mrs Tina Fallon

**Secretary :**

Mr Giovanni Doran

**Accountants :**

Fergus McAteer & Co.  
Chartered Accountants  
31/33 Clarendon Street  
Derry  
BT48 7ER

**Main Bankers :**

Bank of Ireland  
15 Strand Road  
Derry  
BT48 7BT

**Address:**

23 Bishop Street  
Derry  
BT48 6PR

**Inland Revenue Charity Reference Number :** XR 34422

**Company Number :** NI072222

**Charity Commission for Northern Ireland Number:** NIC105568

## **Youthlife Limited**

### **Trustees' Annual Report for the Year Ended 31 March 2023**

The Directors are pleased to present their annual report together with the financial statements of the Charity for the year ended 31 March 2023 which are also prepared to meet the requirements for a Directors' report and accounts for Companies Act purposes.

The financial statements comply with the Charities Act (NI) 2022, Companies Act 2006, the Memorandum and Articles of Association, and 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 (FRS102) (effective 1 January 2019.)

The company is governed by a Memorandum and Articles of Association dated 31/03/09. The company number is NI 72222 and the registered office is 23 Bishop Street, Derry/Londonderry, BT48 6PR. The company is a registered Northern Ireland charity - reference NIC 105568.

#### **Directors and trustees**

The directors of the charitable company (the Charity) are the trustees for the purpose of Charity Law.

The trustees during the year and at 31 March 2023 were as follows:

Ms Dorothy Hutchinson	Ms Lisa Archibald
Ms Paula Cunningham	Mr Alan McClure
Mr Giovanni Doran	Mrs Tina Fallon
Ms Catrina McFeely	

#### **Chair's report**

2022 - 2023 was a successful year for Youthlife realising their ambition of service delivery across the Western Trust with counselling delivered face to face from our Derry City Centre office and outposts active in Limavady, Omagh and Enniskillen on CAMHS behalf, as well as counselling online and over the phone. The small staff team have exceeded targets and reached a much higher number and, wider demographic of young people than expected this year and we hope to maintain this momentum.

We are especially pleased with the performance of the Waypoint and peer mentoring project, providing a wide range of training and therapeutic activity to 250 young people and, producing a theatre performance tackling the difficult topic of suicide. The project has been active in schools and the community offering advice and support during periods of transition and providing a pathway to counselling for those pupils in need. The personal and professional development of Youthlife's Youth Advisory Board continues to ensure a Youth-led organisation, by and for the young people.

I want to sincerely thank each member of staff and the board for their continuing dedication to Youthlife and to express how much I appreciate their input, dedication and support throughout the year.

The board wish to thank the staff, counsellors and volunteers for their continuing support and hard work during the year.

Thanks also to our funders and supporters who have helped sustain Youthlife throughout 2022-2023.

## **Youthlife Limited**

### **Trustees' Annual Report for the Year Ended 31 March 2023**

#### **Our purposes and activities**

The purpose of the charity is to support children and young people aged 5-25 years who have experienced bereavement, separation, and loss. Youthlife offer counselling, art, play and music therapies and peer mentor support.

In shaping our objectives for the year and planning our activities, the directors have considered the Charity Commissions guidance on public benefit requirement (PBR1). We endeavour to encourage a wide range of children, young people and their parents and carers to take advantage of our expertise and community signposting services.

#### **Our Volunteers**

The Charity is governed by a Board of Directors who are all volunteers; The Board of Directors oversee the financial affairs and administration and ensure the smooth running of the Charity's affairs in accordance with legal obligations, funders requirements and ethical standards. Youthlife promotes Youth-led services and has been establishing a Youth Advisory Board who are participating in training and projects to reinvigorate the Youthlife space. Our Volunteer Peer Mentors are young people aged 16-25 with lived experience of bereavement, separation and loss who undertake OCN qualifications and personal development workshops in order to help others. Thanks to Children In Need funding young people who require additional support upon exiting counselling can avail of Peer Mentor Support.

Thanks to volunteers Jacinta Bradley and Sean Doherty who volunteered their time and expertise offering therapeutic support to children, young people and their families.

#### **Achievements and performance**

Our main achievement continues to be the charities timely and effective response to all referrals Youthlife received April 22-March 23. During this period we have maintained our relationship and contract with WHSCT in relation to providing services for approximately 44 children and young people in the Northern sector of the Western Trust and continuing delivery of an additional contract offering services across the Western Trust reach reaching an additional 100 children and young people.

In addition Youthlife are pleased to have secured national Lottery Community Funding to secure a self-referral pathway to our services following bereavement; reducing CAMHS waiting list and ensuring children receive the right support at the right time. This project will last 4 years providing 640 counselling sessions per year. This has developed and strengthened partnerships across the Children and Adolescent Mental Health statutory, community and voluntary sectors. Our Virtual Youthlife service continues to reach geographically and demographically as many teenagers in particular feel more confident attending sessions online or on the phone. Youthlife have an outpost in Limavady and in 2022-23 extended face to face services into Omagh and Enniskillen.

In this period April 22 - March 23 Youthlife have engaged 244 children and young people in 1915 counselling sessions including 115 clients (704 sessions) delivered on CAMHS behalf. In addition,

250 young people engaged through the Waypoint project.

23 young people engaged in peer mentoring OCN training.

6 families enjoyed a day of equine therapy together.

27 young people enjoyed confidence building through dance and football.

15 young people learned healthy eating on a budget.

## **Youthlife Limited**

### **Trustees' Annual Report for the Year Ended 31 March 2023**

#### **Achievements and performance - continued**

6 active Youth Advisory Board members.

22 young people from Oakgrove College participated in a Transitions programme.

50 young people from Longtower Primary school participated in a Transitions programme.

More than 100 young people were involved in personal development workshops and the production of Youthlife's Theatre project and performance 'If only they knew.'

5 children availed of un-time-limited Art therapy (48 sessions) through the Looked after Children's services, Children's courts and Youth Justice; our Art Therapy is highly regarded especially where talking therapies are not an option or due to trauma or communication difficulties.

Youthlife have retained a skilled team and our reputation for quality services and meeting mental health need continues to grow.

Youthlife performance is measured through SDQs (Strength and difficulties questionnaires) and Youthlife evaluations. The SDQ responses measure improvements over a range of indicators including emotional and physical symptoms and relationships with friends, family and peers. Response indicated Youthlife is an effective intervention, the majority of clients moving from 'abnormal' or 'borderline' category to 'normal' (SDQ terminology) levels over the range of indicators. Feedback from parents and clients is highly positive with noticeable improvements within the 8-10 week period.

Following 1:1 counselling:

- " 86% of recent participants have reported 'yes, counselling has helped me,' 14% still felt unsure.
- " 94% agree or strongly agree 'I am feeling more in control of my life.'
- " 87% agree 'I value and respect myself more.'
- " 88% 'I feel I can cope more with everyday life.'
- " 78% 'my self esteem has increased.' 79% 'I have made plans for the future.'
- " 86% I am managing my relationships better.

#### **Financial review**

Funding of £111,321 was secured during the year and donations and fundraising totalled £2,000. Direct costs including wages and programme costs were £130,939, administration overheads were £34,668 and depreciation of £461 was charged. This resulted in a deficit for the year of £52,747 which was funded from opening reserves of £120,079. At the year end the Charity had reserves of £67,332.

The Directors were pleased with the results for the year. The unrestricted reserves at the year end were £9,229.

#### **Reserves policy and going concern**

Reserves are needed to bridge the gap between the spending and receiving of income and to cover unplanned emergency costs. Due to the nature of the activities of the Charity no material unplanned costs are expected. The major costs are wages, programme costs and rent but funding is/will be in place to cover most of these costs. The Directors consider that a satisfactory level of unrestricted reserves to be in the region of £7,000.

The financial review above shows unrestricted reserves at the year end of £9,229. The Directors have reviewed the circumstances of the Charity and consider that these reserves are adequate to fund activities for the foreseeable future. The directors are of the view that the Charity is a going concern.

## **Youthlife Limited**

### **Trustees' Annual Report for the Year Ended 31 March 2023**

#### **Plans for future periods**

Youthlife continue to offer counselling services face to face and remotely across Derry and Strabane council and wider Western Trust area. We will focus on delivering the extended CAMHS contract for the remainder of 2023/2024 and promoting our self-referral pathway and peer mentor support to those most in need.

Youthlife is focused on empowering young people have a trained and active Youth Advisory Board; feeding into Board decisions, advising our services and increasing the developments of the Youthlife community in centre and online.

Future plans include an increase in 'alternative therapies' including equine therapy, use of art, sport, dance and music to improve confidence and mental health. And, the reintroduction of our popular WAIN (Where Am I now?) programme delivered in schools and 'Managing grief' workshops offered within the community following a tragedy or loss.

An outline strategy has been developed and this coming year Youthlife board of directors will review again to create a comprehensive 3 year strategy including an action plan.

#### **Statement of Trustees' Responsibilities**

The Charity Trustees (who are also the directors of the Youthlife Limited for the purposes of company law) are responsible for preparing a Trustees' Annual Report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the profit or loss of the company for that year.

In preparing these the Trustees are required to:

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

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the company's transactions and disclose with reasonable accuracy at any time the financial position of the 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 company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report has been prepared in accordance with the special provisions for small companies under Part 15 of the Companies Act 2006.

This report was approved by the Board on and signed on its behalf by

Dorothy Hutchinson  
Chairperson

**Youthlife Limited**  
**Company limited by guarantee**

**Independent Examiner's report to the Charity Trustees of Youthlife Limited**  
**Year ended 31 March 2023**

We report solely to the Charity Trustees on our examination of the accounts for the year ended 31 March 2023. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than Youthlife Limited and its Trustees as a body for our work or for this report. As a practising member firm of Chartered Accountants Ireland, we are subject to its ethical and other professional requirements which are detailed at [www.charteredaccountants.ie](http://www.charteredaccountants.ie).

**Respective responsibilities of 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 and the Charities Act (Northern Ireland) 2008. Having satisfied ourselves that the charity is not subject to an audit under company law, and is eligible for independent examination, it is our responsibility to:

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

**Basis of independent examiner's report**

We have examined your Charity accounts as required under section 65 of the Charities Act and our 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.

Our role is to state whether any material matters have come to our attention giving us concern to believe:

1. that accounting records were not kept as required by with section 386 of the Companies Act 2006 and section 63 of the Charities Act;
2. that the accounts do not accord with those accounting records;
3. that the accounts do not comply with the accounting requirements of section 396 of the Companies Act 2006, the Charities Act and with 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**

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

---

**Fergus McAteer & Co**  
**Chartered Accountants**  
**31/33 Clarendon Street**  
**Derry**  
**BT48 7ER**

**Youthlife Limited**  
**Company limited by guarantee**

**Statement of Financial Activities for the year Ended 31 March 2023**

	Notes	Unrestricted Funds £	Restricted Funds £	Totals £	Totals 2022 £
<b><u>Incoming Resources</u></b>					
Donations, legacies and similar incoming resources	5	2,000	-	2,000	3,179
Income from activities of furtherance of charitable objects	5	-	111,321	111,321	160,520
Income from activities for generating funds	5	-	-	-	-
<b>Total incoming resources</b>		2,000	111,321	113,321	163,699
<b><u>Resources Expended</u></b>					
Charitable expenditure:					
Furtherance of charitable activities	6	3,613	127,326	130,939	97,852
Management and administration	6	244	34,424	34,668	34,225
Depreciation	6	-	461	461	576
<b>Total resources expended</b>		3,857	162,211	166,068	132,653
<b>Net movement in funds in year</b>		(1,857)	(50,890)	(52,747)	31,046
<b>Total funds brought forward at 31 March 2022</b>		11,086	108,993	120,079	89,033
<b>Total funds carried forward at 31 March 2023</b>		9,229	58,103	67,332	120,079

There are no recognised gains or losses other than the profit or loss for the above financial year.

**Youthlife Limited**  
**Company limited by guarantee**

**Balance Sheet as at 31 March 2023**

	Unrestricted Funds	Restricted Funds	Totals	Totals
Notes	£	£	£	£
<b><u>Fixed Assets</u></b>				
Tangible Assets	-	1,842	1,842	2,303
<b>Total fixed assets</b>	-	1,842	1,842	2,303
<b><u>Current Assets</u></b>				
Debtors	2,814	-	2,814	3,097
Cash at bank and in hand	6,415	57,193	63,608	115,719
<b>Total current assets</b>	9,229	57,193	66,422	118,816
<b>Creditors: amounts falling due within one year</b>	-	(932)	(932)	1,040
<b>Net current assets</b>	9,229	56,261	65,490	117,776
<b>Total assets less current liabilities</b>	9,229	58,103	67,332	120,079
<b>Net assets</b>	9,229	58,103	67,332	120,079
<b><u>Financed by:</u></b>				
<b>Funds</b>	9,229	58,103	67,332	120,079

For the year ended 31 March 2023 the company 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 company to obtain an audit of its financial statements for the year in question in accordance with section 476;
- The trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime and in accordance with FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland'.

**Youthlife Limited**  
**Company limited by guarantee**

These financial statements were approved by the Board of Directors and authorised for issue on , and are signed on behalf of the Board by;

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**Dorothy Hutchinson**  
**Director**

**Company Registration Number: NI072222**

**Youthlife Limited**  
**Company limited by guarantee**

**Notes to the financial statements**  
**Year ended 31 March 2023**

**1. General information**

The Charity is a charitable private company limited by guarantee, registered in Northern Ireland. The address of the registered office is 23 Bishop Street, Derry, BT48 6PR.

**2. Accounting policies**

**Basis of preparation**

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 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Youthlife 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 note(s).

**Turnover**

Turnover represents the total value of grants received and receivable as well as other income arising from other operating and fundraising activities during the year. Grants are recognised in the Profit and Loss account when the conditions for their receipt have been complied with and there is reasonable assurance that the grant will be received.

**Tangible assets**

Tangible assets are initially recorded at cost, and are subsequently stated at cost less any accumulated depreciation and impairment losses.

**Depreciation**

Depreciation is calculated so as to write off the cost or valuation of an asset, less its residual value, over the useful economic life of that asset as follows:

Plant and machinery	- 20%	reducing balance
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**Youthlife Limited**  
**Company limited by guarantee**

**Notes to the financial statements (continued)**  
**Year ended 31 March 2023**

**Financial instruments**

A financial asset or a financial liability is recognised only when the company becomes a party to the contractual provisions of the instrument.

Basic financial instruments are initially recognised at the transaction price, unless the arrangement constitutes a financing transaction, where it is recognised at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Debt instruments are subsequently measured at amortised cost.

Where investments in non-convertible preference shares and non-puttable ordinary shares or preference shares are publicly traded or their fair value can otherwise be measured reliably, the investment is subsequently measured at fair value with changes in fair value recognised in profit or loss. All other such investments are subsequently measured at cost less impairment.

Other financial instruments, including derivatives, are initially recognised at fair value, unless payment for an asset is deferred beyond normal business terms or financed at a rate of interest that is not a market rate, in which case the asset is measured at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Other financial instruments are subsequently measured at fair value, with any changes recognised in profit or loss, with the exception of hedging instruments in a designated hedging relationship.

Financial assets that are measured at cost or amortised cost are reviewed for objective evidence of impairment at the end of each reporting date. If there is objective evidence of impairment, an impairment loss is recognised in profit or loss immediately.

For all equity instruments regardless of significance, and other financial assets that are individually significant, these are assessed individually for impairment. Other financial assets are either assessed individually or grouped on the basis of similar credit risk characteristics.

Any reversals of impairment are recognised in profit or loss immediately, to the extent that the reversal does not result in a carrying amount of the financial asset that exceeds what the carrying amount would have been had the impairment not previously been recognised.

**3. Funds**

Unrestricted Revenue Funds - comprise those revenue funds which the management committee are free to use in accordance with the company objectives.

Restricted Revenue Funds - comprise those revenue funds which have been given for particular purposes and projects.

**4. Limited by guarantee**

The company is limited by guarantee and a registered charity by Revenue & Customs.

HMRC Charity Reference: XR 34422

Charity Commission of Northern Ireland Number: NIC105568

**Youthlife Limited**  
**Company limited by guarantee**

**Notes to the financial statements (continued)**  
**Year ended 31 March 2023**

**5. Incoming Resources**

	Unrestricted Funds £	Restricted Funds £	Totals 2023 £	Totals 2022 £
<b><u>Donations, legacies and similar incoming resources</u></b>				
Donations and fundraising	2,000	-	2,000	3,179
	2,000	-	2,000	3,179
<b><u>Income from activities of furtherance of charitable objects</u></b>				
CAMHS	-	26,920	26,920	86,400
Children In Need	-	41,741	41,741	30,850
Big Lottery Community Fund	-	30,050	30,050	14,400
LFT	-	4,980	4,980	-
B & Q	-	5,000	5,000	-
WHSCCT	-	1,655	1,655	7,930
Youth Justice	-	975	975	-
Places Called Home	-	-	-	5,000
John Moore	-	-	-	5,000
Nationwide	-	-	-	5,000
Safe Return Fund	-	-	-	2,440
CYPSP	-	-	-	2,000
Youth Action	-	-	-	1,500
	-	111,321	111,321	160,520
<b><u>Income from activities generating funds</u></b>				
Other	-	-	-	-
<b>Total</b>	-	-	-	-
<b><u>Investment and other income</u></b>				
Interest received	-	-	-	-
	-	-	-	-
<b>Total incoming resources</b>	2,000	111,321	113,321	163,699

**Youthlife Limited**  
**Company limited by guarantee**

**Notes to the financial statements (continued)**  
**Year ended 31 March 2023**

6. Resources expended	Unrestricted Funds £	Restricted Funds £	Totals 2023 £	Totals 2022 £
<b><u>Furtherance of charitable activities</u></b>				
Wages and salaries	2,507	49,974	52,481	45,650
Programme costs	986	75,595	76,581	49,281
Travel expenses	-	918	918	2,179
Hospitality expenses	120	839	959	742
<b>Total</b>	<b>3,613</b>	<b>127,326</b>	<b>130,939</b>	<b>97,852</b>
<b><u>Management and administration costs</u></b>				
Training	125	1,209	1,334	1,414
Rent	-	21,250	21,250	20,500
Insurance & subscriptions	-	2,850	2,850	2,416
Light and heat	-	1,024	1,024	1,299
Repairs and maintenance	-	968	968	172
Printing, postage and stationery	19	1,084	1,103	1,236
Publicity	-	85	85	85
Telephone & internet	-	1,981	1,981	2,078
Computer & equipment costs	-	773	773	1,959
Consultancy fees	-	2,167	2,167	2,167
Accountancy fees	-	920	920	756
Bank charges	-	86	86	122
General expenses	100	27	127	21
<b>Total</b>	<b>244</b>	<b>34,424</b>	<b>34,668</b>	<b>34,225</b>
<b><u>Depreciation</u></b>				
Depreciation of tangible assets	-	461	461	576
	-	461	461	576
<b>Total resources expended</b>	<b>3,857</b>	<b>162,211</b>	<b>166,068</b>	<b>132,653</b>

**Youthlife Limited**  
**Company limited by guarantee**

**Notes to the financial statements (continued)**  
**Year ended 31 March 2023**

<b>7. Tangible assets</b>	<b>Plant and machinery</b>	<b>Total</b>
	£	£
<b>Cost</b>		
<b>At 1 April 2022 and 31 March 2023</b>	11,494	11,494
	<u>          </u>	<u>          </u>
<b>Depreciation</b>		
At 1 April 2022	9,191	9,191
Charge for the year	461	461
	<u>          </u>	<u>          </u>
<b>At 31 March 2023</b>	9,652	9,652
	<u>          </u>	<u>          </u>
<b>Carrying amount</b>		
<b>At 31 March 2023</b>	1,842	1,842
	<u>          </u>	<u>          </u>
At 31 March 2022	2,303	2,303
	<u>          </u>	<u>          </u>
<b>8. Debtors</b>	<b>2023</b>	<b>2022</b>
	£	£
Other debtors	2,814	3,097
	<u>          </u>	<u>          </u>
<b>9. Creditors: amounts falling due within one year</b>	<b>2023</b>	<b>2022</b>
	£	£
Other creditors	932	1,040
	<u>          </u>	<u>          </u>
<b>10. Contingent assets and liabilities</b>		

Youthlife Limited has received grant assistance from government, public and other bodies. The payment of these grants is made subject to certain conditions being fulfilled by the company. The directors consider these conditions will be satisfactorily fulfilled and the likelihood of the company having to repay any grant is remote.

**Youthlife Limited**  
**Company limited by guarantee**

**Notes to the financial statements (continued)**  
**Year ended 31 March 2023**

**11. Analysis of charitable funds**

**Analysis of movements in unrestricted funds**

	Balance at 1 April 2022	Incoming Resources	Resources Expended	Transfers	Funds at 31 March 2023
	£	£	£	£	£
General Fund	11,086	2,000	(3,857)	-	9,229
	<u>11,086</u>	<u>2,000</u>	<u>(3,857)</u>	<u>-</u>	<u>9,229</u>

**Name of unrestricted fund    Description of the Fund**

General Funds                      Funds which the Charity is able to apply freely in pursuit of its own charitable objectives and related purposes.

**Analysis of movements in restricted funds**

	Balance at 1 April 2022	Incoming Resources	Resources Expended	Transfers	Funds at 31 March 2023
	£	£	£	£	£
Restricted Fund	108,993	111,321	(162,211)	-	58,103
	<u>108,993</u>	<u>111,321</u>	<u>(162,211)</u>	<u>-</u>	<u>58,103</u>

**Name of restricted fund    Description of the Fund**

Restricted Fund                      Funds which the Charity applies for particular purposes and projects in pursuit of its charitable objectives.

**Analysis of net assets between funds**

	General Fund	Restricted Fund	Total
Fixed Assets	-	1,842	1,842
Debtors	2,814	-	2,814
Cash at bank and in hand	6,415	57,193	63,608
Creditors	-	(932)	(932)
<b>Total</b>	<u>9,229</u>	<u>58,103</u>	<u>67,332</u>

**Youthlife Ltd**

Northern Ireland - Charity number 105568

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# Annual report

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## **Youthlife Limited**

### **Trustees' Annual Report for the Year Ended 31 March 2023**

The Directors are pleased to present their annual report together with the financial statements of the Charity for the year ended 31 March 2023 which are also prepared to meet the requirements for a Directors' report and accounts for Companies Act purposes.

The financial statements comply with the Charities Act (NI) 2022, Companies Act 2006, the Memorandum and Articles of Association, and 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 (FRS102) (effective 1 January 2019.)

The company is governed by a Memorandum and Articles of Association dated 31/03/09. The company number is NI 72222 and the registered office is 23 Bishop Street, Derry/Londonderry, BT48 6PR. The company is a registered Northern Ireland charity - reference NIC 105568.

#### **Directors and trustees**

The directors of the charitable company (the Charity) are the trustees for the purpose of Charity Law.

The trustees during the year and at 31 March 2023 were as follows:

Ms Dorothy Hutchinson	Ms Lisa Archibald
Ms Paula Cunningham	Mr Alan McClure
Mr Giovanni Doran	Mrs Tina Fallon
Ms Catrina McFeely	

#### **Chair's report**

2022 - 2023 was a successful year for Youthlife realising their ambition of service delivery across the Western Trust with counselling delivered face to face from our Derry City Centre office and outposts active in Limavady, Omagh and Enniskillen on CAMHS behalf, as well as counselling online and over the phone. The small staff team have exceeded targets and reached a much higher number and, wider demographic of young people than expected this year and we hope to maintain this momentum.

We are especially pleased with the performance of the Waypoint and peer mentoring project, providing a wide range of training and therapeutic activity to 250 young people and, producing a theatre performance tackling the difficult topic of suicide. The project has been active in schools and the community offering advice and support during periods of transition and providing a pathway to counselling for those pupils in need. The personal and professional development of Youthlife's Youth Advisory Board continues to ensure a Youth-led organisation, by and for young people.

I want to sincerely thank each member of staff and the board for their continuing dedication to Youthlife and to express how much I appreciate their input, dedication and support throughout the year.

The board wish to thank the staff, counsellors and volunteers for their continuing support and hard work during the year.

Thanks also to our funders and supporters who have helped sustain Youthlife throughout 2022-2023.

## **Youthlife Limited**

### **Trustees' Annual Report for the Year Ended 31 March 2023**

#### **Our purposes and activities**

The purpose of the charity is to support children and young people aged 5-25 years who have experienced bereavement, separation, and loss. Youthlife offer counselling, art, play and music therapies and peer mentor support.

In shaping our objectives for the year and planning our activities, the directors have considered the Charity Commissions guidance on public benefit requirement (PBR1). We endeavour to encourage a wide range of children, young people and their parents and carers to take advantage of our expertise and community signposting services.

#### **Our Volunteers**

The Charity is governed by a Board of Directors who are all volunteers; The Board of Directors oversee the financial affairs and administration and ensure the smooth running of the Charity's affairs in accordance with legal obligations, funders requirements and ethical standards. Youthlife promotes Youth-led services and has been establishing a Youth Advisory Board who are participating in training and projects to reinvigorate the Youthlife space. Our Volunteer Peer Mentors are young people aged 16-25 with lived experience of bereavement, separation and loss who undertake OCN qualifications and personal development workshops in order to help others. Thanks to Children In Need funding young people who require additional support upon exiting counselling can avail of Peer Mentor Support.

Thanks to volunteers Jacinta Bradley and Sean Doherty who volunteered their time and expertise offering therapeutic support to children, young people and their families.

#### **Achievements and performance**

Our main achievement continues to be the charities timely and effective response to all referrals Youthlife received April 22-March 23. During this period we have maintained our relationship and contract with WHSCT in relation to providing services for approximately 44 children and young people in the Northern sector of the Western Trust and continuing delivery of an additional contract offering services across the Western Trust reach reaching an additional 100 children and young people.

In addition Youthlife are pleased to have secured National Lottery Community Funding to secure a self-referral pathway to our services following bereavement; reducing CAMHS waiting list and ensuring children receive the right support at the right time. This project will last 4 years providing 640 counselling sessions per year. This has developed and strengthened partnerships across the Children and Adolescent Mental Health statutory, community and voluntary sectors. Our Virtual Youthlife service continues to reach geographically and demographically as many teenagers in particular feel more confident attending sessions online or on the phone. Youthlife have an outpost in Limavady and in 2022-23 extended face to face services into Omagh and Enniskillen.

In this period April 22 - March 23 Youthlife have engaged 244 children and young people in 1915 counselling sessions including 115 clients (704 sessions) delivered on CAMHS behalf. In addition,

250 young people engaged through the Waypoint project.

23 young people engaged in peer mentoring OCN training.

6 families enjoyed a day of equine therapy together.

27 young people enjoyed confidence building through dance and football.

15 young people learned healthy eating on a budget.

## Youthlife Limited

### Trustees' Annual Report for the Year Ended 31 March 2023

#### Achievements and performance - continued

6 active Youth Advisory Board members.

22 young people from Oakgrove College participated in a Transitions programme.

50 young people from Longtower Primary school participated in a Transitions programme.

More than 100 young people were involved in personal development workshops and the production of Youthlife's Theatre project and performance 'If only they knew.'

5 children availed of un-time-limited Art therapy (48 sessions) through the Looked after Children's services, Children's courts and Youth Justice; our Art Therapy is highly regarded especially where talking therapies are not an option or due to trauma or communication difficulties.

Youthlife have retained a skilled team and our reputation for quality services and meeting mental health need continues to grow.

Youthlife performance is measured through SDQs (Strength and difficulties questionnaires) and Youthlife evaluations. The SDQ responses measure improvements over a range of indicators including emotional and physical symptoms and relationships with friends, family and peers. Response indicated Youthlife is an effective intervention, the majority of clients moving from 'abnormal' or 'borderline' category to 'normal' (SDQ terminology) levels over the range of indicators. Feedback from parents and clients is highly positive with noticeable improvements within the 8-10 week period.

Following 1:1 counselling:

- " 86% of recent participants have reported 'yes, counselling has helped me,' 14% still felt unsure.
- " 94% agree or strongly agree 'I am feeling more in control of my life.'
- " 87% agree 'I value and respect myself more.'
- " 88% 'I feel I can cope more with everyday life.'
- " 78% 'my self esteem has increased.'
- " 79% 'I have made plans for the future.'
- " 86% 'I am managing my relationships better.'

#### Financial review

Funding of £111,321 was secured during the year and donations and fundraising totalled £2,000. Direct costs including wages and programme costs were £130,939, administration overheads were £34,668 and depreciation of £461 was charged. This resulted in a deficit for the year of £52,747 which was funded from opening reserves of £120,079. At the year end the Charity had reserves of £67,332.

The Directors were pleased with the results for the year. The unrestricted reserves at the year end were £9,229.

#### Reserves policy and going concern

Reserves are needed to bridge the gap between the spending and receiving of income and to cover unplanned emergency costs. Due to the nature of the activities of the Charity no material unplanned costs are expected. The major costs are wages, programme costs and rent but funding is/will be in place to cover most of these costs. The Directors consider that a satisfactory level of unrestricted reserves to be in the region of £7,000.

The financial review above shows unrestricted reserves at the year end of £9,229. The Directors have reviewed the circumstances of the Charity and consider that these reserves are adequate to fund activities for the foreseeable future. The directors are of the view that the Charity is a going concern.

## Youthlife Limited

### Trustees' Annual Report for the Year Ended 31 March 2023

#### Plans for future periods

Youthlife continue to offer counselling services face to face and remotely across Derry and Strabane council and wider Western Trust area. We will focus on delivering the extended CAMHS contract for the remainder of 2023/2024 and promoting our self-referral pathway and peer mentor support to those most in need.

Youthlife is focused on empowering young people have a trained and active Youth Advisory Board; feeding into Board decisions, advising our services and increasing the developments of the Youthlife community in centre and online.

Future plans include an increase in 'alternative therapies' including equine therapy, use of art, sport, dance and music to improve confidence and mental health. And, the reintroduction of our popular WAIN (Where Am I now?) programme delivered in schools and 'Managing grief' workshops offered within the community following a tragedy or loss.

An outline strategy has been developed and this coming year Youthlife board of directors will review again to create a comprehensive 3 year strategy including an action plan.

#### Statement of Trustees' Responsibilities

The Charity Trustees (who are also the directors of the Youthlife Limited for the purposes of company law) are responsible for preparing a Trustees' Annual Report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the profit or loss of the company for that year.

In preparing these the Trustees are required to:

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

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the company's transactions and disclose with reasonable accuracy at any time the financial position of the 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 company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report has been prepared in accordance with the special provisions for small companies under Part 15 of the Companies Act 2006.

This report was approved by the Board on 3 November 2023 and signed on its behalf by



Dorothy Hutchinson

Chairperson

3 November 2023

**Youthlife Ltd**

Northern Ireland - Charity number 105568

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# Annual return

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**Youthlife Limited**  
**Company limited by guarantee**

**Independent Examiner's report to the Charity Trustees of Youthlife Limited**  
**Year ended 31 March 2023**

We report solely to the Charity Trustees on our examination of the accounts for the year ended 31 March 2023. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than Youthlife Limited and its Trustees as a body for our work or for this report. As a practising member firm of Chartered Accountants Ireland, we are subject to its ethical and other professional requirements which are detailed at [www.charteredaccountants.ie](http://www.charteredaccountants.ie).

**Respective responsibilities of 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 and the Charities Act (Northern Ireland) 2008. Having satisfied ourselves that the charity is not subject to an audit under company law, and is eligible for independent examination, it is our responsibility to:

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

**Basis of independent examiner's report**

We have examined your Charity accounts as required under section 65 of the Charities Act and our 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.

Our role is to state whether any material matters have come to our attention giving us concern to believe:

1. that accounting records were not kept as required by with section 386 of the Companies Act 2006 and section 63 of the Charities Act;
2. that the accounts do not accord with those accounting records;
3. that the accounts do not comply with the accounting requirements of section 396 of the Companies Act 2006, the Charities Act and with methods and principles of the Charities Statement of Recommended Practise 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**

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

*Fergus McAteer & Co*  
**Fergus McAteer & Co**  
**Chartered Accountants**  
**31/33 Clarendon Street**  
**Derry**  
**BT48 7ER**

**3 November 2023**

