

Youth Education Health Advice

Northern Ireland · Charity number 107606

Details

Known as	YEHA
Status	Received
Company number	658697
Registered	2021-05-17
Register	View on the Charity Commission for Northern Ireland register

Contact

Address	30A Deanby Gardens Belfast BT14 6nn BT14 6NN
Phone	02890757809
Email	info@yehaproject.com
Website	www.yehaproject.com

Activities

Purposes: 3. The Company is established to: a. To promote good mental health and wellbeing and the saving of lives by way of suicide prevention to young people in North Belfast by providing mental health support services to Youth aged between 12 and 24 in North Belfast; b. To provide relief to young person's experiencing financial hardship by equipping them with vocational training and/or technical skills and opportunities, thereby bringing the quality of life of the beneficiaries to a reasonable standard. This will be achieved through the provision of group work and one-to-one support through counselling, life coaching and mentoring to Young people in North Belfast; c. To promote cross-community relationships, conflict resolution and religious harmony in North Belfast through the provision of cross-community workshops, events and group work to young people; d. To promote community development and the advancement of citizenship through the provision of training and volunteering opportunities to young people from disadvantaged areas in North Belfast; and e. Any other charitable purpose according to the law of Northern Ireland as the trustees may from time to time determine.

What the charity does: The advancement of health or the saving of lives, The advancement of citizenship or community development, The advancement of human rights, conflict resolution or reconciliation or the promotion of religious or racial harmony or equality and diversity, The relief of those in need by reason of youth, age, ill-health, disability, financial hardship or other disadvantage, Other charitable purposes

How the charity works: Advice/advocacy/information, Counselling/support, Education/training, Youth development

Who the charity helps: Children (5-13 year olds), Interface communities, Mental health, Voluntary and community sector, Youth (14-25 year olds)

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£365,444	£361,740	£-40,341	6

Trustees

Name	Role	Appointed
Miss Courtney Swandel		
Mr Christiaan Karelse		
Mr Martin Pelan		
Mr Patrick Smyth		
Mr Sean Breen		
Mr Steven Morrison		
Mrs Caroline Rutherford		
Mrs Mary Josephine Murphy		

Accounts

Company No: NI658697
Charity No: 107606

Youth Education Health Advice

Financial Statements

For the Period Ended 31/03/25

Youth Education Health Advice

Company Information

Directors

Sean Breen
Steven Morrison
Caroline Rutherford
Jo Murphy
Martin Pelan
Anthony Crowe
Courtney Swandel

Registered Office

Presbytery House,
30a Deanby Gardens
Belfast
BT14 6NN

Accountants

Insight Business Services
53 Bernice Road
Newtownabbey
BT36 4QZ

Bankers

Danske Bank
Donegall Sq West
Belfast

Youth Education Health Advice

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Youth Education Health Advice

Directors' Report

For the Period Ended 31/03/25

The Directors present their report and financial statements for the period 31/03/25

Incorporation and change of name

The company was incorporated on 1 February 2019 as Youth Education Health Advice. The company commenced trade on 1 April 2021.

Principal activity

The principal activity of the company is to provide health based welfare and charitable services for young people and to maintain a building or buildings in order to make this available to all those within the area of benefit and elsewhere for the purpose of promoting economic, business, social and cross community activity.

YEHA was formerly part of Ardoyne Shankill Health Partnership, a company limited by guarantee, that is a healthy living centre promoting health in North Belfast. From 1 April 2021, YEHA has operated as a company and project in its own right, and formally separated from ASHP with the full agreement of the ASHP Board.

A full annual report is included in the appendices

Directors

The directors who served during the period are as stated below:

Sean Breen	Martin Pelan
Steven Morrison	Anthony Crowe
Caroline Rutherford	Courtney Swandel
Jo Murphy	

This report is prepared in accordance with the Companies Act 2006.

This report was approved by the Board on 20/10/2025 and signed on its behalf by

Signature *Jo Murphy*

Name **Jo Murphy**

Youth Education Health Advice

Independent Examiner's Report to the Members of Youth Education Health Advice

I report on the accounts of the charity for the year ended 31/03/25 , which are set out on pages 6 – 11.

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

- examine the accounts under section 65 of the Charities Act
- follow the procedures laid down in the general Directions given by the Charity Commission for Northern Ireland under section 65(9)(b) of the Charities Act
- 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 account presented with those records. It also included consideration of any unusual items or disclosures the accounts, and seeking explanations from you as charity trustees concerning any such matters.

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

1. That accounting records were not kept in accordance with section 386 of the Companies Act 2006
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 and with the methods and principles of the Charities Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland
4. That there is further information needed for a proper understanding of the accounts to be reached.

Independent examiner's statement

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

D Browne

Derek Browne ACMA
Insight Business Services

53 Bernice Road
Newtownabbey, BT36 4QZ

Youth Education Health Advice

Statement of Financial Activities for the period ended 31/03/25

		2025			2024
		Restricted	Unrestricted	Total	
		Funds	Funds		
	Notes:	£	£	£	£
Incoming Resources					
Grant		250,236.99	0.00	250,236.99	345,451
Generated Income		0.00	113,068.32	113,068.32	
Donations & Other Income		<u>0.00</u>	<u>2,138.61</u>	<u>2,138.61</u>	<u>5,573</u>
Total Income		250,236.99	115,206.93	365,443.92	351,024
Expenditure					
Charitable Activities		250,236.99	107,094.09	357,331.08	296,837
Administrative Expenses		<u>0.00</u>	<u>4,408.81</u>	<u>4,408.81</u>	<u>3,360</u>
Total Expenditure		<u>250,236.99</u>	<u>111,502.90</u>	<u>361,739.89</u>	<u>300,197</u>
Net Incoming/(Outgoing) Resources		0.00	3,704.03	<u>3,704.03</u>	<u>50,827</u>
Net Movement of Funds		0.00	3,704.03	3,704.03	50,827

There are no recognised gains or losses other than the profit or loss for the above financial year. All activities relate to continuing operations

Youth Education Health Advice

Balance Sheet As at 31/03/25

	Notes	2025 £	2024 £
Fixed Assets			
Tangible Assets	6	0.00	0
Current Assets			
Debtors		83,795.41	0
Cash at bank and in hand		<u>99,762.29</u>	<u>92,045</u>
		183,557.70	92,045
Creditors: amounts falling due within one year		40,341.20	3,360
Net Current Assets		<u>143,216.50</u>	<u>88,685</u>
Total Assets less current liabilities		143,216.50	88,685
Creditors: amounts falling due after more than one year			
Deferred grant income		0.00	0
Net Assets		<u>143,216.50</u>	<u>88,685</u>
Capital and Reserves			
Restricted Reserves		59,512.47	54,157
Unrestricted Reserves		<u>83,704.03</u>	<u>34,528</u>
Total Funds		<u>143,216.50</u>	<u>88,685</u>

The directors' statements are shown on the following page which forms part of **this Balance Sheet**

Youth Education Health Advice

Balance sheet (continued)

Directors' statements for the year ended 31/03/25

In approving these financial statements as directors of the charity we hereby confirm:

For the year ending 31/03/25 the company was entitled to exemption from audit under Article 257A(1) of the Companies (Northern Ireland) Order 1986 ; and

That no notice has been deposited at the registered office of the company pursuant to Article 257B(2) requesting that an audit be conducted for the year ended

Director's responsibilities;

- The members have not required the company to obtain an audit of its accounts for the year in question,
- The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts

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

The financial statements were approved by the Board on 20 October 2025 and signed on its behalf by

Signature *Jo Murphy*

Name Jo Murphy

Youth Education Health Advice

Notes to the financial statements For the year ended 31/03/25

1. Accounting Policies

1.1 Accounting convention

The financial statements are prepared under the historical cost convention and follow the recommendations in 'Accounting and Reporting by Charities: Statement of Recommended Practice' issued in October 2000

The charity has taken advantage of the exemption in FRS1 from the requirement to produce a cashflow statement because it is a small charity

1.2 Incoming resources

Voluntary income is received by way of donations and gifts and is included in full in the Statement of Financial Activities when receivable. Gifts donated for resale are included as income when they are sold. Donated assets are included at the value to the charity where this can be quantified and a third party is bearing the cost. The value of services provided by volunteers has not been included.

Grants, including grants for the purchase of fixed assets, are recognised in full in the Statement of Financial Activities in the year in which they are receivable.

1.3 Resources Expended

Resources expended are recognised in the year in which they are incurred.

Management and administration costs are those incurred in connection with administration of the charity and compliance with constitutional and statutory requirements.

1.4 Tangible fixed assets and depreciation

Depreciation is provided at rates calculated to write off the cost less residual value of each asset over its expected useful life, as follows:

Plant and machinery	25% straight line
Fixtures, fittings and equipment	25% straight line
Motor vehicles	25% straight line

Youth Education Health Advice

Notes to the financial statements For the year ended 31/03/25

1.5 Pensions

The pension costs charged in the financial statements represent the contribution payable by the company during the year.

The regular cost of providing retirement pensions and related benefits is charged to the SOFA over the employees' service lives on the basis of a constant percentage of earnings (7%).

2. Grant Income

	2025	2024
	£	£
Grants	271,237	345,451

3. Operating gain/(deficit)

	2025	2024
Operating gain is stated after charging:		
Depreciation and other amounts written off		
Accountant's remuneration	3,360	3,360

4. Employees

	2025	2024
Number of employees		
The average monthly number of employees (excluding the Directors) during the year were:	6	6

Employment costs

	2025	2024
Wages and salaries	110,960	107,771
Social security costs	31,273	30,418
Other pension costs	<u>7,597</u>	<u>7,183</u>
Total	149,830	145,372

Youth Education Health Advice

Notes to the financial statements For the year ended 31/03/25

5. Pension Costs

The company operates a defined contribution pension scheme in line with pension regulations. The scheme and assets are held by independent managers. The pension charge represents contributions due from the company and amounted to £4,682.

6. Tangible Fixed Assets

	Plant and machinery £	Fixtures, fittings and equipment £	Motor vehicles £	Total £
Cost				
At 1 April 2024	0	0	0	0
Additions	-	-	-	-
At 31 March 2025	0	0	0	0
Depreciation				
At 1 April 2024	0	0	0	0
Charge for the year	0	0	0	0
At 31 March 2025	0	0	0	0
Net book values				
At 31 March 2025	0	0	0	0
At 31 March 2024	0	0	0	0

7. Debtors

	2025 £	2024
Grant Debtors	0	0
Other Debtors	83,795	13,500
Prepayments and accrued income	<u>0</u>	<u>0</u>
	83,795	13,500

8. Creditors: amounts falling due within one year

	2025 £	2024
Trade creditors	30,780	0
Other creditors	3,360	3,360
Other taxes and social security costs	2,842	0
Accruals and deferred income	<u>0</u>	<u>0</u>
	36,982	3,360

Accounts

Company No: NI658697
Charity No: 107606

Youth Education Health Advice

Financial Statements

For the Period Ended 31/03/24

Youth Education Health Advice

Company Information

Directors

Sean Breen
Steven Morrison
Caroline Rutherford
Jo Murphy
Patrick Smyth
Martin Pelan
Anthony Crowe
Courtney Swandel

Registered Office

Presbytery House,
30a Deanby Gardens
Belfast
BT14 6NN

Accountants

Insight Business Services
53 Bernice Road
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Donegall Sq West
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Youth Education Health Advice

Directors' Report

For the Period Ended 31/03/24

The Directors present their report and financial statements for the period 31/03/24

Incorporation and change of name

The company was incorporated on 1 February 2019 as Youth Education Health Advice. The company commenced trade on 1 April 2021.

Principal activity

The principal activity of the company is to provide health based welfare and charitable services for young people and to maintain a building or buildings in order to make this available to all those within the area of benefit and elsewhere for the purpose of promoting economic, business, social and cross community activity.

YEHA was formerly part of Ardoyne Shankill Health Partnership, a company limited by guarantee, that is a healthy living centre promoting health in North Belfast. From 1 April 2021, YEHA has operated as a company and project in its own right, and formally separated from ASHP with the full agreement of the ASHP Board.

A full annual report is included in the appendices

Directors

The directors who served during the period are as stated below:

Sean Breen	Martin Pelan
Steven Morrison	Anthony Crowe
Caroline Rutherford	Courtney Swandel
Jo Murphy	Patrick Smyth

This report is prepared in accordance with the Companies Act 2006.

This report was approved by the Board on 11/11/24 and signed on its behalf by

Signature

M. J. Murphy

Name

Jo Murphy

Youth Education Health Advice

Independent Examiner's Report to the Members of Youth Education Health Advice

I report on the accounts of the charity for the year ended 31/03/24 , which are set out on pages 6 – 11.

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

- examine the accounts under section 65 of the Charities Act
- follow the procedures laid down in the general Directions given by the
- Charity Commission for Northern Ireland under section 65(9)(b) of the Charities Act
- 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 account presented with those records. It also included consideration of any unusual items or disclosures the accounts, and seeking explanations from you as charity trustees concerning any such matters.

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

1. That accounting records were not kept in accordance with section 386 of the Companies Act 2006
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 and with the methods and principles of the Charities Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland
4. That there is further information needed for a proper understanding of the accounts to be reached.

Independent examiner's statement

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

Derek Browne ACMA
Insight Business Services

53 Bernice Road
Newtownabbey, BT36 4QZ

Youth Education Health Advice

Statement of Financial Activities for the period ended 31/03/24

		2024			2023
		Restricted Funds	Unrestricted Funds	Total	
	Notes	£	£	£	£
Incoming Resources					
Grant		241,445.98	104,005.35	345,451.33	311,105
Donations & Other Income		<u>0.00</u>	<u>5,572.50</u>	<u>5,572.50</u>	<u>49,685</u>
Total Income		241,445.98	109,577.85	351,023.83	360,790
Expenditure					
Charitable Activities		241,445.98	55,390.79	296,836.77	322,902
Administrative Expenses		<u>0.00</u>	<u>3,360.00</u>	<u>3,360.00</u>	<u>3,360</u>
Total Expenditure		<u>241,445.98</u>	<u>58,750.79</u>	<u>300,196.77</u>	<u>326,262</u>
Net Incoming/(Outgoing) Resources		0.00	50,827.06	<u>50,827.06</u>	<u>13,439</u>
Net Movement of Funds		0.00	50,827.06	50,827.06	13,439

There are no recognised gains or losses other than the profit or loss for the above financial year. All activities relate to continuing operations

Youth Education Health Advice

Balance Sheet As at 31/03/24

	Notes	2024 £	2023 £
Fixed Assets			
Tangible Assets	6	0.00	0
Current Assets			
Debtors		13,500.00	0
Cash at bank and in hand		<u>129,371.97</u>	<u>92,045</u>
		142,871.97	92,045
Creditors: amounts falling due within one year		3,360.00	3,360
Net Current Assets		<u>139,511.97</u>	<u>88,685</u>
Total Assets less current liabilities		139,511.97	88,685
Creditors: amounts falling due after more than one year			
Deferred grant income		0.00	0
Net Assets		<u>139,511.97</u>	<u>88,685</u>
Capital and Reserves			
Restricted Reserves		88,684.91	54,157
Unrestricted Reserves		50,827.06	34,528
Total Funds		<u>139,511.97</u>	<u>88,685</u>

The directors' statements are shown on the following page which forms part of **this Balance Sheet**

Youth Education Health Advice

Balance sheet (continued)

**Directors' statements
for the year ended 31/03/24**

In approving these financial statements as directors of the charity we hereby confirm:

For the year ending 31/03/24 the company was entitled to exemption from audit under Article 257A(1) of the Companies (Northern Ireland) Order 1986 ; and

That no notice has been deposited at the registered office of the company pursuant to Article 257B(2) requesting that an audit be conducted for the year ended

Director's responsibilities;

- The members have not required the company to obtain an audit of its accounts for the year in question,
- The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts

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

The financial statements were approved by the Board on 11/11/24..... and signed on its behalf by

Signature

M. J. Murphy

Name

Jo Murphy

Youth Education Health Advice

Notes to the financial statements For the year ended 31/03/24

1. Accounting Policies

1.1 Accounting convention

The financial statements are prepared under the historical cost convention and follow the recommendations in 'Accounting and Reporting by Charities: Statement of Recommended Practice' issued in October 2000

The charity has taken advantage of the exemption in FRS1 from the requirement to produce a cashflow statement because it is a small charity

1.2 Incoming resources

Voluntary income is received by way of donations and gifts and is included in full in the Statement of Financial Activities when receivable. Gifts donated for resale are included as income when they are sold. Donated assets are included at the value to the charity where this can be quantified and a third party is bearing the cost. The value of services provided by volunteers has not been included.

Grants, including grants for the purchase of fixed assets, are recognised in full in the Statement of Financial Activities in the year in which they are receivable.

1.3 Resources Expended

Resources expended are recognised in the year in which they are incurred.

Management and administration costs are those incurred in connection with administration of the charity and compliance with constitutional and statutory requirements.

1.4 Tangible fixed assets and depreciation

Depreciation is provided at rates calculated to write off the cost less residual value of each asset over its expected useful life, as follows:

Plant and machinery	25% straight line
Fixtures, fittings and equipment	25% straight line
Motor vehicles	25% straight line

Youth Education Health Advice

Notes to the financial statements For the year ended 31/03/24

1.5 Pensions

The pension costs charged in the financial statements represent the contribution payable by the company during the year.

The regular cost of providing retirement pensions and related benefits is charged to the SOFA over the employees' service lives on the basis of a constant percentage of earnings (7%).

2. Grant Income

	2024	2023
	£	£
Grants	345,451	311,105

3. Operating gain/(deficit)

	2024	2023
Operating gain is stated after charging: Depreciation and other amounts written off Accountant's remuneration	3,360	3,360

4. Employees

	2024	2023
Number of employees The average monthly number of employees (excluding the Directors) during the year were:	6	6

Employment costs

	2024	2023
Wages and salaries	107,771	105,440
Social security costs	30,418	28,282
Other pension costs	<u>7,183</u>	<u>4,682</u>
Total	145,372	138,404

Youth Education Health Advice

Notes to the financial statements For the year ended 31/03/24

5. Pension Costs

The company operates a defined contribution pension scheme in line with pension regulations. The scheme and assets are held by independent managers. The pension charge represents contributions due from the company and amounted to £4,682.

6. Tangible Fixed Assets

	Plant and machinery	Fixtures, fittings and equipment	Motor vehicles	Total
	£	£	£	£
Cost				
At 1 April 2023	0	0	0	0
Additions	-	-	-	-
At 31 March 2024	0	0	0	0
Depreciation				
At 1 April 2023	0	0	0	0
Charge for the year	0	0	0	0
At 31 March 2024	0	0	0	0
Net book values				
At 31 March 2024	0	0	0	0
At 31 March 2023	0	0	0	0

7. Debtors

	2024	2023
	£	
Grant Debtors	0	0
Other Debtors	13,500	0
Prepayments and accrued income	<u>0</u>	<u>0</u>
	13,500	0

8. Creditors: amounts falling due within one year

	2024	2023
	£	
Trade creditors	0	0
Other creditors	3,360	3,360
Other taxes and social security costs	0	0
Accruals and deferred income	<u>0</u>	<u>0</u>
	3,360	3,360

Management Accounts
For the year ended 31/03/24

YEHA Project	2024		2023
	£	£	£
Income			
Big Lottery		125,869	72,909
Streetbeat		43,454	99,208
ASHP		60,551	0
TEO		56,814	97,269
EA		33,683	0
America Ireland Fund		4,993	0
Halifax Foundation		3,700	0
John Moores Foundation		2,000	0
Awards for All		10,000	0
Other Funding		4,388	41,718
Other income		<u>5,572</u>	<u>49,685</u>
Total Income		351,024	360,789
Expenditure			
Wages & Salaries	138,188		138,404
Pensions	7,183		4,682
Expenses	800		7,035
Rent	10,922		4,901
Programmes	121,110		151,394
IT	1,374		224
Office Costs	1,709		2,651
Telephone	4,640		3,534
Marketing	0		35
Insurance	861		815
Maintenance	0		90
Professional fees	3,360		3,360
Bank fees	66		45
Training	5,668		6,847
Equipment	4,315		2,244
Depreciation	<u>0</u>		<u>0</u>
Total Expenditure	300,196		326,261
Surplus/Deficit		50,828	34,528

Youth Education Health Advice

Northern Ireland - Charity number 107606

Annual report

The background of the entire poster is a vibrant, abstract paint splash in shades of blue, purple, pink, and orange. Overlaid on this are several black and white photographs of young people: some walking, some in a group hug, some holding a sign that says 'YEHA', and some looking at a phone. The YeHa logo is a large, rounded speech bubble shape with a red-to-purple gradient, containing the text 'YeHa' in white. Below the logo, the text 'Youth Education Health Advice' is written in a smaller white font. A solid red circle is positioned below the logo.

YeHa

Youth Education Health Advice

ANNUAL REPORT

SUPPORTING YOUNG
PEOPLES MENTAL HEALTH
& WELLBEING

SEPTEMBER
2024

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A MESSAGE FROM THE CHAIR

“ Supporting young people to reach their full potential ”

As Chairperson of YEHA, it has been truly amazing to be part of the development journey of the organisation. YEHA has created a unique environment in which young people enter into a positive, supportive atmosphere where they feel comfortable, safe, cared for, and listened to. This, in turn, gives them the opportunity to grow in confidence and resilience, to have a voice, and to highlight what is important for young people. When people feel empowered, they possess valuable skills, strength, and knowledge, which cascades into the wider community in which they live.



It is paramount that young people are always at the heart of the organisation. As Chairperson, I have had the privilege of seeing and hearing first-hand from the young people who have benefited from the support services offered within the organisation. The board is fully committed to investing time and energy in the coming year.

With growth, like many organisations, comes both challenges and opportunities. The board is eager to continue fostering a positive, collaborative, and safe environment for young people to reach their full potential. Over the years, YEHA has built great working relationships with other partner organisations, which is key for future development. You will have an opportunity to see the range of services and programmes offered further on in this report, as well as the range of partners and funders.

On behalf of the board of directors, a big thank you to the staff team and volunteers, as our success is due to the hard work and commitment of Sean and the team, for which we are truly grateful in wanting to make a difference in young people's lives.

To finish, I would like to thank my fellow board members for their time, dedication, and commitment they give to the organisation so freely, because they believe in the work the organisation carries out and know the wider community will reap the rewards of having young people as role models.

Jo Murphy
Chair



“YEHA GAVE ME THE COURAGE & SKILLS TO BE ABLE TO MAKE & KEEP FRIENDSHIPS, IT ALSO GAVE ME A SAFE SPACE TO FEEL MY FEELINGS & OFFERED SUPPORT THROUGHOUT EVERY ASPECT OF LIFE”
YOUNG FEMALE AGED 24

A MESSAGE FROM THE MANAGER

0

To say this brings an end to a challenging year would be an understatement. Our determination to ensure that services are not compromised during a testing year for the community voluntary sector has required immense levels of hard work and dedication from all those involved in YEHA, particularly the staff on the front line of delivering services.

This year saw the development of new partnerships and the strengthening of existing ones, with organisations vital in tackling mental health issues and providing essential services to young people and their families. I am grateful for the openness and shared values that enable meaningful collaboration and maximise opportunities to best help those most in need in our communities.



The knowledge, expertise, and wisdom of the Board of Directors have been nothing short of essential in helping to navigate the organisation while ensuring growth and development in achieving our mission. The board has been purposeful in developing understanding and relationships with staff and young people, including their views in the strategic development of YEHA.

The driving force behind all that we achieve in our delivery of services for young people is the YEHA staff team: Tommy, Cara, Louise, Lisa, and Jodie. We have been fortunate to retain such a dedicated and highly skilled team; their ongoing professionalism and outcomes have propelled our organisational reputation, leading to further demand, respect, and recognition of our services among key stakeholders, but most importantly, young people.

I am excited as we look towards the year ahead and the new opportunities to further develop and support even more young people. I want to acknowledge the courage of those young people who come to us in their time of need and thank them for their trust. Finally, I want to thank those young people who have shown leadership and supported both their peers and our organisation throughout the year.

Sean Devlin
Senior Manager



"YEHA IS ONE OF THE ONLY
PLACES INWHICH I CAN FULLY BE
MYSELF & ALL THE PEOPLE THAT
WORK HERE SUPPORT EVERYONE"

YOUNG PERSON AGED 14

WHO WE ARE



Tom

Team Leader
Group Support services
Youth Support Worker



Lisa

Admin Worker



Jodie

Youth Support Worker



Louise

Marketing & Outreach
Youth Support Worker



Cara

Team Leader
One to One Support Services
Youth Support Worker

COUNSELLORS

Adrian
Kerry
Stephen



THANK YOU FOR SUPPORTING US TO SUPPORT OUR YOUNG PEOPLE



Belfast Health and
Social Care Trust



pwc

jmf John Moores
Foundation



THE
IRELAND
FUNDS



Northern Ireland
Executive
www.northernireland.gov.uk

T:buc
Changing for the better, together

CARE ZONE



COMMUNITY



COMPASSION

HOPE

**STREET BEAT
YOUTH PROJECT**

WE ARE



OUR VISION

**To be an organisation at the heart of the community
that actively values and supports young people's
health and wellbeing**

OUR MISSION

**To make a positive difference to young peoples mental health
and wellbeing**

OUR VALUES

**Confidentiality, Care and Compassion will underpin everything we do.
Our services embrace the core principals of youth work with therapeutic
approaches with the aim of:**

Motivating young people to realise their potential

Develop skills and confidence to address issues

**Equip young people with the resources to look after their mental health and
well-being**

Encourage supportive relationships with family, peers and the community

**"TO ME, YEHA IS A PLACE THAT
HELPS AND SUPPORTS YOUNG
PEOPLE AND HAS MADE ME MORE
CONFIDENT AS I SOCIALISE THE
MOST HERE "
YOUNG PERSON AGED 15**

WRAP-AROUND APPROACH

QUALIFICATIONS
+SKILLS
DEVELOPMENT

ADVOCACY +
CONNECTING TO
ADDITIONAL
SERVICES

PEER
SUPPORT
GROUPS



COUNSELLING

KEY SUPPORT
WORKER WEEKLY
ENGAGEMENT

LIFE
COACHING
+MENTORING

We are passionate about providing support for young people centred around ownership, choice and individuality.

Young people work alongside their key support worker to develop an individually tailored support plan. Young people choose the services they want.

**"THE WORKERS ARE NICE, ITS A
COMMUNITY AND WE ARE ALL
TOGETHER A FAMILY "
YOUNG PERSON AGED 13**

OUR SERVICES

SERVICES

WHAT WE OFFER

One to One Mentoring & Life Coaching

Our dedicated youth work team provides weekly one-to-one support for young people to develop an understanding of issues and challenges and their impact. We help them develop communication and coping skills, make positive choices, and challenge negative thinking. Together, we work to achieve goals and actions that bring about positive change.

Counselling & Therapeutic Interventions

Our service supports young people in talking about and exploring their feelings, thoughts, and experiences to bring about effective change and increased well-being. Our multi-skilled team of counsellors employs art, creative materials, and play therapy, while also integrating a range of skills, techniques, models, and approaches tailored to each young person's needs

Peer Support Groups

Group work programmes encourage supportive peer relationships and the sharing of lived experiences to explore coping strategies and problem-solving. Activities and group work content are designed to help young people achieve personal and group goals. Discussion themes and information provided aim to encourage self-care and coping skills, as well as promote mental health awareness.

Schools Wrap-around Support

We currently offer one-to-one mentoring, home liaison services, counselling, and group work services:
Five days per week at Mercy College
Two days per week at Belfast Royal Academy
One day per week at De La Salle College.

Peer Mentoring Programmes

Young people aged 16 and over undertake training to offer guidance and support to their peers at school and in the community. Peer mentors also support the YEHA team in delivering activities and events that promote positive mental health and well-being. Peer mentoring programmes are ongoing at Mercy College, De La Salle, St Malachy's College, and Malone College.

Qualifications and Skills Development

As an OCNNI-recognised centre, YEHA provides a range of accredited training programmes. Our young leaders, volunteers, and peer mentors complete training in youth work, mental health awareness, and peer mentoring.

THE DIFFERENCE WE MAKE

Over

61

Qualifications
gained

84%

Of participants have
increase in confidence
and self-esteem

183

Young people took
part in groupwork
programmes

120

Young people availed
of 1-1 mentoring support

94%

Are more aware
of issues that affect
mental health

10

Mental health and
wellbeing events

Average of

80

Young people attending
weekly Fresh Start
Wednesday
Breakfast morning

94%

Feel better equipped to
look after their mental
health

89

Young people
availed of
counselling

55

Young people
trained as
mentors

100%

Of participants
would recommend
YEHA to a friend

"I LOVED ATTENDING YEHA YOUNG MUMS GROUP, IT
REALLY HELPED ME WORK THROUGH MY ANXIETY,
ALLOWED ME TO MAKE SOME TIME FOR MYSELF AND
MAKE SOME REALLY AMAZING FRIENDS "
YOUNG FEMALE AGED 24

HIGHLIGHTS



**MERCY COLLEGE PEER MENTORS
AT A SHARED LEARNING EVENT
WITH GIRLS MODEL DISCUSSING
WAYS THEY CAN HAVE A
POSITIVE IMPACT ON YOUNG
PEOPLES MENTAL HEALTH AND
WELLBEING AT SCHOOL**



**THE YEHA STAFF AND
VOLUNTEERS FROM PWC
HOSTING A VERY
SUCCESSFUL MENTAL
HEALTH AWARENESS
BRUNCH FOR MERCY
COLLEGE STUDENTS**



**BELFAST ROYAL ACADEMY
GROUP SUCCESSFULLY
COMPLETED THEIR PEER
LEADERSHIP AND
COLLOBORATIVE
EMPOWERMENT
PROGRAMME**



**FRESH START WEDNESDAYS
CONTINUED SUCCESS FOR A
SECOND YEAR RUNNING.
A WEEKLY EVENT HELPING
OVER 80 YOUNG PEOPLE PER
WEEK BY PROMOTING A
HEALTHY BREAKFAST, SAFE
SPACE AND YOUTH SUPPORT**

HIGHLIGHTS



**YOUNG MUMS GROUP WHO
SUCCESSFULLY
COMPLETED THE YEHA
YOUNG MUMS PROGRAMME
AND PROGRESSED INTO
YEHA VOLUNTEERS**



**YEHA INTERVENTION
SUMMER PROGRAMME
2024 YOUNG PEOPLE
FACED THEIR FEARS AND
EXPLORED PADDLE
BOARDING**



**MERCY COLLEGE PRINCES TRUST
PROGRAMME COMPLETED THEIR
COMMUNITY GIVEBACK BY
CLEARING LAND AROUND
PENSIONERS HOMES TO HELP
THEM DURING THE WINTER
MONTHS**



**YOUNG PEOPLE COMPLETING
OUTDOOR BUSHCRAFT AND
LEARNING SURVIVAL SKILLS**

APPENDIX 1. YEHA COMPANY DETAILS

CHAIR

Mary Josephine Murphy

COMPANY SECETARY

Sean Breen

COMPANY TREASURER

Patrick Smyth

OTHER DIRECTORS

Chris Karelse

Stephen Morrison

Anthony Crowe

Martin Pelan

Caroline Rutherford

Courtney Swandel

PRINCIPAL BANKERS

**Danske Bank,
Belfast Co.Antrim**

ACCOUNTING SERVICES

Insight Business Services

**COMPANY
REGISTRATION NUMBER**

658697

CHARITY NUMBER

107606

The logo for yeHa is a speech bubble with a red-to-purple gradient. The word "yeHa" is written in white, lowercase letters. Below the speech bubble, the words "Youth Education Health Advice" are written in a smaller, white, sans-serif font. The background of the entire image is a dark, abstract splash of colors including blue, purple, red, and orange.

yeHa

Youth Education Health Advice

MENTAL HEALTH AND WELLBEING SUPPORT FOR YOUNG PEOPLE



@YEHA_PROJECT



YEHA BELFAST



YEHAPROJECT.COM



@YEHA_PROJECT

Annual return

Youth Education Health Advice

Independent Examiner's Report to the Members of Youth Education Health Advice

I report on the accounts of the charity for the year ended 31/03/24 , which are set out on pages 6 – 11.

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

- examine the accounts under section 65 of the Charities Act
- follow the procedures laid down in the general Directions given by the Charity Commission for Northern Ireland under section 65(9)(b) of the Charities Act
- 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 account presented with those records. It also included consideration of any unusual items or disclosures the accounts, and seeking explanations from you as charity trustees concerning any such matters.

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

1. That accounting records were not kept in accordance with section 386 of the Companies Act 2006
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 and with the methods and principles of the Charities Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland
4. That there is further information needed for a proper understanding of the accounts to be reached.

Independent examiner's statement

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

D Browne

Derek Browne ACMA
Insight Business Services

53 Bernice Road
Newtownabbey, BT36 4QZ

Accounts

Company No: NI0658697
Charity No: 107606

Youth Education Health Advice

Financial Statements

For the Period Ended 31/03/23

Youth Education Health Advice

Company Information

Directors

Sean Breen
Steven Morrison
Michelle Cosgrove
Jo Murphy
Patrick Smyth

Registered Office

Presbytery House,
30a Deanby Gardens
Belfast
BT14 6NN

Accountants

Insight Business Services
53 Bernice Road
Newtownabbey
BT36 4QZ

Bankers

Ulster Bank
171/175 Crumlin Road
Belfast

Youth Education Health Advice

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Directors' Report	4
Accountant's Report	5
Statement of Financial Activities	6
Balance Sheet	7 – 8
Notes to the Financial Statements	9 – 11

Youth Education Health Advice

Directors' Report

For the Period Ended 31/03/23

The Directors present their report and financial statements for the period 31/03/23

Incorporation and change of name

The company was incorporated on 1 February 2019 as Youth Education Health Advice. The company commenced trade on 1 April 2021.

Principal activity

The principal activity of the company is to provide health based welfare and charitable services for young people and to maintain a building or buildings in order to make this available to all those within the area of benefit and elsewhere for the purpose of promoting economic, business, social and cross community activity.

YEHA was formerly part of Ardoyne Shankill Health Partnership, a company limited by guarantee, that is a healthy living centre promoting health in North Belfast. From 1 April 2021, YEHA has operated as a company and project in its own right, and formally separated from ASHP with the full agreement of the ASHP Board.

A full annual report is included in the appendices

Directors

The directors who served during the period are as stated below:

Sean Breen
Steven Morrison
Michelle Cosgrove
Jo Murphy
Patrick Smyth

This report is prepared in accordance with the Companies Act 2006.

This report was approved by the Board on 29.11.23 and signed on its behalf by

Signature



Name

Mary Josephine Murphy

Youth Education Health Advice

Independent Examiner's Report to the Members of Youth Education Health Advice

I report on the accounts of the charity for the year ended 31/03/23, which are set out on pages 6 – 11.

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

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- Charity Commission for Northern Ireland under section 65(9)(b) of the Charities Act
- state whether particular matters have come to my attention.

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

1. That accounting records were not kept in accordance with section 386 of the Companies Act 2006
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 and with the methods and principles of the Charities Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland
4. That there is further information needed for a proper understanding of the accounts to be reached.

Independent examiner's statement

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

Derek Browne ACMA
Insight Business Services

53 Bernice Road
Newtownabbey, BT36 4QZ

Youth Education Health Advice

Statement of Financial Activities for the period ended 31/03/23

		2023			2022
		Restricted Funds	Unrestricted Funds	Total	
	Note:	£	£	£	£
Incoming Resources					
Grant		311,105.11	0.00	311,105.11	149,961
Generated Income		<u>0.00</u>	<u>49,684.72</u>	<u>49,684.72</u>	<u>50,700</u>
Total Income		311,105.11	49,684.72	360,789.83	200,661
Expenditure					
Charitable Activities		311,105.11	11,796.68	322,901.79	185,782
Administrative Expenses		<u>0.00</u>	<u>3,360.00</u>	<u>3,360.00</u>	<u>1,440</u>
Total Expenditure		<u>311,105.11</u>	<u>15,156.68</u>	<u>326,261.79</u>	187,222
Net Incoming/(Outgoing) Resources		0.00	34,528.04	<u>34,528.04</u>	<u>13,439</u>
Net Movement of Funds		0.00	34,528.04	34,528.04	13,439

There are no recognised gains or losses other than the profit or loss for the above financial year. All activities relate to continuing operations

Youth Education Health Advice

Balance Sheet As at 31/03/23

	Notes	2023 £	2022 £
Fixed Assets			
Tangible Assets	6	0.00	0
Current Assets			
Debtors		0.00	0
Cash at bank and in hand		<u>92,044.91</u>	<u>80,296</u>
		92,044.91	80,296
Creditors: amounts falling due within one year		3,360.00	26,139
Net Current Assets		<u>88,684.91</u>	<u>54,157</u>
Total Assets less current liabilities		88,684.91	54,157
Creditors: amounts falling due after more than one year			
Deferred grant income		0.00	0
Net Assets		88,684.91	54,157
Capital and Reserves			
Reserve Fund		54,156.87	40,718
Profit and Loss Account		34,528.04	<u>13,439</u>
Total Funds		88,684.91	54,157

The directors' statements are shown on the following page which forms part of **this Balance Sheet**

Youth Education Health Advice

Balance sheet (continued)

**Directors' statements
for the year ended 31/03/23**

In approving these financial statements as directors of the charity we hereby confirm:

For the year ending 31/03/23 the company was entitled to exemption from audit under Article 257A(1) of the Companies (Northern Ireland) Order 1986 ; and

That no notice has been deposited at the registered office of the company pursuant to Article 257B(2) requesting that an audit be conducted for the year ended

Director's responsibilities;

- The members have not required the company to obtain an audit of its accounts for the year in question,
- The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts

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

The financial statements were approved by the Board on ...29.11.23... and signed on its behalf by

Signature

M. J. Murphy

Name

Mary Josephine Murphy

Youth Education Health Advice

Notes to the financial statements For the year ended 31/03/23

1. Accounting Policies

1.1 Accounting convention

The financial statements are prepared under the historical cost convention and follow the recommendations in 'Accounting and Reporting by Charities: Statement of Recommended Practice' issued in October 2000

The charity has taken advantage of the exemption in FRS1 from the requirement to produce a cashflow statement because it is a small charity

1.2 Incoming resources

Voluntary income is received by way of donations and gifts and is included in full in the Statement of Financial Activities when receivable. Gifts donated for resale are included as income when they are sold. Donated assets are included at the value to the charity where this can be quantified and a third party is bearing the cost. The value of services provided by volunteers has not been included.

Grants, including grants for the purchase of fixed assets, are recognised in full in the Statement of Financial Activities in the year in which they are receivable.

1.3 Resources Expended

Resources expended are recognised in the year in which they are incurred.

Management and administration costs are those incurred in connection with administration of the charity and compliance with constitutional and statutory requirements.

1.4 Tangible fixed assets and depreciation

Depreciation is provided at rates calculated to write off the cost less residual value of each asset over its expected useful life, as follows:

Plant and machinery	25% straight line
Fixtures, fittings and equipment	25% straight line
Motor vehicles	25% straight line

Youth Education Health Advice

Notes to the financial statements For the year ended 31/03/23

1.5 Pensions

The pension costs charged in the financial statements represent the contribution payable by the company during the year.

The regular cost of providing retirement pensions and related benefits is charged to the SOFA over the employees' service lives on the basis of a constant percentage of earnings (7%).

2. Grant Income

	2023	2022
	£	£
Grants	311,105	149,961

3. Operating gain/(deficit)

	2023	2022
Operating gain is stated after charging: Depreciation and other amounts written off Accountant's remuneration	 3,360	 1,440

4. Employees

	2023	2022
Number of employees The average monthly number of employees (excluding the Directors) during the year were:	 6	 4

Employment costs

	2023	2022
Wages and salaries	105,440	77,074
Social security costs	28,282	24,984
Other pension costs	<u>4,682</u>	<u>3,122</u>
Total	138,404	105,180

Youth Education Health Advice

Notes to the financial statements For the year ended 31/03/23

5. Pension Costs

The company operates a defined contribution pension scheme in line with pension regulations. The scheme and assets are held by independent managers. The pension charge represents contributions due from the company and amounted to £4,682.

6. Tangible Fixed Assets

	Plant and machinery £	Fixtures, fittings and equipment £	Motor vehicles £	Total £
Cost				
At 1 April 2022	0	0	0	0
Additions	-	-	-	-
At 31 March 2023	0	0	0	0
Depreciation				
At 1 April 2022	0	0	0	0
Charge for the year	0	0	0	0
At 31 March 2023	0	0	0	0
Net book values				
At 31 March 2023	0	0	0	0
At 31 March 2022	0	0	0	0

7. Debtors

	2023 £	2022
Grant Debtors	0	0
Other Debtors	0	0
Prepayments and accrued income	<u>0</u>	<u>0</u>
	0	0

8. Creditors: amounts falling due within one year

	2023 £	2022
Trade creditors	0	0
Other creditors	3,360	20,140
Other taxes and social security costs	0	0
Accruals and deferred income	<u>8,504</u>	<u>5,999</u>
	11,864	26,139

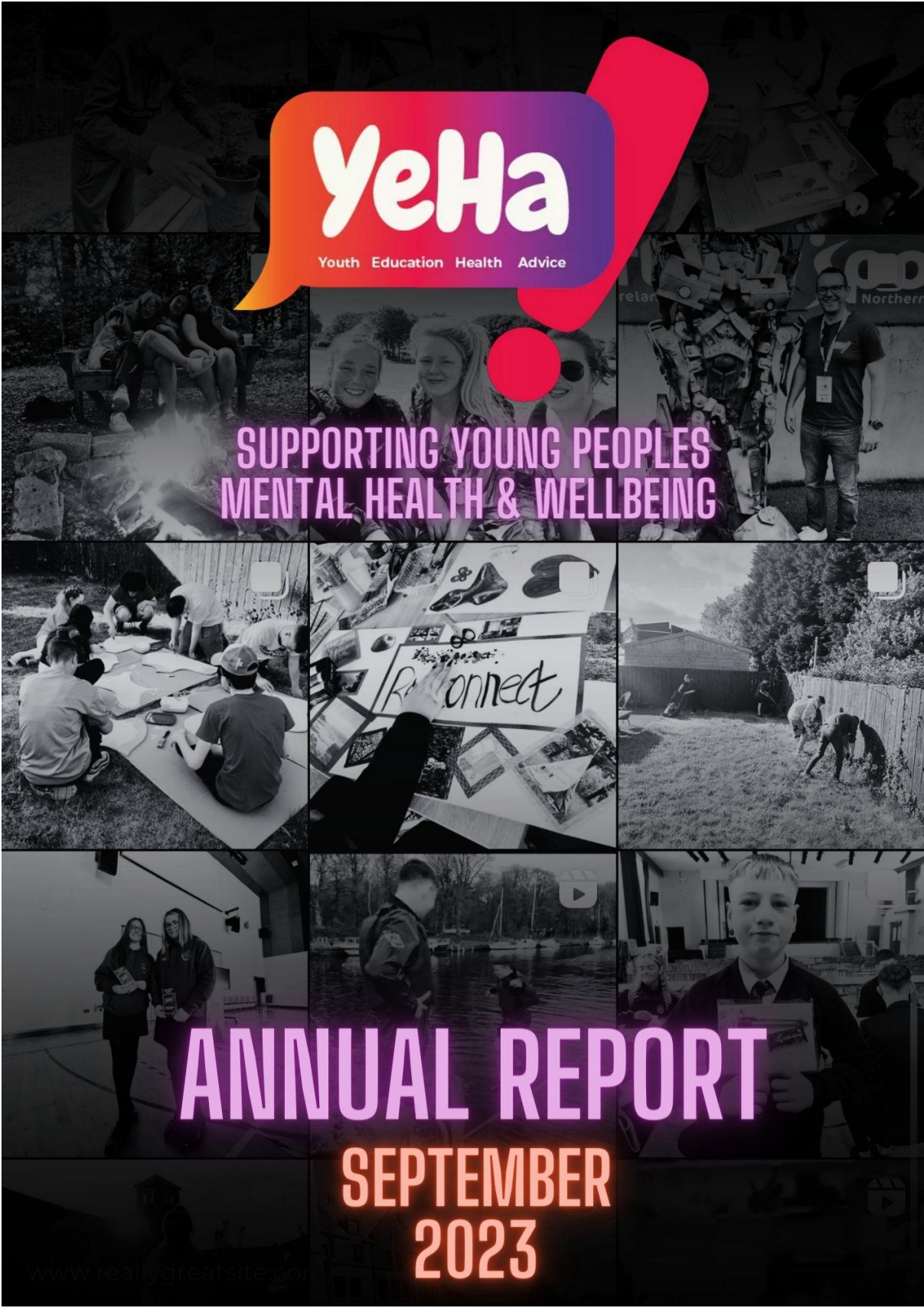
Management Accounts
For the year ended 31/03/23

YEHA Project	2022		2022
	£	£	£
Income			
PHA		0	50,700
Big Lottery		72,909	61,449
Streetbeat		99,208	
Lighthouse		0	4,240
TEO		97,269	61,644
Breakthrough		0	6,461
Sustainable Communities		0	11,215
Other Funding		41,718	0
Other income		<u>49,685</u>	<u>4,952</u>
Total Income		360,789	200,661
Expenditure			
Wages & Salaries	138,404		99,054
Pensions	4,682		5,020
Expenses	7,035		4,473
Rent	4,901		1,626
Programmes	151,394		70,677
IT	224		0
Office Costs	2,651		964
Telephone	3,534		1,831
Marketing	35		582
Insurance	815		0
Maintenance	90		1,000
Professional fees	3,360		1,440
Bank fees	45		10
Training	6,847		545
Equipment	2,244		0
Depreciation	<u>0</u>		<u>0</u>
Total Expenditure	326,261		187,222
Surplus/Deficit		34,528	13,439

Youth Education Health Advice

Northern Ireland - Charity number 107606

Annual report



YeHa

Youth Education Health Advice

SUPPORTING YOUNG PEOPLES
MENTAL HEALTH & WELLBEING

ANNUAL REPORT

SEPTEMBER
2023

www.reallygreatsite.com

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A MESSAGE FROM THE CHAIR



'Instilling hope and making a difference in young peoples lives'

As Chairperson of YEHA I am very privileged and humbled to see first hand the difference the organisation makes in young peoples lives who come through our doors. As an organisation we continually strive to improve and expand the services to effectively respond to the needs of young people, families and community.

Young people will always be at the heart of any developments and growth within the organisation .You will see how this has been achieved throughout this report. Partnership working is key in the organisation in our vision to create a safe haven for young people in need of support. This is an area that the board will continue to commit and invest in over the coming year.

Our success is directly linked to the hard work of the staff team and volunteers who have made extraordinary progress this year. I would like to personally thank Sean Devlin for his outstanding leadership as YEHA Manager and every staff team member for their energy and commitment in making YEHA a success.

To finish I would like to thank my fellow board members for their hard work dedication and support .A special thank you to the funders who have supported and continue to support the organisation in its growth and development in making a difference in young peoples lives in making dreams become a reality.



**Jo Murphy
Chair**

**"I LEARNT HOW TO USE MY CREATIVE VOICE
DOING THIS PROGRAM + I LEARNT MY
PASSION THE MORE CREATIVE SIDE!"
YOUNG FEMALE AGED 18**

A MESSAGE FROM THE MANAGER



I began my Journey with YEHA back in 2009, as a youth support worker, working at a grass routes level supporting young people and families in the local area. Local people have gifted me with great insight into the challenges our young people experience and the contributing factors impacting youth mental health.

For the last 13 years, I have been passionate and determined to develop an organisation that can provide young people, 'with the right support, in the right place, at the right time'. In 2021 YEHA became an independent organisation, this presented an opportunity to begin a new chapter, setting a vision for our work shaped by the hard lessons and key successes from the past and more importantly by the voices of our young people today.

I want to pay a sincere thanks to staff at all levels of YEHA. Their compassion and devotion towards young people is extraordinary and the professionalism in which they practice their work is robust and consistent. I believe that to provide the best of support to others we must feel supported ourselves, I am lucky to lead a team that have a willingness to help one another out, that celebrate one another's individual skills and experience and have a determination to provide the best service possible for our community.

Mental health services have some way to go to meet the needs of our young people. We at YEHA continue to be ready and willing to work with others to provide the 'very best' service for young people. We are up for the fight to find new and innovative ways to support young people, and to keep the voices of young people at the centre of shaping our services.



Sean Devlin
Senior Manager

"I DIDN'T USUALLY INTERACT WITH PEOPLE, NOW I JUST WANT TO KEEP HAVING THAT NEW EXPERIENCE + KEEP BUILDING ON NEW EXPERIENCES"
FEMALE AGED 18

WE ARE



Tom

**Team Leader
Youth Support Worker**



Lisa

Admin Worker



Jodie

Youth Support Worker



Louise

**Marketing & Outreach
Youth Support Worker**



Cara

**Team Leader
Youth Support Worker**

COUNSELLORS

**Adrian
Kerry
Stephen**

THANK YOU FOR SUPPORTING US TO SUPPORT OUR YOUNG PEOPLE



Belfast Health and
Social Care Trust



WE ARE



OUR VISION

**To be an organisation at the heart of the community
that actively values and supports young people's
health and wellbeing**

OUR MISSION

**To make a positive difference to young peoples mental health
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OUR VALUES

Confidentiality, Care and Compassion will underpin everything we do.

**Our services embrace the core principals of youth work with therapeutic
approaches with the aim of:**

Motivating young people to realise their potential

Develop skills and confidence to address issues

**Equip young people with the resources to look after their mental health and
well-being**

Encourage supportive relationships with family, peers and the community

**"ONE TO ONE MENTORING IS LIKE HAVING A
FRIEND, JUST HAVING SOMEONE THERE. IT
ALLOWS YOU TO BUILD A RELATIONSHIP, WHILE
YOUR'RE HELPING THEM THEY'RE HELPING YOU
BUILD YOUR CONFIDENCE"
YOUNG MAN AGED 16**

WRAP-AROUND APPROACH



We are passionate about providing support for young people centred around ownership, choice and individuality.

Young people work alongside their key support worker to develop an individually tailored support plan. Young people choose the services they want.

**"I JUST LOVE IT HERE"
YOUNG FEMALE AGED 13**

OUR SERVICES

SERVICES

WHAT WE OFFER

One to One Mentoring & Life Coaching

Our dedicated youth work team provide weekly one to one support for young people to

1. Develop an understanding of issues and challenges and their impact.
2. Develop communication, coping skills, positive choices, and challenging negative thinking.
3. Work together to achieve goals and actions that bring about positive change

Counselling & Therapeutic Interventions

Our service supports young people to talk and explore feelings, thoughts and experiences to bring about effective change and increased wellbeing .

Our multi-skilled team of counsellors practice using art, creative materials, play therapy as well as integrating a range of skills, techniques, models and approaches suited to young persons needs.

Peer Support Groups

Group Work Programmes encourage supportive peer relationships and sharing of lived experiences to explore coping strategies and problem solving. Activities and group work content are designed to help young people achieve personal and group goals
Discussion Themes and information provided aims to encourage self-care and coping skills and to promote mental health awareness.

Schools Wrap-around Support

We currently offer One to one mentoring, counselling and group work services:

5 days per week in Mercy College
2 days per week in Belfast Royal Academy
1 day per week in De La Salle College

Peer Mentoring Programmes

Young people aged 16 and over undertake training to offer guidance and support to young people at school and in the community. Peer Mentors also support the YEHA team to deliver activities and events that promote positive mental health and wellbeing.

Qualifications and Skills Development

As an OCNMI recognised centre YEHA provide a range of accredited training programmes. Our young leaders, volunteers and peer mentors complete training in youth work, mental health awareness and peer mentoring.

THE DIFFERENCE WE MAKE

Over
200
Qualifications
gained

273

Young people took
part in groupwork
programmes

100%

Of participants have
increase in confidence
and self-esteem

282

Young people availed
of 1-1 mentoring support

82%

Are more aware
of issues that affect
mental health

10

Mental health and
wellbeing events

Average of

80

Young people attending
weekly Fresh Start
Wednesday
Breakfast morning

94%

Feel better equipped to
look after their mental
health

56

Young people
availed of
counselling

70

Young people
trained as
mentors

100%

Of participants
would recommend
YEHA to a friend

"I DIDN'T KNOW WHERE ELSE TO
GO I JUST KNEW TO CONTACT
YOU. I'M COMFORTABLE HERE,
IT'S LIKE HOME" YOUNG FEMALE
AGED 25

HIGHLIGHTS



**PEER MENTORS AT SHARED LEARNING
EVENT WITH YOUNG PEOPLE FROM
DIFFERENT SCHOOLS DISCUSSING WAYS
THEY CAN HAVE A POSITIVE IMPACT ON
YOUNG PEOPLES MENTAL HEALTH AND
WELLBEING AT SCHOOL**



**YOUNG FEMALE GROUP PROMOTING
HUMAN RIGHTS IN BELFAST CITY CENTRE
WHILST BEING FILMED FOR A CAMPAIGN
PROMOTING HUMAN RIGHTS DAY & ITS
IMPORTANCE TO YOUNG PEOPLE**



**BELFAST ROYAL ACADEMY YOUTH
SUPPORT GROUP CELEBRATING THE
END OF A SUCCESSFUL PROGRAMME
ON RESIDENTIAL**



**FRESH START WEDNESDAYS.
A WEEKLY EVENT HELPING OVER 80 YOUNG
PEOPLE PER WEEK BY PROMOTING A
HEALTHY BREAKFAST, SAFE SPACE AND
YOUTH SUPPORT TO START THE DAY**

HIGHLIGHTS



**YOUNG MUMS GROUP WHO
HAVE PROGRESSED INTO THEIR
FINAL YEAR OF THE
PROGRAMME READY TO
WELCOME THE NEW MUMS
INTO THE NEW TERM**



**WILDERNESS AND BUSHCRAFT
THERAPY CAMP HELPING YOUNG
PEOPLE EXPLORE THEMSELVES AND
NATURE DURING THE SUMMER
PROGRAMME**



**INVISIBLE BARRIERS-SHORT FILM PREMIERE
WITH QUESTION & ANSWERS
THE YEHA CREATIVE ARTS GROUP RESEARCHED, SCRIPTED
AND ACTED IN THEIR OWN SHORT FILM EXPLORING THE
OFTEN UNRECOGNISED ROLES OF WOMEN IN NORTH
BELFAST THROUGHOUT THE GENERATIONS. THE FILM
PREMIERED IN A REAL CINEMA AND THE YOUNG WOMEN
HOSTED THEIR OWN OSCAR THEMED EVENT**

APPENDIX 1. YEHA COMPANY DETAILS

CHAIR

Mary Josephine Murphy

COMPANY SECETARY

Sean Breen

COMPANY TREASURER

Patrick Smyth

OTHER DIRECTORS

Michelle Corner

Chris Karelse

Stephen Morrison

Anthony Crowe

Martin Pelan

PRINCIPAL BANKERS

**Danske Bank,
Belfast Co.Antrim**

ACCOUNTING SERVICES

Insight Business Services

COMPANY REGISTRATION NUMBER

658697

CHARITY NUMBER

107606

APPENDIX2.
FINANCIAL ACCOUNTS
STATEMENT OF FINANCIAL ACTIVITIES AND BALANCE SHEET
YEAR ENDED 31 MARCH, 2022

2022	Restricted Funds	Unrestricted Funds	Total
Incoming Resources			
Grant	149,961.26	0.00	149,961.26
Generated Income	0.00	50,700.00	50,700.00
Total Income	149,961.26	50,700.00	50,700.00
Expenditure			
Charitable Activities	149,961.26	35,820.62	185,781.88
Administrative Expenses	0.00	1,440.00	1,440.00
Total Expenditure	149,961.26	37,260.62	187,221.88
Net Incoming/Outgoing Resources	0.00	13,439.38	13,439.38
Net Movement of Funds	0.00	13,439.38	13,439.38

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

All activities relate to continuing operations



MENTAL HEALTH AND WELLBEING SUPPORT FOR YOUNG PEOPLE



@YEHA_PROJECT



YEHA BELFAST



YEHAPROJECT.COM



@YEHA_PROJECT

Annual return

Company No: NI0658697
Charity No: 107606

Youth Education Health Advice

Financial Statements

For the Period Ended 31/03/23

Youth Education Health Advice

Company Information

Directors

Sean Breen
Steven Morrison
Michelle Cosgrove
Jo Murphy
Patrick Smyth

Registered Office

Presbytery House,
30a Deanby Gardens
Belfast
BT14 6NN

Accountants

Insight Business Services
53 Bernice Road
Newtownabbey
BT36 4QZ

Bankers

Ulster Bank
171/175 Crumlin Road
Belfast

Youth Education Health Advice

	Page
Directors' Report	4
Accountant's Report	5
Statement of Financial Activities	6
Balance Sheet	7 – 8
Notes to the Financial Statements	9 – 11

Youth Education Health Advice

Directors' Report

For the Period Ended 31/03/23

The Directors present their report and financial statements for the period 31/03/23

Incorporation and change of name

The company was incorporated on 1 February 2019 as Youth Education Health Advice. The company commenced trade on 1 April 2021.

Principal activity

The principal activity of the company is to provide health based welfare and charitable services for young people and to maintain a building or buildings in order to make this available to all those within the area of benefit and elsewhere for the purpose of promoting economic, business, social and cross community activity.

YEHA was formerly part of Ardoyne Shankill Health Partnership, a company limited by guarantee, that is a healthy living centre promoting health in North Belfast. From 1 April 2021, YEHA has operated as a company and project in its own right, and formally separated from ASHP with the full agreement of the ASHP Board.

A full annual report is included in the appendices

Directors

The directors who served during the period are as stated below:

Sean Breen
Steven Morrison
Michelle Cosgrove
Jo Murphy
Patrick Smyth

This report is prepared in accordance with the Companies Act 2006.

This report was approved by the Board on 29.11.23 and signed on its behalf by

Signature



Name

Mary Josephine Murphy

Youth Education Health Advice

Independent Examiner's Report to the Members of Youth Education Health Advice

I report on the accounts of the charity for the year ended 31/03/23, which are set out on pages 6 – 11.

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

- examine the accounts under section 65 of the Charities Act
- follow the procedures laid down in the general Directions given by the
- Charity Commission for Northern Ireland under section 65(9)(b) of the Charities Act
- 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 account presented with those records. It also included consideration of any unusual items or disclosures the accounts, and seeking explanations from you as charity trustees concerning any such matters.

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

1. That accounting records were not kept in accordance with section 386 of the Companies Act 2006
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 and with the methods and principles of the Charities Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland
4. That there is further information needed for a proper understanding of the accounts to be reached.

Independent examiner's statement

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

Derek Browne ACMA
Insight Business Services

53 Bernice Road
Newtownabbey, BT36 4QZ

Youth Education Health Advice

Statement of Financial Activities for the period ended 31/03/23

		2023			2022
		Restricted Funds	Unrestricted Funds	Total	
	Note:	£	£	£	£
Incoming Resources					
Grant		311,105.11	0.00	311,105.11	149,961
Generated Income		<u>0.00</u>	<u>49,684.72</u>	<u>49,684.72</u>	<u>50,700</u>
Total Income		311,105.11	49,684.72	360,789.83	200,661
Expenditure					
Charitable Activities		311,105.11	11,796.68	322,901.79	185,782
Administrative Expenses		<u>0.00</u>	<u>3,360.00</u>	<u>3,360.00</u>	<u>1,440</u>
Total Expenditure		<u>311,105.11</u>	<u>15,156.68</u>	<u>326,261.79</u>	187,222
Net Incoming/(Outgoing) Resources		0.00	34,528.04	<u>34,528.04</u>	<u>13,439</u>
Net Movement of Funds		0.00	34,528.04	34,528.04	13,439

There are no recognised gains or losses other than the profit or loss for the above financial year. All activities relate to continuing operations

Youth Education Health Advice

Balance Sheet As at 31/03/23

	Notes	2023 £	2022 £
Fixed Assets			
Tangible Assets	6	0.00	0
Current Assets			
Debtors		0.00	0
Cash at bank and in hand		<u>92,044.91</u>	<u>80,296</u>
		92,044.91	80,296
Creditors: amounts falling due within one year		3,360.00	26,139
Net Current Assets		<u>88,684.91</u>	<u>54,157</u>
Total Assets less current liabilities		88,684.91	54,157
Creditors: amounts falling due after more than one year			
Deferred grant income		0.00	0
Net Assets		88,684.91	54,157
Capital and Reserves			
Reserve Fund		54,156.87	40,718
Profit and Loss Account		34,528.04	<u>13,439</u>
Total Funds		88,684.91	54,157

The directors' statements are shown on the following page which forms part of **this Balance Sheet**

Youth Education Health Advice

Balance sheet (continued)

**Directors' statements
for the year ended 31/03/23**

In approving these financial statements as directors of the charity we hereby confirm:

For the year ending 31/03/23 the company was entitled to exemption from audit under Article 257A(1) of the Companies (Northern Ireland) Order 1986 ; and

That no notice has been deposited at the registered office of the company pursuant to Article 257B(2) requesting that an audit be conducted for the year ended

Director's responsibilities;

- The members have not required the company to obtain an audit of its accounts for the year in question,
- The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts

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

The financial statements were approved by the Board on ...29.11.23... and signed on its behalf by

Signature

M. J. Murphy

Name

Mary Josephine Murphy

Youth Education Health Advice

Notes to the financial statements For the year ended 31/03/23

1. Accounting Policies

1.1 Accounting convention

The financial statements are prepared under the historical cost convention and follow the recommendations in 'Accounting and Reporting by Charities: Statement of Recommended Practice' issued in October 2000

The charity has taken advantage of the exemption in FRS1 from the requirement to produce a cashflow statement because it is a small charity

1.2 Incoming resources

Voluntary income is received by way of donations and gifts and is included in full in the Statement of Financial Activities when receivable. Gifts donated for resale are included as income when they are sold. Donated assets are included at the value to the charity where this can be quantified and a third party is bearing the cost. The value of services provided by volunteers has not been included.

Grants, including grants for the purchase of fixed assets, are recognised in full in the Statement of Financial Activities in the year in which they are receivable.

1.3 Resources Expended

Resources expended are recognised in the year in which they are incurred.

Management and administration costs are those incurred in connection with administration of the charity and compliance with constitutional and statutory requirements.

1.4 Tangible fixed assets and depreciation

Depreciation is provided at rates calculated to write off the cost less residual value of each asset over its expected useful life, as follows:

Plant and machinery	25% straight line
Fixtures, fittings and equipment	25% straight line
Motor vehicles	25% straight line

Youth Education Health Advice

Notes to the financial statements For the year ended 31/03/23

1.5 Pensions

The pension costs charged in the financial statements represent the contribution payable by the company during the year.

The regular cost of providing retirement pensions and related benefits is charged to the SOFA over the employees' service lives on the basis of a constant percentage of earnings (7%).

2. Grant Income

	2023	2022
	£	£
Grants	311,105	149,961

3. Operating gain/(deficit)

	2023	2022
Operating gain is stated after charging: Depreciation and other amounts written off Accountant's remuneration	 3,360	 1,440

4. Employees

	2023	2022
Number of employees The average monthly number of employees (excluding the Directors) during the year were:	 6	 4

Employment costs

	2023	2022
Wages and salaries	105,440	77,074
Social security costs	28,282	24,984
Other pension costs	<u>4,682</u>	<u>3,122</u>
Total	138,404	105,180

Youth Education Health Advice

Notes to the financial statements For the year ended 31/03/23

5. Pension Costs

The company operates a defined contribution pension scheme in line with pension regulations. The scheme and assets are held by independent managers. The pension charge represents contributions due from the company and amounted to £4,682.

6. Tangible Fixed Assets

	Plant and machinery £	Fixtures, fittings and equipment £	Motor vehicles £	Total £
Cost				
At 1 April 2022	0	0	0	0
Additions	-	-	-	-
At 31 March 2023	0	0	0	0
Depreciation				
At 1 April 2022	0	0	0	0
Charge for the year	0	0	0	0
At 31 March 2023	0	0	0	0
Net book values				
At 31 March 2023	0	0	0	0
At 31 March 2022	0	0	0	0

7. Debtors

	2023 £	2022
Grant Debtors	0	0
Other Debtors	0	0
Prepayments and accrued income	<u>0</u>	<u>0</u>
	0	0

8. Creditors: amounts falling due within one year

	2023 £	2022
Trade creditors	0	0
Other creditors	3,360	20,140
Other taxes and social security costs	0	0
Accruals and deferred income	<u>8,504</u>	<u>5,999</u>
	11,864	26,139

Management Accounts
For the year ended 31/03/23

YEHA Project	2022		2022
	£	£	£
Income			
PHA		0	50,700
Big Lottery		72,909	61,449
Streetbeat		99,208	
Lighthouse		0	4,240
TEO		97,269	61,644
Breakthrough		0	6,461
Sustainable Communities		0	11,215
Other Funding		41,718	0
Other income		<u>49,685</u>	<u>4,952</u>
Total Income		360,789	200,661
Expenditure			
Wages & Salaries	138,404		99,054
Pensions	4,682		5,020
Expenses	7,035		4,473
Rent	4,901		1,626
Programmes	151,394		70,677
IT	224		0
Office Costs	2,651		964
Telephone	3,534		1,831
Marketing	35		582
Insurance	815		0
Maintenance	90		1,000
Professional fees	3,360		1,440
Bank fees	45		10
Training	6,847		545
Equipment	2,244		0
Depreciation	<u>0</u>		<u>0</u>
Total Expenditure	326,261		187,222
Surplus/Deficit		34,528	13,439