

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.

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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.

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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.

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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.

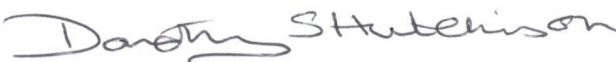
In preparing these the Trustees are required to:

- 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