



**US**

**Charity Number: 1166464**

**Trustees' Annual Report  
for the Period  
1 April 2019 to 31 March 2020**

## Reference and Administration Details

**Charity name:** US  
**Charity number:** 1166464  
**Charity's operating address:** 60 Elmfield Road, Gosforth, Newcastle upon Tyne  
**Postcode:** NE3 4BD

### Names of the Charity Trustees who Manage the Charity

Trustee Name	Office	Appointed	Retired
1: Mary Jane Tacchi	Chair & Fundraising	April 2016 (extended 2020)	
2: Yvonne Hurlow	Planning & Development	April 2016 (extended 2019)	
3: Kamni Puri	Finance	April 2016 (extended 2019)	
4: Aditya Sharma	Child Mental Health	April 2016 (extended 2020)	

### Names & Addresses of Advisors

	Name	Address & Postcode
Bank:	Barclays	Fawcett Street, Sunderland SR1 1RS
Human Resources	Ethical HR Ltd	11 Oswin Road, Newcastle Upon Tyne, NE12 9BH

### Names of Senior Staff with Delegated Responsibilities

Suzanne McFarlane Chief Operating Officer

## Structure, Governance and Management

### Description of the Charity's Trusts

**Type of Governing Document** Constitution  
**How the Charity is Constituted** Charitable Incorporated Organisation

### Trustee Selection Methods

US will identify criteria for selection of a new trustee based on internal skills audit/ gap analysis against the charity's objectives and development plan.

Based on the skills, knowledge and experience priorities, the trustees will identify persons known to the organisation who hold the relevant skills or if an appropriate person is not known, the

trustees will advertise the trustee role through relevant community and voluntary sectors organisations such as VONNE and the CVS.

The founding trustees came together because of a shared interest, relevant experience and skill-base which would facilitate the successful creation, development, sustainability and management of a young people's mental health charity.

### **How New Trustees are Inducted and Trained**

The current trustees, who have been trained in their responsibilities are founder members of the charity. The charity trustees will make available to each new charity trustee, on or before his or her first appointment: a copy of the current version of our constitution; and a copy of the CIO's latest Trustees' Annual Report and annual signed off accounts. We will set up a training programme with one of the trustees to go through the charity's aims and objectives, policies and procedures, business plan. We will provide training on the responsibilities of a trustee. All trustees will access updates on such issues as Safeguarding, Equality and Diversity and Data Protection.

## **Objectives and Activities**

### **Summary of the Objects of the Charity as set out in its Governing Document**

The Objects of the CIO named US are:

To advance the health and improve the quality of life of young people in Northumberland, Tyne and Wear and North Durham. Beneficiaries are aged between twelve and twenty-five and are young people who experience or are at risk of developing mental health issues and/or neurodevelopmental disorders. Support is also offered to their parents/carers.

To engage young people and their parents and carers in sport and other physical activities that have a proven beneficial effect on physical and mental health.

To support and strengthen the impact of physical activities through healthy eating workshops.

To empower beneficiaries to transform their lives through participation in sports and physical activities, enabling them to

- improve their mental and physical health,
- enhance their educational performance and employability
- develop positive relationships,
- raise their self-esteem,
- be happy and take pleasure from recreation

To empower young people to play an active part in the long and short-term planning of activities and US in order to develop their organisational skills, whilst ensuring that activities meet the needs of beneficiaries.

To help young people make a positive contribution to family and community life.

## **Summary of the Main Activities Undertaken for the Public Benefit in Relation to the Charity's Objects**

US works in the North East of England. Our trustees are passionate about destigmatising mental illness and enhancing the support available to young people.

US currently delivers on an outreach basis. We fund sports and other fitness activities to small groups and individuals, aged between 12 and 25 who experience or are at risk of developing mental health difficulties.

When arranging programmes we engage with referral organisations who work with young people in education, health, care, community organisations and the justice sector. We also welcome direct introductions from families and individuals.

We provide bespoke programmes for small groups and individuals, tailoring programmes to meet their needs and interests.

The activities are delivered by high quality, well-qualified coaches, teachers, tutors of sports and a wide range of physical activities. We encourage all participants to set personal goals for their US experience and where appropriate, support the development of an exit strategy / progression pathway.

We are an organisation that continuously consults young people about our development and offer. As we grow this will continue and young people will become more and more active in the planning, development and management of US.

Long term we may open centres in the North East housing sports and fitness and other facilities to provide opportunities for our young people to improve their quality of life.

Through sports and fitness activities we aim to empower young people and help them to:

- Feel good
- Improve their mental and physical health
- Make friends and have fun
- Improve their self-image
- Become more confident
- Set and achieve personal goals
- Be successful in education and training and increase their employability

## **Achievement and Performance**

### **Statutory Declaration**

The trustees declare that they have complied with their duty to have due regard to the guidance on public benefit published by the commission in exercising their powers or duties.

### **Summary of the Main Achievements of the Charity for the Year**

This year has again seen growth in our activities. We continue to raise our profile with the organisations responsible for the health, care, education and support of young people and the wider community, and consequently are in receipt of more referrals.

## **One to One Coach-led Programmes**

These are for individuals not yet able to engage with other participants, or in need of individual support to engage in regular exercise; with the aim that the young person could progress in to group activities as a next step.

The sport or exercise is chosen by the young person and we engage coaches or trainers with the necessary qualifications and experience to deliver. This year coach-led one to one activities have included: fitness training; yoga; gymnastics; horse-riding; swimming, boxercise and street dance.

## **One to One Community Access programmes**

For other young people one to one activities involve US keyworkers or volunteers accompanying young people to community venues enabling them to access fitness classes or activity sessions. This type of support allows the young person to overcome their personal barriers to accessing sport and exercise available in their communities, be this anxiety or fear, low confidence, lack of social or independent travel skills, or a limited support network around the child. As confidence grows and relationships develop, this can be a most effective route to developing lifelong fitness practices. This year community access one to one activities included: swimming, climbing, golf, walking/running.

We have intensified and increased our 1:1 work for a growing number of young people experiencing mental health problems. This has been especially beneficial for some of our young participants who, because of their mental health condition, are socially isolated and not engaged in education, training or work. Increased US Keyworker support has proved invaluable in encouraging apprehensive young people to overcome their fears and anxieties and embark on a new activity. These young people, their families/carers and referral organisations have emphasised the importance of their US activity as an enjoyable part of their week and an important link to life beyond their home.

Parent Comment:

*'I just wanted to pass on my appreciation for your staff and organisation. My son is really enjoying his time with his personal trainer, Angus, who has helped keep him focused, developed his confidence and given a listening ear during the last 18 months.*

*As well as developing his fitness and learning new skills, his sessions with Angus every week have provided a positive framework for him when he has been struggling with a number of difficult situations and mental health problems*

*Angus has been endlessly encouraging, supportive and a fantastic role model for my son, who often struggles in social situations. I'm so glad that he has had this opportunity and hope the project will continue to grow and develop.'*

## **Group Programmes**

These are for young people who require a higher level of coaching or emotional support than is available in larger commercial groups. In some cases, this has allowed the young people to develop sufficient skills and self-confidence to progress into regular sport and exercise in wider community settings.

In this year we have delivered twelve group programmes. Two groups were ongoing, allowing access to young people referred by a range of organisations as well as self and parental referrals; they were a weekly fitness group and a weekly yoga group. Some participants joined these groups on referral, whilst others progressed onto them after an US 1:1 intervention.

Other group programmes were delivered for an agreed number of sessions to targeted 'at risk' groups. Working in collaboration with our partners our referrers included schools, Barnardo's groups including LGBT+ and Community Volunteers, young carers organisations and Social Care teams.

Additionally we were delighted to support 2 family days at Walkergate Hospital. We provided a yoga and fitness session for parents and their children who have affective mood disorders.

This year our group programme activities included yoga, fitness training, contemporary dance and a range of taster activities.

### **Our response to Covid 19 - February and March 2020**

We swiftly anticipated the impact Covid 19 would have on our face to face work and planned with our providers to deliver through future lockdown and restrictions online through Zoom. In March at the beginning of lockdown we transferred a significant amount of our provision to live online sessions and we started to build a bank of activities which can be accessed through the US website. We also offered keyworker support online.

### **Staffing and volunteers**

A range of successful bids, sponsorships, donations and fundraising activities have enabled us to continue to employ on a part-time basis a very experienced Chief Operating Officer and sessional keyworkers to support our one to one and groupwork activities and provide appropriate levels of support. In June 2019 we appointed to the new post of part-time Referral and Key Worker Co-ordinator to manage referrals, engage young people and their families, and to plan delivery and providers.

Trustees and the volunteer fundraising committee apply their skills, experience and time to support the charity's work and are key to its success and growth.

### **Public Relations and Fundraising**

We have obtained funds from the North East Panjabi Doctors and Dentists Association's Bhangra night, the NUFC Youth Forum's gym-based marathon, fundraising yoga classes, All Saints Church charity of the Month, the Middleton Foundation, Sport Tyne and Wear (now RISE), the Great North Run and Bristol Half Marathon, the GNR mini-mile, the Tynedale Gift Fair, the US Cycle Run, a wreath making and lunch event, the US disco, the Christmas Film Night, a National Citizen Service (NCS) bag pack, a DoE run across the Cleveland Way and a cake bake event.

We have increased our profile with an article printed about the work of our charity in The Guardian society pages (September 2019) and a BBC Online interview with one of our participants about how he uses exercise to tackle anxiety (June 2019). We produced our own US film which was shown at an event held at the Excelsior Academy in the West End of Newcastle in June 2019. This event launched Dame Margaret Barbour as our patron and we were delighted to

have Steve Cram as a guest speaker. The event was attended by participants and their families, referral agencies, activity providers, fundraisers, sponsors, donors and the US team.

[Newcastle teenager tackling anxiety with exercise - BBC News](#)

[‘I had no confidence and suffered from anxiety. Exercise helped me tackle it’ | Mental health | The Guardian](#)

## **Planning and next steps**

In the next three years we aim to increase both the number of our participants and our capacity to plan, manage and support young people as they progress through their activity programmes. We are also looking to offer some activities for parents of young people with mental health issues. In order to do this we will implement our fundraising and bid writing plans. Securing on-going funding remains a key priority for the trustees in 2020/21 as the charity has grown incrementally in its first three years and our plan for the coming three years reflects a similar growth trajectory.

## **Feedback on US activities**

Participant 1

How did you feel about exercise/being active before you got involved with US?

*Apprehensive – I struggled in group settings, and found it difficult to be in a group whilst I wasn’t that comfortable with exercise. Now that I’m comfortable with it, I love it!*

Participant 2

Has exercise changed and / or improved your life?

*Yes 100%! If I hadn’t found exercise I wouldn’t have been able to cope with my Mental Health. It’s really, really improved my life.*

Quote from young carer under a great deal of pressure

*‘You don’t know what that one hour a week of yoga means to me!’.*

A Mother’s Observation

*‘Him and another boy who works with the same US Active coach encouraged each other and enjoyed being able to discuss the exercise they did with each other, as it gave him a common ground to make the friendship. He is probably his only friend!’*

## **Financial Review**

### **Brief Statement of the Charity's Policy on Reserves**

The trustees recognise that in order to maintain a continuity of support to our young people that a reserve be retained equivalent to the expenditure from the previous financial year.

Additional reserves may be held in pursuit of the longer-term objectives of the charity for example capital projects e.g. an US Centre.

**Details of Any Funds Materially in Deficit**

None

**Statutory notes to the accounts**

**Particulars of Any Outstanding Guarantee Given by the CIO**

None

**Particulars of Any Outstanding Debt**

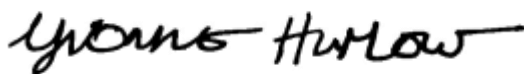
None

**Declaration**

**The Trustees declare that they have approved the Trustees' Report above.**

Signed on behalf of the Charity's Trustees

**Signature(s):**



**Full Name(s):** Yvonne Bernice Hurlow

Mary Jane Tacchi

**Position(s):** Trustee

Trustee

**Date:** 17/12/2020

17/12/2020



US Charity 1166464  
Statement of Financial Activities (incorporating income and expenditure account)  
Year to 31st March 2020

Income	Note	Restricted Funds	Unrestricted Funds	Total Funds	Total Funds	Total Funds	Total Funds
		2019/20 £	2019/20 £	2019/20 £	2018/19 £	2017/18 £	2016/17 £
Donations	2	1,470.00	4,485.00	5,955.00	47,519.80	50,864.75	20834.21
Other activities	3	2,080.00	19,976.41	22,056.41	13,373.75	16,730.37	1928.99
<b>Total Income</b>		<b>3,550.00</b>	<b>24,461.41</b>	<b>28,011.41</b>	<b>60,893.55</b>	<b>67,595.12</b>	<b>22,763.20</b>
<b>Expenditure</b>							
Raising Funds	4	-	2,192.74	2,192.74	2,481.88	2,441.25	126.00
Charitable activities	5	3,706.32	39,467.31	43,173.63	37,830.84	21,259.89	5114.72
Governance	7	-	355.00	355.00	125.00	35.00	-
<b>Total Expenditure</b>		<b>3,706.32</b>	<b>42,015.05</b>	<b>45,721.37</b>	<b>40,437.72</b>	<b>23,736.14</b>	<b>5,240.72</b>
<b>Net Incoming resources</b>		<b>- 156.32</b>	<b>- 17,553.64</b>	<b>- 17,709.96</b>	<b>20,455.83</b>	<b>43,858.98</b>	<b>17,522.48</b>
<b>Total funds brought Forward</b>		<b>3,304.51</b>	<b>78,532.78</b>	<b>81,837.29</b>	<b>61,381.46</b>	<b>17,522.48</b>	<b>-</b>
<b>Total funds at 31 March 2020</b>		<b>3,148.19</b>	<b>60,979.14</b>	<b>64,127.33</b>	<b>81,837.29</b>	<b>61,381.46</b>	<b>17,522.48</b>

		31-Mar-20			31-Mar-19		31-Mar-18
<b>Fixed Assets</b>	<b>Note</b>	£	£	£	£	£	£
Tangible assets	8		£0.00		0.00		0.00
<b>Current Assests</b>							
Debtors		-	-	0.00	-		
Cash at bank and in hand	9	<u>67,381.85</u>		<u>85,117.29</u>		<u>63,935.46</u>	
		67,381.85		85,117.29		63,935.46	
Creditors: amounts falling due within 1 yr	10	<u>3,254.52</u>		<u>3,280.00</u>		<u>2,554.00</u>	
Net Assets			64,127.33		81,837.29		61,381.46
Net Assets			<u>£64,127.33</u>		<u>81,837.29</u>		<u>61,381.46</u>
Charity funds							
Restricted funds	11		3,148.19		3,304.51		7,186.00
Unrestricted funds			60,979.14		78,532.78		54,195.46
Total Funds			<u>64,127.33</u>		<u>81,837.29</u>		<u>61,381.46</u>

**1. Accounting Policies**

The principal accounting policies are summarised below. The accounting policies have been consistently applied.

**a) Basis of preparation of financial statements**

The Financial Statements have been prepared under the historical cost convention and in accordance with the Statement of Recommended Practice "Accounting and Reporting by Charities (SORP 2015)" applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), effective 1 January 2015.

**b) Fund Accounting**

General funds are unrestricted funds which are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designed for other purposes.

Designated Funds are general funds which have been set aside by the trustees for a specific purpose

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for particular purposes.

**c) Incoming resources**

All incoming resources are included in the financial activities when the charity has entitlement to the funds, certainty of receipt and the amount can be measured with sufficient reliability.

Income tax recoverable in relation to donations received under Gift Aid is recognised at the time of actual receipt of funds.

**d) Resources expended**

Expenditure is recognised on an accrual basis and has been included under expense categories that aggregate all costs for allocation to activities. Where costs can not be directly attributed to particular activities they have allocated on a basis consistent with the use of the resources.

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

All resources expended are inclusive of irrecoverable VAT.

**e) Going concern basis**

The financial statements have been prepared on a going concern basis. The trustees consider this to be appropriate as they project the level of donations and event profits to be sufficient to exceed operating costs.

2. Donations	Restricted	Unrestricted	Total Funds	Total Funds	Total Funds	Total Funds
	Funds	Funds	Total Funds	Total Funds	Total Funds	Total Funds
	2019/20	2019/20	2019/20	2018/19	2017/18	2016/17
	£	£	£	£	£	£
Donations	-	2,485.00	2,485.00	3,510.80	16,974.75	18,334.21
Grants Received	1,470.00	2,000.00	3,470.00	44,009.00	33,890.00	2,500.00
<b>Total Income</b>	<b>1,470.00</b>	<b>4,485.00</b>	<b>5,955.00</b>	<b>47,519.80</b>	<b>50,864.75</b>	<b>20,834.21</b>

Grants received in year:

Middleton Foundation	-	2,000.00
Sport Tyne and Wear	1,470.00	-
	<b>1,470.00</b>	<b>2,000.00</b>

3. Other Activities	Restricted	Unrestricted	Total Funds	Total Funds	Total Funds	Total Funds
	Funds	Funds	Total Funds	Total Funds	Total Funds	Total Funds
	2019/20	2019/20	2019/20	2018/19	2017/18	2016/17
	£	£	£	£	£	£
Fundraising	2,080.00	16,984.32	19,064.32	12,431.00	15,763.23	1,928.99
Gift Aid	-	2,992.09	2,992.09	942.75	967.14	0.00
<b>Total Income</b>	<b>2,080.00</b>	<b>19,976.41</b>	<b>22,056.41</b>	<b>13,373.75</b>	<b>16,730.37</b>	<b>1,928.99</b>

Restricted fundraising income at P12 (£2,080) is the balance of receipts for the May Charity Ball, yet to be refunded due to cancellation re. Coronavirus. For those who have waived refund, funds will be held on account to cover ticket costs for rescheduled event in 2021

4. Expenditure on raising Funds	Restricted	Unrestricted	Total Funds	Total Funds	Total Funds	Total Funds
	Funds	Funds	Total Funds	Total Funds	Total Funds	Total Funds
	2019/20	2019/20	2019/20	2018/19	2017/18	2016/17
	£	£	£	£	£	£
Online Fundraising Platform fees	-	549.78	549.78	283.13	671.84	126.00
Event costs	-	1,642.96	1,642.96	2,198.75	1,769.41	-
<b>Total Expenditure</b>	<b>-</b>	<b>2,192.74</b>	<b>2,192.74</b>	<b>2,481.88</b>	<b>2,441.25</b>	<b>126.00</b>

5. Expenditure on charitable activities	Restricted Fun	Unrestricted F	Total Funds	Total Funds	Total Funds	Total Funds
	2019/20	2019/20	2019/20	2018/19	2017/18	2016/17
	£	£	£	£	£	£
Staffing	2,825.82	£34,244.68	£37,070.50	33,603.33	17,135.00	2,680.00
Activity related costs	-	£937.37	£937.37	616.70	232.00	-
Venue hire	248.00	£452.00	£700.00	1,070.80	-	-
Insurance	-	£498.40	£498.40	498.40	498.40	700.80
Phone	-	£257.00	£257.00	207.47	138.80	120.49
Website and Social Media	632.50	£0.00	£632.50	195.00	1,999.50	337.50
Events, Marketing and Promotion	-	£1,175.17	£1,175.17	571.38	926.39	100.00
Postage, Print, Stationery	-	£657.79	£657.79	374.45	84.00	266.54
Travel Expenses	-	£0.00	£0.00	136.21	-	376.99
Memberships	-	£854.00	£854.00	167.50	84.00	500.00
Training / CPD	-	£179.90	£179.90	-	52.20	-
Recruitment / safer recruitment	-	£211.00	211.00	389.60	109.60	32.40
<b>Total Expenditure</b>	<b>3,706.32</b>	<b>39,467.31</b>	<b>£43,173.63</b>	<b>37,830.84</b>	<b>21,259.89</b>	<b>5,114.72</b>

**6. Staffing**

Page 5

Staffing costs include management and admin, Co-ordinator, keyworker, coaches and trainers costs  
 A Referral and Keyworker Co-ordinator has been appointed on an employed basis, PT Fixed term  
 All other staff are engaged on a self employed basis  
 No individual received remuneration in excess of £60,000  
 No trustee received any remuneration

Voluntary hours

No amounts are included in the financial statements for services donated by volunteers.

The fundraising committee, whose members all undertake activities voluntarily, met regularly throughout 2019/20

**7. Expenditure on Governance**

	Restricted Fun 2019/20 £	Unrestricted F 2019/20 £	Total Funds 2019/20 £	Total Funds 2018/19 £	Total Funds 2017/18 £	Total Funds 2016/17 £
Licensing / Registration	-	55.00	55.00	75.00	35.00	-
External Examination of Accounts	-	25.00	25.00	50.00	-	-
External HR		275.00	275.00			
<b>Total Expenditure</b>	<b>-</b>	<b>355.00</b>	<b>355.00</b>	<b>125.00</b>	<b>35.00</b>	<b>-</b>

**8. Tangible Assets**

The charity has no tangible assets

**9. Cash in bank and in-hand**

	31st March 2020 £	31st March 2019 £	31st March 2018 £	31st March 2017 £
Bank Statement	67,362.85	83,140.36	63,935.46	17,969.48
Cash in hand	19.00	1,976.93	-	-
	<b>67381.85</b>	<b>85,117.29</b>	<b>63,935.46</b>	<b>17,969.48</b>
Cash in hand				
Petty cash	<u>19.00</u>			
	<b>19.00</b>			

In 2019/20 all funds were held in the charity's Community Account. The trustees recognise that in order to maintain a continuity of support to our young people that a reserve be retained equivalent to the expenditure from the previous financial year. Additional reserves will be held in pursuit of the longer term objectives of the charity for example capital projects. The trustees may choose to utilise alternative investment or interest accruing accounts for holding such funds.

**10. Creditors - amounts falling due within one year**

	31st March 2020 £	31st March 2019 £	31st March 2018 £	31st March 2017 £
Creditors	3,229.52	3,255.00	2,544.00	447.00
Accruals	25.00	25.00	-	-
	<b>3,254.52</b>	<b>3,280.00</b>	<b>2,544.00</b>	<b>447.00</b>

**11. Restricted Funds**

Page 6

Breakdown of Restricted funds @ 31st March 2020	£
MHF Grant	78.19
Sport Tyne and Wear Satellite Club Grant	990.00
Fundraising - unrefunded May Ball Tickets	2,080.00
	<hr/>
	<b>3,148.19</b>



Section A

Independent Examiner's Report

Report to the trustees/  
members of

Charity Name  
US

On accounts for the year  
ended

31<sup>st</sup> March 2020

Charity no  
(if any)

1166464

Set out on pages

1 to 6

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **31/03/2020**

Responsibilities and  
basis of report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent  
examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed: N. Easter

Date: 14/01/2020

Name: Natalie Easter

Relevant professional  
qualification(s) or body  
(if any):

Address: Office 1 Winnings Estate

Walbottle Road

NE15 9RU

**Section B**

**Disclosure**

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

**Give here brief details of any items that the examiner wishes to disclose.**

Empty box for disclosure details.