

# **THE YOUTH COUNSELLING PROJECT**

**Registered Charity 1174102**

## **Annual Report and Financial Statements for Year Ending 31 July 2022**

Prepared by:  
The Youth Counselling Project  
19 Upper Belgrave Rd  
SEAFORD  
East Sussex  
BN25 3SQ

# **The Youth Counselling Project**

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# The Youth Counselling Project

## Reference and Administrative Details

Charity Name: The Youth Counselling Project

Registered Number: 1174102

Registered Address: 19 Upper Belgrave Road  
SEAFORD  
East Sussex  
BN25 3SQ

Phone: 07435 872231

E-mail Address [office@tycp.org.uk](mailto:office@tycp.org.uk)

Website [www.tycp.org.uk](http://www.tycp.org.uk)

Trustees:	Mrs Julia Hancock	Chair
	Mrs Mairin Colleary	Secretary. Stood down 3rd April 2022
	Mrs Josephine Stone	Treasurer
	Mrs Susan Silvester	Stood down 28th February 2022
	Mrs Christine McAllen	

Independent Examiner: Shoreline Accountants  
25 Clinton Place  
SEAFORD  
East Sussex  
BN25 1NP

# The Youth Counselling Project

## Trustees' Report - 1<sup>st</sup> August 2021 to 31<sup>st</sup> July 2022

The Youth Counselling Project was established in early 2017 and registered with the Charity Commission in August 2017. This is our 5th year of operation.

The charity is run by Trustees supported by a small Management Team, each with specific tasks, who are all volunteers. There is a wider group of local people who help mainly with fundraising. Two of the Trustees stepped down this year and, following a recruitment drive, we appointed four new Trustees who will take up posts in 2022-23 making a total of seven.

This year we appointed a new therapist making a total of five, who are skilled in counselling children. They are paid on a sessional basis to work with the children. One of these is responsible for liaison with the schools, supervising the other counsellors and providing evaluation reports.

The Trustees ensure that the charity is run according to the Charity Commission guidelines. We have a Business Plan, budget, relevant insurance and all necessary policies including safeguarding and confidentiality. Agreements between the Youth Counselling Project and the schools, and the therapists and the children are renewed at least on an annual basis.

During this financial year, which corresponds with the academic year, we provided 880 one to one sessions for 91 children. Most have 10 sessions, but this can vary.

Following on from a pilot scheme of group sessions at Seaford Head School which had been disrupted by the pandemic, we ran some more which were positively received by the children, school and therapists involved. Thirty-five children were included in these groups.

Children from all the Primary schools in Seaford now benefit from our input as we increased our service to include Annecy Primary School.

We work closely with the Special Educational Needs Co-ordinator (or equivalent) from all 5 schools, Annecy School, Chyngton School, Cradle Hill School, Seaford Primary School and Seaford Head Secondary School to ensure that we provide a quality service to the children who need it most. We have recently introduced a method of identifying those in greatest need from the many referrals.

We continue to provide counselling for children facing a range of issues, including self-harm, bereavement, neglect, low mood, and anxiety. Since the pandemic, more children are presenting with anxiety about school, exams and life generally; bereavement or change of circumstances through Covid; low mood due to uncertainty of the future. Because of the nature of our work, our counselling is carried out on a strictly confidential basis so we cannot comment on individual clients or casework.

However, we do ask students for anonymous comments following their counselling, this is a typical response -

*" I have liked having somewhere calm to go and become more grounded. It has given me some ideas for helping with my anxiety. It has been good to have someone I can trust to talk to. I have been finding it easier to come to school.*

It has been a very difficult year for fundraising. Once we were able, we ran three pub quizzes but these were poorly attended. This seems to be the case for many other public events.

We continued to submit grant applications and have received several very welcome donations from local businesses and organisations.

## The Youth Counselling Project

### Trustees' Report - 1<sup>st</sup> August 2021 to 31<sup>st</sup> July 2022 ..... cont'd

During the year we raised £58,592, of which £46,930 was from grant applications, £10,444 from donations and £1,218 from other activity.

We use the services of a Grant Administer who has submitted 24 applications of which 9 were successful.

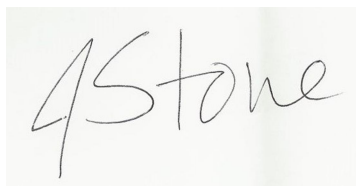
Thank you to The Henry Smith Charity, The Pixel Fund, Persimmon Homes, The Albert Hunt Trust, Sussex Community Foundation, The Hendy Foundation, The Grocers Trust, The National Lottery and Seaford Town Council for their support.

We have also received support from Martello & Seaford Rotary Clubs, Seaford Masons Lodge, The Royal Society of St George, The Breslaff Centre, Lewes Lottery, local businesses and local churches.

Approved by the Trustees on 24 August 2022 and signed on their behalf by:



Mrs Julia Hancock (Chair)



Mrs Josephine Stone (Treasurer)

# The Youth Counselling Project

## The Youth Counselling Project

### Independent Examiner's Report to the Trustees of The Youth Counselling Project

I report on the accounts of the Trust for the year ended 31 July 2021 which are set out on the following pages.

#### Respective responsibilities of trustee and examiner

The trustees are responsible for the preparation of the accounts. They consider that an audit is not required for this financial year under section 144(2) of The Charities Act 2011 (the 2011 Act) but that an independent examination is needed.

It is my responsibility to:

- Examine the accounts under section 145 of the 2011 Act
- Follow the procedures laid down in the General Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act; and
- State whether particular matters have come to my attention.

#### Basis of independent examiner's report

My examination was carried out in accordance with the General Directions as given by the Charity Commission.

An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records.

It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters.

The procedures undertaken do not provide all the evidence that would be required in an audit and consequently, no opinion is given as to whether the accounts present a "true and fair view" and the report is limited to those matters set out in the statement below.

#### Independent Examiner's statement


In connection with my examination, no matter has come to my attention:

- 1) Which gives me reasonable cause to believe that in any material aspect the requirements:

- to keep accounting records in accordance with section 130 of the 2011 Act; and
- to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act

Have not been met; or

- 2) To which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed: 

Date: 26/9/22.

# The Youth Counselling Project

## Statement of Financial Activities for Year Ended 31 July 2022

	Unrestricted funds £	Restricted funds £	Total funds £	<i>Prior year funds £</i>
<b>Incoming Resources (Note 3)</b>				
Donations and legacies	9,680	47,694	57,374	60,463
Charitable activities	-	80	80	805
Other trading activities	1,139	-	1,139	-
<b>Total</b>	<b>10,818</b>	<b>47,774</b>	<b>58,592</b>	<b>61,268</b>
<b>Resources expended (Note 6)</b>				
<b>Expenditure on:</b>				
Raising funds	11,499	-	11,499	
Charitable activities		45,605	45,605	40,283
Other	20	-	20	
<b>Total</b>	<b>11,519</b>	<b>45,605</b>	<b>57,124</b>	<b>40,283</b>
<b>Net movement in funds</b>	- 700	2,169	1,469	20,985
<b>Reconciliation of funds:</b>				
Total funds brought forward	18,371	40,468	58,839	37,854
<b>Total funds carried forward</b>	<b>17,671</b>	<b>42,637</b>	<b>60,308</b>	<b>58,839</b>

All incoming resources and resources expended derive from continuing activities

The charity has no recognised gains or losses for the year other than the results above.

# The Youth Counselling Project

## Balance Sheet at 31 July 2022

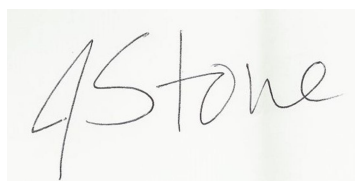
		Unrestricted funds	Restricted income funds	Total this year	<i>Total last year</i>
		£	£	£	£
Stocks	(Note 18)	-	-	-	-
Debtors	(Note 19)	-	-	-	1,950
Cash at bank and in hand	(Note 24)	19,621	42,742	62,363	56,889
<b>Total current assets</b>		<b>19,621</b>	<b>42,742</b>	<b>62,363</b>	<b>58,839</b>
Creditors: amounts falling due within one year	(Note 20)	-	2,055	2,055	
<b>Net current assets/(liabilities)</b>		<b>19,621</b>	<b>40,687</b>	<b>60,308</b>	<b>58,839</b>
<b>Total assets less current liabilities</b>		<b>19,621</b>	<b>40,687</b>	<b>60,308</b>	<b>58,839</b>
<b>Total net assets or liabilities</b>		<b>19,621</b>	<b>40,687</b>	<b>60,308</b>	<b>58,839</b>
<b>Funds of the Charity</b>					
Restricted income funds			42,637	42,637	40,468
Unrestricted funds		17,671		17,671	18,371
<b>Total funds</b>		<b>17,671</b>	<b>42,637</b>	<b>60,308</b>	<b>58,839</b>

Signed on behalf of the Trustees by:

Date: 30 August 2022



Mrs Julia Hancock (Chair)



Mrs Josephine Stone (Treasurer)



# The Youth Counselling Project

## Notes to the Financial Statements for the Year Ended 31 July 2022

### Note 1: Accounting Policies

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

And with:

the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and the Charities Act 2011.

#### Fund Accounting Policy

Unrestricted income funds are general funds that are available for use at the trustees' discretion in furtherance of the objectives of the charity.

Restricted income funds are those donated for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

### Note 2: Incoming resources

Donations and grants are recognised when there is entitlement, certainty of receipt and the amount can be measured with sufficient reliability.

The charity has received government grants during the period.

There has been no offsetting of assets and liabilities, or income and expenses, unless required or permitted by the FRS 102 SORP or FRS 102.

The charity has incurred expenditure on support costs.

### Note 2: Resources Expended

Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to pay out resources and the amount of the obligation can be measured with reasonable certainty. All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category.

Support costs have been allocated between governance costs and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice including examination of accounts, insurance, trustee meetings, legal advice.

These include central functions and have been allocated to activity cost categories and have been allocated to activity cost categories on a basis consistent with the use of resources, eg allocating staff costs by the time spent.

Stocks: The charity does not normally need to hold any stocks but if it ever do so, it would be held at the lower of cost and net realisable value.

Debtors: (including trade debtors and loans receivable) are measured on initial recognition at settlement amount after any trade discounts or amount advanced by the charity. Subsequently, they are measured at the cash or other consideration expected to be received.

# The Youth Counselling Project

Notes to the Financial Statements for the Year Ended 31 July 2022 ..... cont'd

## Note 3: Analysis of Income

	Unrestricted funds	Restricted funds	Total funds	Prior year
	£	£	£	£
Donations and gifts	9,372	764	10,136	9,213
Gift Aid	307	-	307	
Legacies	-	-	-	
General grants provided by government/other charities	-	46,930	46,930	51,250
Membership subscriptions and sponsorships	-	-	-	
Donated goods, facilities and services	-	-	-	
Other	-	-	-	
<b>Total</b>	<b>9,680</b>	<b>47,694</b>	<b>57,374</b>	<b>60,463</b>
<u>Charitable Activities</u>				
Accs receivable: Therapist DBS checks		80	80	40
Other		-	-	
<b>Total</b>	<b>-</b>	<b>80</b>	<b>80</b>	<b>805</b>
<u>Other Trading Activities</u>				
Fundraising Events organised by charity	1,139	-	1,139	
Other	-	-	-	
<b>Total</b>	<b>1,139</b>	<b>-</b>	<b>1,139</b>	
<b>TOTAL INCOME</b>	<b>10,818</b>	<b>1,139</b>	<b>58,592</b>	<b>61,268</b>

### Other information:

All income in the prior year was unrestricted except for: (please provide description and amounts)

Grants: £46,930 restricted to costs related to provision of Counselling service. Donation: £764 restricted to equipment/materials only. Income from donations are rarely restricted or specified as to use.

## Note 4: Receipts of Government Grants

	This year £	Last year £
National Lottery Community Fund	10,000	10,000
	-	-
<b>Total</b>	<b>10,000</b>	<b>10,000</b>

# The Youth Counselling Project

Notes to the Financial Statements for the Year Ended 31 July 2022 ..... cont'd

## Note 6: Analysis of Expenditure

	Unrestricted funds	Restricted funds	Total funds	<i>Prior year</i>
	£	£	£	£
<u>Expenditure on raising funds:</u>				
Incurred seeking donations				-
Incurred seeking legacies				-
Incurred seeking grants	11,336		11,336	8,300
Staging fundraising events	163		163	-
Advertising, marketing, direct mail and publicity				
<b>Total expenditure on raising funds</b>	<b>11,499</b>	<b>-</b>	<b>11,499</b>	<b>8,300</b>
<u>Expenditure on charitable activities</u>				
Direct counselling costs		44,460	44,460	31,193
Support costs - office supplies, IT support		150	150	155
Governance - insurance & charity mobile phone		995	995	636
<b>Total expenditure on charitable activities</b>	<b>-</b>	<b>45,605</b>	<b>45,605</b>	<b>31,984</b>
<u>Other</u>				
Goodwill Flowers - counselling team	20	-	20	
<b>Total other expenditure</b>	<b>20</b>	<b>-</b>	<b>20</b>	
<b>Total Resources Expended</b>	<b>11,519</b>	<b>45,605</b>	<b>57,124</b>	<b>40,283</b>

## Note 10: Independent Examiner Fees

We will incur a nominal fee which has been accrued in the accounts.

## Note 18: Stock

The charity does not normally hold any stock. Any therapy or publicity materials ordered are distributed for use immediately.

# The Youth Counselling Project

Notes to the Financial Statements for the Year Ended 31 July 2022 ..... cont'd

## Note 19: Debtors and Prepayments

### 19.1 Analysis of debtors

	This year £	Last year £
Trade debtors	-	-
Prepayments and accrued income	-	1,950
Other debtors	-	-
<b>Total</b>	<b>-</b>	<b>1,950</b>

## Note 20: Creditors & Accruals

### 20.1 Analysis of creditors

	Amounts falling due within one year	
	This year £	Last year £
Trade creditors - Therapist invoices July, IE fee	2,055	-
Other creditors	-	-
<b>Total</b>	<b>2,055</b>	<b>-</b>

## Note 24: Cash at bank and in hand

	This year £	Last year £
Short term deposits	-	-
Cash at bank and on hand	62,363	56,889
Other	-	-
<b>Total</b>	<b>62,363</b>	<b>56,889</b>

## **The Youth Counselling Project**