

@The Rock

Trustees' Report and Accounts

Year Ended 31 August 2022

Trustees' Report

Administrative Information

@The Rock was established as a Charitable Incorporated Organisation and registered with the Charity Commission as Charity Number 1190651 on 30 July 2020. Its correspondence address is The Rock, St. Peter's Church, Tewkesbury Road, Cheltenham, GL51 9AH

The Trustees who have served between I September 2021 and the date this report was approved are:

	Name	Date appointed	Date resigned
Chairman:	Mr A Bruckland	30 July 2020	-
Treasurer:	Mr J Daykin	30 July 2020	-
Other Trustees:	Mr D Wallace	30 July 2020	-
	Mr T O'Leary	30 July 2020	31 October 2022
	Ms M Belcher	10 May 2021	-
	Ms G Stevens	10 May 2021	-
	Ms H Goodall	20 May 2021	-
	Rev P Andrew	20 May 2021	-

Structure, Governance and Management

The Board of Trustees meets approximately every two months to oversee the organisation, with more regular oversight of the finances being undertaken by the Treasurer, Mr J Daykin and the Safeguarding Trustee role undertaken by Ms G Stevens. We are grateful to the contribution of Mr T O'Leary for his contribution as a Trustee, as he stepped down to undertake ordination training in Church of England. The Trustees have met and been in communication more frequently in the Covid crisis to ensure The Rock could be agile in the fast-changing situation. The Rock is grateful to the National Youth Agency for its guidance through the ongoing Covid crisis.

Day to day running of the trust is delegated to the Operations Director and Head of Education, Mr A Macauly.

Overview

During 2021-22 The Rock saw an increase in activity following the gradual easing of stricter Covid restrictions, with a total of 337 young people supported through our schools work and 228 young people participating in our community youth work. A key focus of our work has been rebuilding confidence amongst young people in the wake of Covid. Key strategic areas have included: developing mental health support for young people, strengthening the wider community support offer (including St Peter's Centre) and deepening The Rock's Christian Distinctiveness. Both our community youth work and our schools work have shown strong growth this year. As one parent commented: 'I genuinely can't thank you enough, without your support I'd probably not have coped.'

Objectives

To act as a resource for children and young people especially the marginalised, dis-enfranchised and excluded; and the residents of Gloucestershire, in particular (but without limitation), the residents of the Cheltenham Borough Council wards of St Peter's, St Paul's and Swindon Village (as those wards constituted on 31 March 2020); by providing advice and assistance and by organising programmes of physical, educational and other activities as a means of:

- A) Advancing in life by virtue of developing skills, capabilities and capacities which will enable them to participate in society as independent, mature and responsible individuals;
- B) Advancing education;
- C) Relieving unemployment through the development of transferable skills to better equip them for future employment;
- D) Providing recreational and leisure time activity in the interests of social welfare for people living in the area who have need by reason of their youth, age, infirmity or disability, poverty or social and economic circumstances with a view to improving the conditions of life of such persons;
- E) Advancing the Christian religion.

Activities Overview (September 2021-August 2022)

The Rock combines daytime Educational Support with leisure time Community Youth Work and wider Community Engagement. This opportunity for referred support and optional involvement by young people ensures a wide range of engagement and opportunity for sustained support. 2021-22 was a year when we saw the return of many of our regular projects, although with some Covid restrictions in place (and some disruption). At a time when we were uncertain about how young people would respond following long periods of lockdown, the engagement of young people has been fantastic. The Rock increasingly uses social media to reinforce our face-to-face work, including strengthening engagement with parents.

Youth & Community Work Review

I. Schools Work (Re-engagement) Total Individual Participants: 337

Schools Work Activities:

The Rock Schools Work (Re-engagement) Programme works with Primary School Pupils aged 9-11 and Secondary School Pupils aged 11-16. We provide a combination of whole class activities, group work sessions and one to one mentoring sessions both in schools and at our centre. Our work focuses particularly on the Social Emotional and Mental Health needs of young people, combining youth work support with inspiring activities. The overall aims of the programme are to help primary aged children transition well to secondary school and to support secondary school aged young people to engage in education.

Primary Support:

Confidence building work was undertaken with Y5 and Y6 groups, developing positive approaches ahead of the move to secondary school. This focus on primary-secondary support has included projects which overlap the transition to secondary school, including starting the Elevate project, using Christian values as an inspiration for the move to secondary school. There was an increase in requests for primary individual support, through mentoring in school and at the Rock.

Secondary Support:

The demand for individual support has continued into the secondary age group. Youth work support is combined with activities such as cooking, mountain bike maintenance, sports and art. There have been a number of young people who have been supported in their own homes (due to anxiety) with support moving to The Rock and then school.

Group work projects have been able to restart, with a focus on strengthening resilience, particularly needed as a result of the social and emotional impact of Covid.

Schools Work Outcomes & feedback

In feedback from young people, the average grade for support was 4.7/5 and the average grade for quality of activities was 4.5. 54 young people achieved awards for excellent progress and achievement, 13 young people successfully completed the bike maintenance course.

Feedback from young people included:
'I'm learning a life skill that could help me get a job when I'm older'
'Staff have been amazing'
'It calms me down'

Young people told us they learned:

'How to control emotions'
'To be confident and feel better'
'That team work makes the dream work'

'Don't give up'

The most common area of significant improvement reported by young people was : 'learning new skills' followed by 'improving self-confidence'

Group work has helped young people to support one another to combat bullying. For many young people, The Rock has been the only organisation which they have been able to engage with, over time engagement with other support has been fostered. An example of our long-term support is a young person had been supported over 18 months and has been able to re-integrate back into mainstream school following being out of mainstream education.

2. Community Youth Work

Our regular Community Youth Work sessions meet each week during term-time, providing a dependable point of connection and encouragement, week in week out. This year has seen the development of the use of the online booking system 'myclubhouse.co.uk'. This has strengthened parental awareness of the sessions and helped increase engagement in each group.

Total Individual Participants 228

Community Youth Work Activities Undertaken

Space 5 I (Y8 upwards) Providing a safe space for older young people to 'be', socialise and discuss issues or challenges they are dealing with in their lives. Young people shape the programme: sports, group team building games and board games are a big part of the activities at Space 51.

TNT (Y5-Y7) has a termly activities focus to participation and learning new skills. This had included graffiti, boxercise, circus skills, cooking & Everyman Drama Project. TNT has been able to support many young people moving to secondary school this year and also include year 5's to encourage engagement. The relationship building mixed with inclusive activities provide a very cohesive and supportive environment for all young people who have attended.

Archery (Y6-Y11) is led by our qualified instructors, we provide this quality activity at a minimal price, with an inclusive ethos. Space for support and table-based games and activities is also provided alongside focussed archery on the range.

SAS (Y6-Y11) provides a safe space for young people to develop their skills and confidence on our indoor mobile skate ramps. Wider youth work support is provided within our chill out zone, including group time discussions or topics via video and group work on specific topics or arising issues for young people.

The Young Leadership Program has continued to thrive and to provide a whole cohort of new young people the opportunity to develop, take responsibility and grow in the area of leading within their respective groups / sessions that they are committed to. There have been 11 young leaders this year. Additionally, they have continued to work on the youth work development program and participate in regular support meetings and additional team building opportunities, for example, axe throwing. We were excited to provide the young leaders residential again, a great opportunity for young people to challenge themselves further through adventure activities and shared group experience, including catering for the group.

Holiday Activities were undertaken in the summer / Easter holidays have provided a space to continue engagement with many of the young people who already attend evening sessions, mixed with the open access for the younger age groups and giving new young people the opportunity to try the activities available. Archery, Dodgeball, and Skate Ramps have all been available during the holiday's activities. Trips to a high ropes course and an indoor skate park were also very successful.

Outcomes & Feedback

80% of young people rated youth worker support as 5/5, 71% rated activities as 5/5. 94% of young people said they had improved in working with others. 60% said they had a big improvement in coping with challenges

55 young people received awards for learning new skills, working with others and supporting others.

Young people's feedback:

- "I have improved my leadership skills"
- "Positivity, confidence, happiness and a lot of welcoming to being myself",
- "It has helped me make more friends and gave me more courage",
- "The leaders have great interest in learning about the young people and their interests and well-being"
- "Friendship and teamwork also talking to old relations I missed"

The opportunity provided for young people who wouldn't otherwise have access to these types of activities or perhaps even engage in anything else is a significant community benefit. For many young people The Rock provides a safe supportive space, which helps them cope with challenging home and/or school experiences. The growth and development of young people individually as a result of engaging over a consistently long period of time is invaluable and changes attitudes and approaches to life, and can shape a young person's future. Young leaders have moved on to apprenticeships, college courses and university.

3. Community Engagement

Total Individual Participants in Activities: 375

Total Households Supported (including food support): 28

Community Engagement Activities

Kids Club (Y3-Y5)

Kids club provides weekly introductory cooking activities along with craft and sports activities. It creates a space for children to express themselves and their emotions around school and family. Supporting leadership/ownership in older children with the encouragement for them to attend other evening groups. Cooking has gradually been able to be increased over the year, with the group returning to 'Cooking Club' in 2022/3.

Spokes Community Bike Workshop

The Rock provides a day a week community bike workshop. This is an opportunity for training and experience for young people at risk of becoming Not in Education Employment or Training alongside affordable bike repairs and sales for the local community. A significant step forward has been the high levels of engagement from young people in the project alongside developing community use of the facility.

Households Support

The Rock has supported households through providing food, vouchers and signposting around food, energy and finance. A key area has also been providing support for parents around engagement with education. A partnership with Fresh Hope has been formed to enable a Pantry to run from The Rock, with effect from March 2023.

Detached Youth Work

In partnership with St Matthew's Church & St Paul's Church, weekly teams have been out in Pittville Park and Town centre, connecting with young people where they are. Discussions have included: school life, relationships, beliefs, local safety, substance abuse, bereavement, activities and interests, the environment and careers.

Community Engagement Outcomes & Feedback:

'Thank you for the support, I don't know what I would have done without it'
'I genuinely can't thank you enough, without your support I'd probably not coped.'
An example of the impact of our detached work is a young person was connected with The Rock due to detached youth work, over time they have become a young leader, have contributed to events and activities and are keen to explore a career supporting others.

Volunteers

During 2021-22 there were more opportunities for volunteering as Covid restrictions slowly lifted. There were a total of 18 adult volunteers with 4 partnership volunteers supporting Rock projects from other agencies. The Rock worked with 11 young volunteers over the year. It was with sadness and great appreciation that we said goodbye to Roger Wright after many years of inspirational leadership of Archery at The Rock, overseeing its start to Archery becoming an established activity with a thriving weekly group.

Staffing

The Rock has had a total of 13 employees during 2021-22 (4 in full-time roles and 9 part-time). Huge thanks go to the team for the way in which they have adapted again to the new opportunities and challenges of different approaches as Covid restrictions gradually lifted. We said goodbye to Joe Burgess as he moved to Reading to work as a church children's worker. We are very grateful for Joe's enthusiasm and creativity, through such a challenging period. A key focus for staff development has been mental health training, as we engage with more wellbeing issues presenting for young people. Henrietta Goodall has continued to provide valuable support as Staff Liaison Trustee.

Public Benefit

The Trustees are aware of and consider the need to provide a demonstrable public benefit to honour the Rock's charitable status. The programmes and facilities offered will continue to develop more self-confident, capable and resilient young people for the benefit of themselves and the wider community. The Rock's services are open to all young people in the area, with special consideration for the most disadvantaged (evidenced by activities being very low cost or free). The Trustees believe that this policy of openness, coupled with genuine commitment to young people and our strong partnerships with community groups, schools, churches and public agencies enriches our society to the benefit of all. The Rock's flexibility and dedication to provide valuable support through the Covid Crisis is evidence of this commitment to public benefit.

Financial Review

The accounts show a surplus of £24,090. During the year we received a donation of £42,360 from the Department of Culture Media and Sport and Children in Need which was used to purchase a new minibus. Grant funding was especially strong in this year, enabling The Rock to meet its reserve policy target (see below). We are very grateful for all the individuals and funders who have supported our work. We are particularly appreciative of committed ongoing financial support, as it is clear that the environment for canvassing and receiving grants and other funding is much more challenging in 2022/23, not least because of the much-discussed inflationary pressures. Income from educational support, had dipped following structural changes with Alternative Provision Schools, but showed steady growth through the year. This reflected the gradual 'opening up' of opportunities to work with schools and needs of young people following Covid, this trend of growth has continued through 2022/23.

Reserves Policy

It is the policy of the Trust to maintain general reserves at a level which will enable it to securely plan its programme for young people. This is estimated to be equivalent to six months' operating costs. The Rock was able to achieve this target in 2021/22, but the pressure on funding means that the Rock is likely to need to have recourse to those reserves in 2022/23. As at 31 August 2022, the Rock had total reserves of £175,578 (including £24,168 of restricted funds) with estimated six-month running costs in 2022/23 of £130,000.

It is only recently that The Rock has achieved reserves of six months or more running costs. These reserves are especially important in such uncertain times for youth work, with local educational reorganisation and widespread pressure on funding. The level of reserves has allowed The Rock to remain committed to investing in a consistent youth work team, and to sustaining all its community youth work projects through 2021/22 and into 2022/23 and even offering free sessions targeted around the transition to secondary school.

Risk Management

The Trustees recognise that there is a variety of risk inherent in the activities of the charity and have implemented a risk management policy in order to help minimise the risks. The key areas of risk identified by the charity are finance, property, staffing, safety and safeguarding. The Trustees have implemented policies and procedures that they consider are appropriate for the management of these risks. During the period of the Covid pandemic, the Trustees met more frequently to monitor, and be able to make agile decisions in relation to, the organisational, operational, health and wellbeing risks posed by Covid.

Approved by the Trustees on and signed on their behalf by

Luft ANSPEW BRUCKLAND - Trustee

Independent examiner's report to the trustees of @The Rock

I report to the Trustees on my examination of the accounts of @The Rock ("the Trust") for the year ended 31 August 2022.

Respective responsibilities of trustees and examiner

As the charity trustees of the Trust 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 giving me cause to believe that in any material respect:

- 1. accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
- 2. the accounts do not accord with those records; or
- 3. the accounts do 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:

Name:

KEVIN HOLMES

Professional Qualification or membership of professional bodies (if any): $\mathcal{F} \mathcal{C} \mathcal{A}$

Address: 29 CLEEVEMOUNT ROAD, CHECTENHAM

Statement of financial activities

For the year ended 31 August 2022

	Notes	General Funds	Restricted Funds	2022	2021
Incoming Resources	•				
Transfer from @ The Rock		0	0	0	104,997
Donations and Legacies	1	55,704	108,815	164,519	79,527
Other Trading Activities		11,888	0	11,888	1,453
Income from Charitable Activities	2	69,813	0	69,813	17,196
Total Incoming Resources		137,405	108,815	246,220	203,173
Outgoing Resources					
Expenditure on Raising Funds	3	9,847	0	9,847	2,310
Expenditure on Charitable Activities	4	100,473	111,811	212,284	49,374
Total Outgoing Resources		110,320	111,811	222,131	51,684
Net Incoming Resources		27,085	(2,996)	24,089	151,489
Funds brought forward 31 August 2021		124,325	27,164	151,489	0
Funds carried forward 31 August 2	2022	151,410	24,168	175,578	151,489

The Transfer from @ The Rock represents the monies held by the former Rock charity (Charity Registration Number: 1126131) which were transferred to the Rock CIO (Charity Number 1190651, Registered Company CE022716).

The prior year figures are not reflective of a full year's activity because of the transfer from the former Rock charity to the Rock CIO that occurred during that year.

Balance Sheet

As at 31 August 2022

		2022	2021
	Notes		
Tangible Fixed Assets	6	35,300	0
Cash at bank and in hand		139,098	145,298
Debtors and prepayments	7	6,375	9,729
Total Current Assets		145,473	155,027
Creditors: Amounts falling due within one year	8	(5,195)	(3,538)
Net current assets		140,278	151,489
Total assets less current liabilities		175,578	151,489
Net Assets	9	175,578	151,489
Restricted Funds	10	24,168	27,164
General Funds (unrestricted)		151,410	124,325
Reserves		175,578	151,489

Approved by the Trustees on and signed on its behalf by

- Trustee

Accounting policies

For the year to 31 August 2022

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective I January 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

The Rock meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note.

The principal accounting policies adopted are as follows:

Basis of accounting

The financial statements are prepared under the historical cost convention, modified to include the revaluation of investments. There has been no change in the accounting policies (valuation rules and methods of accounting) since last year.

Incoming resources

Donations are recognised when received. Legacies are recognised when there is reasonable certainty as to both entitlement and amount. Grants are generally included in the financial statements when received, to ensure that there is reasonable certainty as to both entitlement and amount. However, in cases where the grant relates to a specific project, it is recognised when the project expenditure takes place. Interest and dividends are included in the financial statements when received. Contractual income is recognised once the contracted services have been delivered.

Resources expended

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to that category. Where costs cannot be directly attributed to particular headings, they have been allocated to activities on a basis consistent with the use of the resources.

Depreciation

Depreciation on equipment is calculated on a straight-line basis at annual rates estimated to write off the assets over their respective expected useful lives, as follows:

Office, IT & AV equipment	3 years	Telephone equipment	3 years
Vehicles	3 years	Office furniture	3 years
Skate park equipment	5 years	Property improvements	5 years

Small items are expensed rather than held as an asset and depreciated on the grounds of materiality.

Note I Donations and legacies		2022			2021	
	Unrestricted	Restricted	Total	Unrestricted	Restricted	Total
Active Gloucestershire	-	-	-	-	3,000	3,000
Advent Charitable Trust	2,000	-	2,000	-	-	-
Barclays Football Fund	-	500	500	-	-	-
Barnett Waddingham	-	1,500	1,500	-	-	-
Barnwood Trust	-	1,866	1,866	-	-	-
BBC Children in Need	-	42,360	42,360	-	-	-
Cheltenham Borough Council	-	-	-	-	1,800	1,800
Cheltenham Deanery Churches*	6,700	-	6,700	1,625	-	1,625
Feed Cheltenham	-	-	-	-	2,080	2,080
Garfield Weston	25,000	-	25,000	-	-	-
Gloucester Diocese Board of Finance	-	15,000	15,000	-	-	-
Gloucestershire County Council	-	16,439	16,439	-	-	-
Gloucestershire Police & Crime Commissioner	-	5,000	5,000	-	1,250	1,250
Good News Evangelical Mission	-	2,000	2,000	-	-	-
Jane Cook Educational Fund	-	1,400	1,400	-	-	-
Joanies Fund	-	2,000	2,000	-	-	-
Julia and Hans Rausing Trust	-	-	-	49,307	-	49,307
Lennox Hannay Trust	-	-	-	000,1	-	1,000
Madle IT Services	500	-	500	-	-	-
Mid Cotswold Evangelical Alliance	125	-	125	-	-	-
Philpot Discretionary Trusts	-	-	-	2,182	-	2,182
Rotary Club of Cheltenham	300	-	300	100	-	100
SMB Charitable Trust	2,000	-	2,000	-	-	-
Southall Trust	-	2,000	2,000	-	-	-
Summerfield Charitable Trust	-	-	-	-	5,337	5,337
Sylvanus Lysons	-	18,750	18,750	-	3,750	3,750
Waitrose	600	-	600	-	-	-
Woodroffe Benton	-	-	-	-	2,000	2,000
Other grants & donations	18,479	-	18,479	6,096	-	6,096
Grants, donations & legacies	55,704	108,815	164,519	60,310	19,217	79,527

 $^{{}^*\}mathsf{This}$ is made up of gifts from a number of different churches in Cheltenham.

Note 2 Income from charitable Activities	2022	2021
Youth support services	69,813	17,196
Income from charitable activities	69,813	17,196

Note 3 Expenditure on generating funds	2022	2021
Fundraising staff costs	9,424	2,256
Fundraising costs	423	54
Expenditure on generating funds	9,847	2,310

Note 4 Charitable Expenditure	2022	2021
Staff Costs	151,279	39,694
Operating Costs: Depreciation	7,060	-
Other	32,022	7,492
Premises Costs: Depreciation	-	-
Other	21,923	2,188
Charitable expenditure	212,284	49,374

Note 5 Employees Costs of employees	2022	2021
Employee costs for the year	160,703	41,950
salaries and stipends	140,509	36,713
social security costs	10,743	2,835
pension costs	3,837	1,074
other staff costs	5,615	1,328
Number of employees (as at 31 August)		
Employees	10	11
Full time	3	4
Part time	7	7

For the year ended 31 August 2022

Note 6				
Note 6				
Tangible Fixed Assets	Skate Park	Equipment	Vehicles	Total
Cost or valuation:				
As at 31 August 2021	42,550	34,696.0	43,715	120,961
Additions	-	-	42,360	42,360
Disposals	-	(1,518)	(14,094)	(15,612)
As at 31 August 2022	42,550	33,178	71,981	147,709
Depreciation:				
As at 31 August 2021	42,550	34,696	43,715	120,961
Charge for the year	-	-	7,060	7,060
Disposals	-	- 1,518	- 14,094	- 15,612
As at 31 August 2022	42,550	33,178	36,681	112,409
Net Book Value:				
As at 31 August 2021	-	<u> </u>	-	-
As at 31 August 2022	-	-	35,300	35,300

The Rock is in discussions with the Landlord (Gloucester Diocesan Board of Finance) to finalise a longer-term lease on the premises from which The Rock operates. This will increase rental costs over the next few years.

Note 7 Debtors and prepayments	2022	2021
Transfer from Old Rock	-	6,921
Trade Debtors	2,582	964
HMRC – Gift Aid Outstanding	679	1,844
Prepaid Expenses	3,114	-
Total	6,375	9,729

2022	2021
3,107	1,599
2,088	1,939
5.195	3,538
	3,107

For the year ended 31 August 2022

Note 9 Analysis of net assets by fund: Funds at 31 August 2022 are represented by:	General Funds	Restricted Funds	Total
Tangible fixed assets	35,300	-	35,300
Current assets	121,305	24,168	145,473
Creditors	(5,195)	-	(5,195)
Net Assets as at 31 August 2022	151,410	24,168	175,578

Note 10 Restricted funds	Balance at 31 August 2021	Incoming Resources	Resources Expended	Balance at 31 Aug 2022
Grants to fund staff positions	2,063	18,750	(15,813)	5,000
Grants to fund specific projects	23,887	47,705	(53,638)	17,954
Grants to fund vehicles	1,214	42,360	(42,360)	1,214
Total	27,164	108,815	(111,811)	24,168

Restricted funds may only be used for the purposes for which the money was originally gifted or bequeathed to the Trust.

Grants to fund staff positions are restricted to funding staff costs including salaries, related payroll costs and other staff related costs including training, CRB checks etc

Grants for specific projects include Bike Project, Cooking Club and Faith Development. These grants may meet all project-related costs including staffing costs.

For the year ended 31 August 2022

Note II

Costs reimbursed to Trustees

During the year, expenses of £544 were reimbursed to one Trustee, Mr J Daykin. No other Trustees received any reimbursements.

Note 12

Donations from Trustees

During the year, donations totalling £2,160 were received from the Trustees.

Note 13

Total paid to key management personnel

The total paid to key management personnel during the year was £36,514. The key management personnel were as follows:

Operations Director and Head of Education – Mr A Macauly