



# YMCA EXETER

## YMCA EXETER COMMUNITY PROJECTS

(A company limited by guarantee)  
Independently Examined Statements  
DIRECTORS REPORT AND  
FINANCIAL STATEMENTS  
FOR THE YEAR ENDED  
31 MARCH 2022

COMPANY NUMBER 09437425  
REGISTERED CHARITY NUMBER 1162431



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The following pages do not form part of the financial statements

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The trustees, who are also the directors for the purposes of company law, present their report and the independently examined financial statements of the charity for the year ended 31 March 2022.

## Reference and administrative details

Incorporation	The Company incorporated on 12 February 2015 as YMCA Exeter Community Projects. The Company commenced trade on 1 April 2017
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Registered charity name	YMCA Exeter Community Projects
Charity registration number	1162431
Company registration number	09437425
Principal office and registered Office	39/41 St David's Hill Exeter Devon EX4 4DA
The trustees	P Reisbach (Chair) W McDermid (Treasurer) E White (Resigned 27 <sup>th</sup> Sep 2021) J Snicker P Lambdin L Nicholls S Traynor P Cloke (Deceased 25 <sup>th</sup> May 22) D Leighton-Plom R Nardone L Glanville (Appointed 31 January 2022)
Key management	G Sorsby
Independent examiner	Stuart Carrington FCA Timberly South Street Axminster Devon, England EX13 5AD

### Small Company Provisions

This report has been prepared in accordance with the provisions applicable to companies entitled to the small companies exemption.

### Structure, governance and management

The Association is an incorporated registered charity (number 1162431). The governance of the Association is conducted in accordance with the Constitution registered with the Charity Commission. The business of the Association is managed by the Board, which may include co-opted members, who may not exceed five in number or one third of the membership of the Board.

The Charity has a Board of up to a maximum of twelve members who meet regularly. They are responsible for the strategic direction and policy of the Charity. One third of the number of members of the Board or three members (whichever is the greater), need to attend each meeting to form a quorum. At 31st March 2022, the Board comprised of nine members.

The Board seeks to ensure that members have a range of skills covering business and management areas, together with those with experience of working with our primary client groups. In the event of particular skills being lacking or lost due to retirement from the Board, individuals with similar skills are sought as replacements.

All members of the Board give their time voluntarily and receive no benefits from the Charity.

## LEADERSHIP

Since 2017 we have had a joint leadership model to foster accountability and mutual support in what can often be an isolating role. Our Joint CEOs strive to deliver a better, stronger and more effective service for our beneficiaries, our staff and our volunteers.

**Gareth Sorsby** began working at YMCA Exeter Community Projects in 2010. After leaving school, Gareth gradually worked his way up to General Manager at a 4\* Cornish hotel, before moving to YMCA Exeter to help young people and ex-offenders into employment. Gareth believes strongly in early intervention and the importance of family programmes. Gareth specialises in strategic housing and community development.



**Si Johns** began at YMCA Exeter Housing Association in 2002 as an Assistant Housing Manager, with a background in youth work and social work. An expert in the benefits system, tribunals and disability training; Si is also a Full Chartered Member of the Chartered Institute of Housing. Si believes that this “work is all about spotting people’s potential and giving them the time they need to see it for themselves.”



***Photos: Gareth Sorsby and Si Johns, Joint CEOs at our 2019 Gala Dinner***

# OUR VISION

IS OF AN INCLUSIVE CHRISTIAN MOVEMENT

# TRANSFORMING COMMUNITIES

WHERE ALL

# YOUNG PEOPLE

CAN

# BELONG CONTRIBUTE AND THRIVE





# WELCOME

Thank you for joining us as we reflect on how YMCA Exeter Community Projects (YMCA Exeter) has supported young people and communities this year.

As one of the oldest YMCAs in the world, we remain committed to developing services that involve and benefit vulnerable young people and their local communities.

We passionately believe that every person is hugely valuable and we ensure that our services are welcoming to people of all faiths or none, offering young people the spaces they need to feel secure, respected, heard and valued, speaking out on issues that affect their lives.

Everything that YMCA Exeter does is about meeting the needs of young people in body, mind and spirit, thank you for joining us on our mission.

*“The Practitioner quickly developed a rapport with my daughter and got her opening up on her feelings. Our sessions have given us structure and reassurance in how we can help our daughter. I am so grateful that we had a referral to the YMCA and we are now getting crucial support for our daughter”*

Our beloved Trustee and Friend, Professor Paul Cloke, sadly passed away in May 2022. Paul was an inspiration in every environment he was in; throughout his incredible academic career, Paul championed the needs of the homeless and the vulnerable but also supported and encouraged all those around him. So many fellow academics and Students attest to the care and time that Paul would generously give out to them.

At YMCA Exeter, he reminded and grounded us in our mission, continually ensuring we remembered who we are as an organisation and what we are here to do. He was passionate and actively involved in our work from the strategic level as a Board Member through to working with our young people expressing themselves through music. He was a constant source of encouragement to our staff team, particularly our Joint Chief Executives and to his fellow Board Members. We are so thankful to have had him with us for the time that we did, and his life and example will continue to inspire us and shape us into the future.



At a Gala Dinner event, Professor Paul Cloke, with Jonathan Taylor, a resident who went on to become a member of YMCA Exeter Staff team.

# OUR YEAR IN NUMBERS



Active involvement with 36 schools across the whole of Devon



122 children and young people supported by our Children's Wellbeing Practitioners



26 young people engaged regularly through youth club



590 connections made to reduce social isolation through Community Connecting



120kg of food planted, grown, picked and cooked by young people

## STRATEGIC REPORT: OUR OBJECTIVES

Our Christian ethos is the foundation and inspiration for all that we do, and therefore our Strategic Objectives seek to be more than simply about organisational development; through them we seek to demonstrate the love of Christ to those around us, and seek out, welcome, inspire, speak out and serve communities in his name.

### **Remain true to our values and be obedient to God's calling**

This objective is the core of who we are and will shape all our existing and future work and the way we interact with our colleagues, partners and service users.

### **Value, develop and inspire our staff & volunteers to develop a highly skilled and motivated team**

We recognise that our staff team are our greatest resource. With them empowered and operating at high capacity we will achieve more.

YMCA Exeter is committed to high quality training and planning of career progression for all our staff. We will cultivate a reputation as an employer of excellence across Exeter and beyond.

### **Continually listen to our communities to identify needs and work together to meet them**

We will ensure that communities are involved in everything we do, from needs analysis, planning new work, fundraising and delivery to create change from within.

### **Ensure our consistent financial sustainability**

YMCA Exeter is committed to ensuring our financial sustainability through first and foremost trust in God, coupled with developing a wide range of financial models including enterprise, grants, contracts and donations.

### **Grow, Expand and Deepen our work**

YMCA Exeter will strive for excellence in all we do, ensuring all our programs and services are delivered to the highest possible standard. We are committed to working in partnership with churches and with other organisations that demonstrate similar values to our own.



## REVIEW OF OUR PROJECTS

### *Children and Young People Wellbeing Service*

Our free psychological wellbeing service is for 5-18 year olds and offers support and intervention for low-mood, anxiety, and behavioural difficulties. Our team of Wellbeing Practitioners use CBT (Cognitive Behavioural Therapy) techniques and goal-setting to build up emotional wellbeing and resilience in young people and their families.

The service is open to referral from parents, directly from young people and from professionals such as teachers, school counsellors and early help teams. Through this year 70% of our referrals have come directly from parents who are trying to find support for them and their children. We believe this is one of the resulting effects of the pandemic, with many young people displaying anxiety around school and social groups.

We handled 190 referrals through the year and of those, 122 children and young people received therapeutic intervention. 90% reported improvement in their situation post intervention and 70% reported full recovery from the concern they presented. For the remainder who were assessed as unsuitable for the service were provided with support accessing more appropriate services in addition to YMCA published self help kits, to ensure their needs were still met.

***"Our Wellbeing Practitioner was fantastic; so open and friendly. My very shy 12-year-old completely trusted her and was able to fully open up and talk about her mental health because of how skilled and lovely she was. We were blown away by this service!"***





### *Therapeutic Horticulture, Forest School and Woodwork*

Nurturing and tending to an allotment is an extremely social and therapeutic process. Working with green, freshly cut, unseasoned wood outdoors – the traditional way – is a slow, creative, and connected way to make things. Using your hands to create and nurture has so many positive health benefits, both physical, mental and spiritual.

In our Forest School and vegetable gardens, young people can spend time planting and nurturing crops and flowers, and work with wood to create beautiful simple things. Our outdoor spaces are places where young people can be physically active, bring their worries and frustrations, connect with others and positively plan for their future.

At YMCA Exeter, we are curating spaces to grow and make. This is often a communal process but has huge individual benefits. Our gardens and woodwork sessions provide young people with the mental space to reflect and learn about themselves, build a peer-based supportive and positive community, and greatly improve their physical health, general wellbeing and mental health. We find that young people are much more likely to open up about themselves when working alongside their mentor and peers in this way, rather than in a formal desk-based mentoring session.



At St Davids Hill we have linked in well to support City of Exeter YMCA's housing and groupwork team, offering new experiences and skills for their residents to learn. We have run 2 weekly gardening sessions and commenced a weekly woodworking session which has included spoon carving and building furniture pieces.

In Exwick we partnered with Exwick Parish Hall, The Ark Preschool and Exwick Community Church and we led on the design and build of a new forest school area, complete with a Cob pizza oven, wooden shelter and building an outdoor kitchen. This has been a great project to include YMCA housing residents as they have not only seen the work through but are now witnessing the positive impact it is having on the local community.

In Newcourt we have created a community allotment at the local community centre which YMCA residents help to tend every week.



## Community Connecting

Wellbeing Exeter is a city wide multi agency partnership and was built when Exeter's GPs noticed a growing proportion of their patients were arriving with symptoms that, rather than being rooted in a medical problem, were often born of social needs or anxieties.

YMCA Exeter deliver the Community Connecting element of the programme for any young person aged 18-30 years old. Community Connecting is based on a process known as social prescribing, where GPs, schools and family support agencies in Exeter can refer patients to a Community Connector to help address social, emotional or practical needs.

Over a small number of meetings, Community Connectors take time to listen, identify what is important to a person, and introduce them to relevant information, services, activities or groups within the local community that might support them to: increase their wellbeing; take steps towards goals; manage challenges or enriches their life. Through the year we have supported 67 young people and totalled 590 telephone or face to face connections with them. We have been able to successfully finish providing support to 49 of those people as it was no longer needed.



*This young lady was so pleased when her connector helped find her a volunteering placement at a local bakery*





### Schools work

Delivering 4 weekly sessions within St James high school, focussed on student mental health and wellbeing, providing activities to promote resilience.

### Broadclyst Youth Club

Throughout the year we have continued to deliver an open access youth club for local children in this parish to the East of Exeter. With regular weekly attendance of around 20 young people, activities are shaped around our youth work curriculum to ensure a fun and beneficial environment is created with trusted adults available for young people to engage with. In addition to the weekly sessions, regular mentoring has been in place for some of the older college age young people.





### ***Exwick Families work***

In a strong working partnership with Exwick Community Church we deliver several community projects to benefit the whole community and help people that wouldn't usually, engage positively with the local church. These projects include;

***Friday Friendship***, an informal café space for people to connect, eat together, bring their babies and toddlers for supervised play and use of the forest school area when weather permits. Friday Friendship is the gateway into all of the other groups available but is also the place where people from the local area come for advice with anything to do with jobs, housing and parenting.

***Parent Point***, a weekly mums and babies group that started after seeing the isolating effects lockdowns had had on new mothers and babies. There is a safe play space for little ones and staff on hand to share advice from experience.

***TLG*** – Transforming Lives for Good coaching programme is offered to young people at risk of being permanently excluded. Our community workers are teachers by background so this was a natural fit, again particularly coming out of the pandemic when it was obvious some young people were struggling more than others.



## OUR FUNDRAISING ETHOS

***“As a Christian I am aware of my responsibility to help others out of a sense of solidarity with fellow human beings. It is important to work with organisations where I can see the projects to which I am contributing and form a relationship with those leading the work.  
This is why I support YMCA Exeter”***

*YMCA Exeter donor - 2020*

YMCA Exeter is committed to, and takes great pride in, the discipline of fundraising, for when we ask and receive resources, we are better equipped to share abundant life with the people we serve.

Inspired by our Christian faith, we believe that the best expression of our love for God is our love for one another. It is this understanding of God that motivates us to live hospitably, inviting ourselves and others to give generously of our resources, including time, talents and money, with those around us.

Our fundraising ethos is based on four key premises:

- We believe through the sharing of resources we can provide hospitality and we can welcome young people into a community.
- We believe our fundraising activities unite those in need with those who can give.
- We believe in the ability of all people to assist in meeting the needs of those we serve.
- We believe we are a bridge through which young and old, rich and poor, can belong, contribute and thrive within a just and fair society.



Our 2021-22 Ten:10 volunteers Emma and Amelia

## MOBILISING SUPPORT AND VOLUNTEERS

***‘Seeing faith in action challenged me to think through what it meant to follow Jesus. I’ll never forget the leadership skills modelled to me by staff at YMCA Exeter.’***

**- Volunteer alumni**

A primary way for individuals to share their resources is crucially through the giving of time and expertise.

Volunteers at YMCA Exeter include placements from YMCA Germany, as well as individuals and businesses who are able to support us through their time. This is often through Corporate Social Responsibility pledges where time-bound projects directly benefit those we serve.

We really enjoy working with organisations across the city and beyond, in order to deliver services that benefit the lives of young people. This past year some of those organisations have included:

- St David's Church
- Rediscover Church
- Exwick Community Church
- Wellbeing Exeter
- The CEDARs at Exeter University
- Parental Minds
- Co Create
- Exwick Parish Hall
- The Ark Nursery
- Newcourt Community Centre
- Broadclyst Parish Council





# TRUSTEES' REPORT



## TRUSTEES



Paul Reisbach  
Chair



Will McDermid  
Treasurer



Paul Cloke



Rita Nardone



Deborah  
Leighton-Plom



Louise Glanville



Jonathan Snicker



Paul Lambdin



Sara Traynor



Llew Nicholls



Emma White



## HOW OUR ACTIVITIES DELIVER PUBLIC BENEFIT

All our charitable activities outlined above focus on helping young people who are exposed to a range of risks or are in some way vulnerable. The trustees have read the Charity Commission guidance on public benefit and are satisfied that these activities further our charitable purposes and clearly demonstrate that the charity is providing a benefit to the public.

## RISK MANAGEMENT

The Board has conducted a review of the major risks to which the Charity is exposed. Where appropriate, systems or procedures have been established to mitigate the risks the Charity faces.

Internal control risks are minimised by the implementation of procedures for authorisation of transactions and projects. Budgets are produced prior to the commencement of the year to establish the level of funding required, and applications are made to cover this expenditure. The majority of the expenditure is planned in advance to ensure that it does not exceed the annual income. If funds are not forthcoming, then the work of the Charity is curtailed.

Management accounts are prepared quarterly and these are compared with the budget to ensure the charity can maintain its activities. These are presented to the board who review past performance and plan for the future. None of the projects charge clients for the services supplied, so the Charity is dependent upon grant funding to cover its costs each year.

Procedures are in place to ensure compliance with health and safety of staff, service users and visitors to the premises and regular reports are made to the Board. These procedures are periodically reviewed to ensure that they continue to meet the needs of the Charity.

## INVESTMENT POLICY

The Charity has set aside a designated reserve to meet future expenditure on buildings. The Charity has no other reserves for investment as income is used as working capital.

## RESERVES POLICY

The trustees aim to hold free reserves consisting of the following three amounts:

- £21,240 for ongoing maintenance of the building;
- 3 months of operating costs to allow for the irregular timing of grant income (approximately £105,701);
- 2 months of direct expenditure to allow for the winding up of projects should funding dry up (approximately £59,773); and
- £10,000 for set up costs in new project developments.

In total therefore, the trustees aim to hold free reserves of £196,714.

At the year end, net assets were £158,712 of which £57,277 were tangible fixed assets giving net current assets of £101,435. Of the net current assets, £42,480 was restricted leaving £58,955 of free reserves. This is below the reserves policy by £137,759. The trustees hope to increase the reserves in line with the policy through budgeted surpluses over the next few years.

## FINANCIAL REVIEW

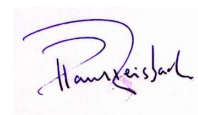
Income is generated through several different channels. Restricted funding for specific projects is received from grants and service delivery contracts. Unrestricted funding, which is critical for covering core operating costs, comes through general donations from individuals, churches, organisations and fundraising activities. In addition, we rent out parking spaces to the public which creates supplementary income.

Total income in the financial year has decreased by £60,065 compared to the previous financial year. Total expenditure has increased by £78,805. The financial performance for the year is a net deficit of £59,339.

## SMALL COMPANY PROVISIONS

This report has been prepared in accordance with the provisions applicable to companies entitled to the small companies exemption.

The trustees' annual report was approved on 26 September 2022 and signed on behalf of the board of trustees by:



P Reisbach  
Chair



W McDermid  
Treasurer





YMCA

YMCA EXETER

INDEPENDENT  
EXAMINERS'  
REPORT



## INDEPENDENT EXAMINERS REPORT

I report to the trustees on my examination of the financial statements of YMCA Exeter Community Projects ('the charity') for the year ended 31 March 2022.

### Responsibilities and basis of report

As the trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

### Independent examiner's statement

Since the charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales (ICAEW), which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the charity as required by section 386 of the 2006 Act; or
2. the financial statements do not accord with those records; or
3. the financial statements do not comply with the accounting requirements of section 396 of the 2006 Act 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; or
4. the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

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.



Stuart Carrington FCA  
Independent Examiner  
For and on behalf of Westcotts (SW) LLP  
Chartered Accountants  
Timberly  
South Street  
Axminster Devon,  
EX13 5AD

DATED: 10<sup>th</sup> October 2022

## STATEMENT OF FINANCIAL ACTIVITIES (INCLUDING INCOME AND EXPENDITURE ACCOUNT)

		2022		2021	
		Unrestricted funds	Restricted funds	Total funds	Total funds
	Note	£	£	£	£
<b>Income and endowments</b>					
Donations and legacies	5	2,488	76,972	79,460	132,896
Charitable activities	6	22,609	209,446	232,055	249,949
Other trading activities	7	4,329	70	4,399	7,390
Other income	8	47,552	–	47,552	33,296
<b>Total income</b>		<u>76,978</u>	<u>286,488</u>	<u>363,466</u>	<u>423,531</u>
<b>Expenditure</b>					
Expenditure on raising funds:					
Costs of raising donations and legacies	9	50,470	–	50,470	46,192
Expenditure on charitable activities	10	41,972	330,362	372,334	297,807
<b>Total expenditure</b>		<u>92,442</u>	<u>330,362</u>	<u>422,804</u>	<u>343,999</u>
<b>Net (expenditure)/income and net movement in funds</b>		<u>(15,464)</u>	<u>(43,876)</u>	<u>(59,340)</u>	<u>79,532</u>
<b>Reconciliation of funds</b>					
Total funds brought forward		148,842	69,210	218,052	138,520
Transfer between funds		(17,147)	17,147	-	-
<b>Total funds carried forward</b>		<u>116,231</u>	<u>42,481</u>	<u>158,712</u>	<u>218,052</u>

The statement of financial activities includes all gains and losses recognised in the year.  
All income and expenditure derive from continuing activities.

## STATEMENT OF FINANCIAL POSITION AT 31 MARCH 2022

	Note	2022 £	2021 £
<b>Fixed assets</b>			
Tangible fixed assets	15	57,277	59,514
<b>Current assets</b>			
Debtors	16	19,333	32,020
Cash at bank and in hand		89,734	134,476
		<u>109,067</u>	<u>166,496</u>
<b>Creditors: amounts falling due within one year</b>	17	7,632	7,958
<b>Net current assets</b>		<u>101,435</u>	<u>158,538</u>
<b>Total assets less current liabilities</b>		<u>158,712</u>	<u>218,052</u>
<b>Net assets</b>		<u>158,712</u>	<u>218,052</u>
<b>Funds of the charity</b>			
Restricted funds		42,481	69,210
Unrestricted funds		116,231	148,842
<b>Total charity funds</b>	19	<u>158,712</u>	<u>218,052</u>



For the year ending 31 March 2022 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

**Directors' responsibilities:**

- The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476;
  - The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.
- These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

These financial statements were approved by the board of trustees and authorised for issue on 26 September 2022, and are signed on behalf of the board by:



P Reischbach  
Chair



W McDermid  
Treasurer

## NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2022

### 1. General information

The charity is a public benefit entity and a private company limited by guarantee, registered in England and Wales and a registered charity in England and Wales. The address of the registered office is 39/41 St David's Hill, Exeter, Devon, EX4 4DA.

### 2. Statement of compliance

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (Charities SORP (FRS 102)) and the Companies Act 2006.

### 3. Accounting policies

#### Basis of preparation

The financial statements have been prepared on the historical cost basis, as modified by the revaluation of certain financial assets and liabilities and investment properties measured at fair value through income or expenditure.

The financial statements are prepared in sterling, which is the functional currency of the entity.

#### Going concern

There are no material uncertainties about the charity's ability to continue.

#### Disclosure exemptions

The entity satisfies the criteria of being a qualifying entity as defined in FRS 102. Its financial statements are consolidated into the financial statements of (enter name of group financial statements) which can be obtained from (enter detail). As such, advantage has been taken of the following disclosure exemptions available under paragraph 1.12 of FRS 102:

- (a) No cash flow statement has been presented for the company.
- (b) Disclosures in respect of financial instruments have not been presented.

### 3. Accounting policies (continued)

#### Judgements and key sources of estimation uncertainty

The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the amounts reported. These estimates and judgements are continually reviewed and are based on experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

#### Fund accounting

Unrestricted funds are available for use at the discretion of the trustees to further any of the charity's purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular future project or commitment.

Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal, and fall into one of two sub-classes: restricted income funds or endowment funds.

#### Incoming resources

All incoming resources are included in the statement of financial activities when entitlement has passed to the charity; it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. The following specific policies are applied to particular categories of income:

- income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.
- legacy income is recognised when receipt is probable and entitlement is established.
- income from donated goods is measured at the fair value of the goods unless this is impractical to measure reliably, in which case the value is derived from the cost to the donor or the estimated resale value. Donated facilities and services are recognised in the accounts when received if the value can be reliably measured. No amounts are included for the contribution of general volunteers.
- income from contracts for the supply of services is recognised with the delivery of the contracted service. This is classified as unrestricted funds unless there is a contractual requirement for it to be spent on a particular purpose and returned if unspent, in which case it may be regarded as restricted.

#### Resources expended

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is classified under headings of the statement of financial activities to which it relates:

- expenditure on raising funds includes the costs of all fundraising activities, events, non-charitable trading activities, and the sale of donated goods.
- expenditure on charitable activities includes all costs incurred by a charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities.
- other expenditure includes all expenditure that is neither related to raising funds for the charity nor part of its expenditure on charitable activities.

All costs are allocated to expenditure categories reflecting the use of the resource. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs are apportioned between the activities they contribute to on a reasonable, justifiable and consistent basis.

#### Tangible assets

Tangible assets are initially recorded at cost, and subsequently stated at cost less any accumulated depreciation and impairment losses. Any tangible assets carried at revalued amounts are recorded at the fair value at the date of revaluation less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

An increase in the carrying amount of an asset as a result of a revaluation, is recognised in other recognised gains and losses, unless it reverses a charge for impairment that has previously been recognised as expenditure within the statement of financial activities. A decrease in the carrying amount of an asset as a result of revaluation, is recognised in other recognised gains and losses, except to which it offsets any previous revaluation gain, in which case the loss is shown within other recognised gains and losses on the statement of financial activities.

#### Depreciation

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

Freehold property	-	2% straight line
Furniture and equipment	-	25% reducing balance
Computer Equipment	-	Straight line over 3 years



### Impairment of fixed assets

A review for indicators of impairment is carried out at each reporting date, with the recoverable amount being estimated where such indicators exist. Where the carrying value exceeds the recoverable amount, the asset is impaired accordingly. Prior impairments are also reviewed for possible reversal at each reporting date.

For the purposes of impairment testing, when it is not possible to estimate the recoverable amount of an individual asset, an estimate is made of the recoverable amount of the cash generating unit to which the asset belongs. The cash-generating unit is the smallest identifiable group of assets that includes the asset and generates cash inflows that largely independent of the cash inflows from other assets or groups of assets.

### Financial instruments

Basic financial instruments are initially recognised at the amount receivable or payable including any related transaction costs, unless the arrangement constitutes a financing transaction, where it is recognised at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Current assets and current liabilities are subsequently measured at the cash or other consideration expected to be paid or received and not discounted.

### Defined contribution plans

Contributions to defined contribution plans are recognised as an expense in the period in which the related service is provided. Prepaid contributions are recognised as an asset to the extent that the prepayment will lead to a reduction in future payments or a cash refund.

When contributions are not expected to be settled wholly within 12 months of the end of the reporting date in which the employees render the related service, the liability is measured on a discounted present value basis. The unwinding of the discount is recognised as an expense in the period in which it arises.

### Pension costs

Pension costs for the defined contribution scheme are charged against income as they are due.

### Cash at bank and in hand

Cash at bank and in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of the acquisition or opening of the deposit or similar account.

### Debtors and creditors receivable/ payable within one year

Debtors and creditors with no stated interest rate and receivable or payable within one year are recorded at transaction price. Any losses arising from impairment are recognised in expenditure.

### Reserves

Operating reserves are unrestricted cash or working capital. The charity aims to hold unrestricted cash reserves of three months budgeted expenditure.

#### 4. Limited by guarantee

YMCA Exeter Community Projects is a company limited by guarantee and accordingly does not have a share capital.

Every member of the company undertakes to contribute such amount as may be required, not exceeding £1, to the assets of the charitable company in the event of its being wound up while he or she is a member, or within one year after he or she ceases to be a member.

#### 5. Donations and legacies

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
<b>Donations</b>			
Donations	2,488	10,959	13,447
<b>Grants</b>			
Revenue grants	—	66,013	66,013
	<u>2,488</u>	<u>76,972</u>	<u>79,460</u>
	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £
<b>Donations</b>			
Donations	28,771	1,838	30,609
<b>Grants</b>			
Revenue grants	22,142	80,145	102,287
	<u>50,913</u>	<u>81,983</u>	<u>132,896</u>

## 6. Charitable activities

	Unrestricted Funds	Restricted Funds	Total Funds 2022
	£	£	£
Project delivery contracts	–	191,446	191,446
Volunteer coordination and support	22,609	18,000	40,609
	<u>22,609</u>	<u>209,446</u>	<u>232,055</u>

	Unrestricted Funds	Restricted Funds	Total Funds 2021
	£	£	£
Project delivery contracts	–	202,731	202,731
Volunteer coordination and support	28,218	19,000	47,218
	<u>28,218</u>	<u>221,731</u>	<u>249,949</u>

## 7. Other trading activities

	Unrestricted Funds	Restricted Funds	Total Funds 2022
	£	£	£
Fundraising events	11	70	81
Rental income	4,318	–	4,318
	<u>4,329</u>	<u>70</u>	<u>4,399</u>

	Unrestricted Funds	Restricted Funds	Total Funds 2021
	£	£	£
Fundraising events	36	2,721	2,757
Ebay shop income	163	–	163
Rental income	4,470	–	4,470
	<u>4,669</u>	<u>2,721</u>	<u>7,390</u>

## 8. Other income

	Unrestricted Funds	Total Funds 2022	Unrestricted Funds	Total Funds 2021
	£	£	£	£
Office Rental – City of Exeter Y.M.C.A.	19,272	19,272	16,920	16,920
Lease Rental – City of Exeter Y.M.C.A.	5	5	5	5
Centre Management - South Centres (South Molton)	28,275	28,275	16,371	16,371
	<u>47,552</u>	<u>47,552</u>	<u>33,296</u>	<u>33,296</u>

## 9. Costs of raising donations and legacies

	Unrestricted Funds	Total Funds 2022	Unrestricted Funds	Total Funds 2021
	£	£	£	£
Fundraising costs	2,057	2,057	2,180	2,180
Fundraising – wages & salaries	42,144	42,144	38,484	38,484
Fundraising – employer's NIC	3,319	3,319	2,834	2,834
Fundraising – pension costs	2,950	2,950	2,694	2,694
	<u>50,470</u>	<u>50,470</u>	<u>46,192</u>	<u>46,192</u>

# 10. Expenditure on charitable activities by activity type

	Core Perspectives & Volunteer	Youth & Family	Mental Health & Wellbeing	Total funds 2022
	£	£	£	£
<b>Direct costs</b>				
Staff costs	12,088	36,177	23,814	248,129
User costs	–	27,277	1,206	28,798
Office costs	856	896	834	7,115
Operations	5,772	730	806	31,269
<b>Overheads</b>				
Premises	4,110	244	–	4,449
Utilities	3,598	–	–	3,598
<b>Indirect costs</b>				
Governance	3,489	–	–	3,489
Depreciation	5,134	1,432	–	6,566
Management & admin	6,475	7,936	2,753	36,390
Fundraising & Publicity	450	552	191	2,531
	41,972	75,244	29,604	372,334
Unrestricted funds	41,972	–	–	41,972
Restricted funds	–	75,244	29,604	330,362
	41,972	75,244	29,604	372,334
	Core Perspectives & Volunteer	Youth & Family	Mental Health & Wellbeing	Total funds 2021
	£	£	£	£
<b>Direct costs</b>				
Staff costs	8,402	33,784	21,193	209,287
User costs	–	2,742	707	4,467
Office costs	795	954	1,049	6,375
Operations	4,085	21,695	440	32,419
<b>Overheads</b>				
Premises	2,959	30	–	2,989
Utilities	2,929	–	–	2,929
<b>Indirect costs</b>				
Governance	3,200	–	–	3,200
Depreciation	4,569	1,701	–	6,270
Management & admin	7,242	8,073	3,665	27,648
Fundraising & Publicity	2,050	56	26	2,223
	36,231	69,035	27,080	297,807
Unrestricted funds	36,231	–	–	36,231
Restricted funds	–	69,035	27,080	261,576
	36,231	69,035	27,080	297,807

# 11. Net (expenditure)/income

Net (expenditure)/income is stated after charging/(crediting):

	2022	2021
	£	£
Depreciation of tangible fixed assets	6,566	6,099
<b>12. Independent examination fees</b>		
	2022	2021
	£	£
Fees payable to the independent examiner for: Independent examination of the financial statements	2,750	2,670
<b>13. Staff costs</b>		
The total staff costs and employee benefits for the reporting period are analysed as follows:	2022	2021
	£	£
Wages and salaries	253,066	218,662
Social security costs	14,744	12,157
Employer contributions to pension plans	15,575	13,373
	283,385	244,192

The average head count of employees during the year was 14 (2021: 13).

## Key management personnel

	2022	2021
	£	£
Basic salary	38,639	37,696
Social security costs	4,106	3,991
Employer contributions to pension plans	2,705	2,639
	45,450	44,326

No employee received employee benefits of more than £60,000 during the year (2021: Nil).



#### 14. Trustee remuneration and expenses

No remuneration or other benefits from employment with the charity or a related entity were received by the trustees.

#### 15. Tangible fixed assets

	Freehold property £	Core computer equipment £	Core Prison project furniture and equipment £	furniture and equipment £	Total £
<b>Cost</b>					
At 1 Apr 2021	106,541	11,915	27,096	16,022	161,574
Additions	–	3,702	–	625	4,327
<b>At 31 Mar 2022</b>	<u>106,541</u>	<u>14,448</u>	<u>27,096</u>	<u>16,647</u>	<u>165,902</u>
<b>Depreciation</b>					
At 1 Apr 2021	58,983	8,127	24,030	10,920	102,060
Charge for the year	2,131	2,236	766	1,432	6,566
<b>At 31 Mar 2022</b>	<u>61,114</u>	<u>10,364</u>	<u>24,797</u>	<u>12,351</u>	<u>108,626</u>
<b>Carrying amount</b>					
<b>At 31 Mar 2022</b>	<u>45,427</u>	<u>5,255</u>	<u>2,299</u>	<u>4,296</u>	<u>57,277</u>
At 31 Mar 2021	<u>47,558</u>	<u>3,788</u>	<u>3,066</u>	<u>5,102</u>	<u>59,514</u>

#### 16. Debtors

	2022 £	2021 £
Amounts owed by connected organisation		
– YMCA Centres (South Molton)	10,034	5,201
Prepayments and accrued income	8,961	9,210
Other debtors	338	17,609
	<u>19,333</u>	<u>32,020</u>

#### 17. Creditors: amounts falling due within one year

	2022 £	2021 £
Other creditors	1,264	144
Amounts owed by connected organisation		
– City of Exeter YMCA	2,556	3,126
Accruals and deferred income	3,812	4,688
	<u>7,632</u>	<u>7,958</u>

#### 18. Pensions and other post retirement benefits

##### Defined contribution plans

The amount recognised in income or expenditure as an expense in relation to defined contribution plans was £15,576 (2021: £13,373).

#### 19. Analysis of charitable funds

##### Unrestricted funds

	At 1 April 2021 £	Income £	Expenditure £	Transfers £	At 31 March 2022 £
General funds	127,602	76,978	(92,442)	(17,147)	94,991
Property reserve	21,240	–	–	–	21,240
	<u>148,842</u>	<u>76,978</u>	<u>(92,442)</u>	<u>(17,147)</u>	<u>116,231</u>

	At 1 April 2020 £	Income £	Expenditure £	Transfers £	At 31 March 2021 £
General funds	93,049	117,097	(70,707)	(11,837)	127,602
Property reserve	19,240	–	–	2,000	21,240
	<u>112,289</u>	<u>117,097</u>	<u>(70,707)</u>	<u>(9,837)</u>	<u>148,842</u>

The property reserve was established to cover the cyclical maintenance and component replacement of the freehold property.

## 19. Analysis of charitable funds (continued)

### Restricted funds

	At 1 April 2021	Income	Expenditure	Transfers	At 31 March 2022
	£	£	£	£	£
Perspectives Project	13,783	28,611	(33,157)	–	9,233
Volunteer Programme	–	15,000	(14,040)	–	960
Youthwork - Broadclyst	1,833	10,108	(10,657)	–	1,284
Erasmus Project	–	3,000	(23,843)	20,843	–
Ten:10 Internship	1,948	7,900	(4,204)	(3,696)	1,948
Mental Health	11,285	14,000	(24,534)	–	751
Wellbeing Exeter	6,871	79,310	(78,935)	–	7,246
Family work - Exwick	3,007	19,639	(18,946)	–	3,700
Wellbeing practitioners – Uni of Exeter	30,485	108,920	(122,046)	–	17,359
	<u>69,210</u>	<u>286,488</u>	<u>(330,362)</u>	<u>17,147</u>	<u>42,481</u>

	At 1 April 2020	Income	Expenditure	Transfers	At 31 March 2021
	£	£	£	£	£
Perspectives Project	–	36,987	(23,235)	31	13,783
Volunteer Programme	–	16,000	(16,000)	–	–
Youthwork - Broadclyst	–	12,326	(11,457)	964	1,833
Erasmus Project	–	32,788	(32,770)	(18)	–
Ten:10 Internship	1,948	–	–	–	1,948
Children's work – Whimble	–	597	(2,731)	2,134	–
Mental Health	18,822	22,869	(32,266)	1,860	11,285
Youthwork – ISCA Church	35	3,250	(3,742)	456	–
Wellbeing Exeter	2,316	56,793	(53,598)	1,360	6,871
Family work - Exwick	1,557	13,076	(12,180)	554	3,007
Wellbeing practitioners – Uni of Exeter	1,553	111,749	(85,313)	2,496	30,485
	<u>26,231</u>	<u>306,435</u>	<u>(273,292)</u>	<u>9,837</u>	<u>69,210</u>

The Perspectives Project delivers therapeutic horticulture intervention and mentoring support to young people in the community.

The Volunteer Programme recruits and trains volunteers who then assist on our various projects. It is also responsible for our Intern Programme called TEN:10.

Youthwork, Children Services and Family Work run in Broadclyst (commissioned by Broadclyst Parish Council) and Exwick (in partnership with Exwick Community Church). The Erasmus Programme has been financed by the Erasmus+ Programme through the British Council. Each academic year we receive young people on placement with us from our partner sending organisation YMCA Germany.

Mental Health is the catch all title for our wide array of programmes and interventions to build personal resilience and wellbeing amongst young people.

Wellbeing Exeter Community Connectors is a social prescribing multi agency partnership project. Delivered across the whole of Exeter City, YMCA Exeter provide support to young people ages 18-30 years old referred into the service by local GP's.

Wellbeing Practitioners is a clinical focused intervention for children and young people aged 5-18 years olds who are facing low level mental health concerns and behavioural issues.

## 20. Analysis of net assets between funds

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Tangible fixed assets	52,973	4,304	57,277
Current assets	70,890	38,177	109,067
Creditors less than 1 year	(7,632)	–	(7,632)
<b>Net assets</b>	<u>116,231</u>	<u>42,481</u>	<u>158,712</u>

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £
Tangible fixed assets	54,401	5,113	59,514
Current assets	102,399	64,097	166,496
Creditors less than 1 year	(7,958)	–	(7,959)
<b>Net assets</b>	<u>159,445</u>	<u>69,210</u>	<u>218,052</u>



## 21. Related parties

City of Exeter Y.M.C.A. is a charitable company limited by guarantee, and a Registered Social Landlord (Number 2449636). YMCA Centres (South Molton) is an incorporated registered charity and company limited by guarantee. Currently the trustees of City of Exeter YMCA and YMCA Exeter Community Projects are the same members. W McDermid and R Nardone are also trustees of YMCA Centres (South Molton).

Day to day responsibility for the management of the three organisations rests with the Joint CEOs of City of Exeter Y.M.C.A. and YMCA Exeter Community Projects, supported by the senior management team under a service level agreement between the respective organisations.

During the year the charity made payments to and received payments from City of Exeter Y.M.C.A. and YMCA Centres (South Molton) for shared costs and services provided. These have been charged at comparable market costs, without allowing any discounts due to the connected nature of their relationship.

The Charity charges City of Exeter YMCA for the work carried out by the Joint Chief Executive Officer, volunteer coordinator, interns and staff running the Garden Project. In addition, the Charity charges rental of office space and room. The total charges for the year amount to £67,886 (2001: £77,908). The Charity invoices YMCA Centres (South Molton) centre management fee for the running of the Centre, £27,528 (2001: £14,894)

The Charity is being charged by City of Exeter YMCA for services provided; cleaning, management and administration, publicity and marketing, resources and communications support and staff supporting the Charity's project. Other charges include office expenses and provision of accommodation for interns. The charges for the year is £55,305 (2021: £40,116). The amount charged is at market rate.

At the end of the year £2,556 (2021: £3,126) was owed to the Housing Association for costs incurred but not yet reimbursed to them. An amount of £10,034 (2021: £5,201) was owed from YMCA Centres (South Molton) for funds received on its behalf.

**The following page does not form part of the financial statements.**

## YMCA Exeter Community Projects

Company Limited by Guarantee

### Detailed Statement of Financial Activities

Year ended 31 March 2022

	2022 £	2021 £
<b>Income and endowments</b>		
<b>Donations and legacies</b>		
Donations	13,447	30,496
Revenue grants	66,013	102,287
	<u>79,460</u>	<u>132,783</u>
<b>Other trading activities</b>		
Delivery Contracts	191,446	202,844
Volunteer coordination and support	40,609	47,218
Fundraising events	81	2,757
Ebay shop income	–	163
Rental income	4,318	4,470
	<u>236,454</u>	<u>257,452</u>
<b>Other income</b>		
Office Rental – City of Exeter YMCA Housing Association	19,272	16,920
Lease Rental – City of Exeter YMCA Housing Association	5	5
Centre Management - South Molton Centre	28,275	16,371
	<u>47,552</u>	<u>33,296</u>
<b>Total income</b>	<u>363,466</u>	<u>423,531</u>

## YMCA Exeter Community Projects

Company Limited by Guarantee

### Detailed Statement of Financial Activities *(continued)*

Year ended 31 March 2022

	2022 £	2021 £
<b>Expenditure</b>		
<b>Costs of raising donations and legacies</b>		
Fundraising costs	2,057	2,180
Wages and salaries	42,144	38,484
Employer's NIC	3,319	2,834
Pension costs	2,950	2,694
	<u>50,470</u>	<u>46,192</u>
<b>Expenditure on charitable activities</b>		
Wages and salaries	210,920	178,162
Employer's NIC	11,426	9,323
Pension costs	12,625	10,678
Staff costs	11,272	12,536
Staff travel	1,884	760
Repairs and maintenance	2,277	832
Water, electricity and gas	3,598	2,929
Premise hire	13,260	-
Computer costs	9,183	5,477
Insurance	2,945	2,274
Office expenses	3,538	1,795
Volunteer costs	447	277
Other operational costs	333	-
Service User costs	12,939	4,467
Intern costs	15,860	20,856
Affiliation fees	1,427	1,664
Independent examiners fees	3,163	3,010
Board training and meetings	326	190
Bank charges	138	75
Depreciation	6,566	6,099
Payments to City of Exeter YMCA Housing Association	48,208	36,403
	<u>372,335</u>	<u>297,807</u>
<b>Total expenditure</b>	<u>422,804</u>	<u>343,999</u>
<b>Net (expenditure)/income</b>	<u>(59,339)</u>	<u>79,532</u>



# YMCA EXETER

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39/41 St David's Hill  
Exeter  
EX4 4DA

T. 01392 410530  
W. [www.ymcaexeter.org.uk](http://www.ymcaexeter.org.uk)  
@YMCA Exeter

