



BRIGHT FUTURES NE			Charity No (if any)	1157578	CC17a
Annual accounts for the period					
Period start date	01/04/2022	To	Period end date	31/03/2023	

## Section A Statement of financial activities


Recommended categories by activity	Details of own analysis	Note	Restricted		Endowment funds	Total this year	Total last year
			Unrestricted funds	income funds			
			£	£	£	£	£
			F01	F02	F03	F04	F05
<b>Incoming resources (Note 3)</b>							
Incoming resources from generated funds			-	-	-	-	-
Voluntary income		S01	-	407,718	-	407,718	350,984
Activities for generating funds		S02	-	-	-	-	-
Investment income		S03	-	-	-	-	-
Incoming resources from charitable activities		S04	-	-	-	-	-
Other incoming resources		S05	-	9	-	9	2,748
<b>Total incoming resources</b>		S06	-	407,727	-	407,727	353,732
<b>Resources expended (Notes 4-8)</b>							
Costs of Generating Funds			-	-	-	-	-
Costs of generating voluntary income		S07	-	93,460	-	93,460	55,824
Fundraising trading costs		S08	-	-	-	-	-
Investment management costs		S09	-	-	-	-	-
Charitable activities		S10	-	308,833	-	308,833	287,924
Governance costs		S11	-	1,490	-	1,490	1,490
Other resources expended		S12	-	24,205	-	24,205	23,372
<b>Total resources expended</b>		S13	-	427,988	-	427,988	368,610
<b>Net incoming/(outgoing) resources before transfers</b>		S14	-	20,261	-	20,261	14,878
<b>Gross transfers between funds</b>		S15	10,719	10,719	-	-	-
<b>Net incoming/(outgoing) resources before other recognised gains/(losses)</b>		S16	10,719	30,980	-	20,261	14,878
<b>Other recognised gains/(losses)</b>							
Gains and losses on revaluation of fixed assets for the charity's own use		S17	-	-	-	-	-
Gains and losses on investment assets		S18	-	-	-	-	-
<b>Net movement in funds</b>		S19	10,719	30,980	-	20,261	14,878
<b>Total funds brought forward</b>		S20	130,000	370,339	-	500,339	515,217
<b>Total funds carried forward</b>		S21	140,719	339,359	-	480,078	500,339

## Section B

## Balance sheet

		Note	Restricted				
			Unrestricted funds	income funds	Endowment funds	Total this year	Total last year
			£ F01	£ F02	£ F03	£ F04	£ F05
<b>Fixed assets</b>							
Tangible assets	(Note 9)	B01	-	16,536	-	16,536	-
		B02	-	-	-	-	-
Investments	(Note 10)	B03	-	-	-	-	-
<i>Total fixed assets</i>		B04	-	16,536	-	16,536	-
<b>Current assets</b>							
Stock and work in progress		B05	-	-	-	-	-
Debtors	(Note 11)	B06	-	-	-	-	-
(Short term) investments		B07	-	-	-	-	-
Cash at bank and in hand		B08	140,719	334,251	-	474,970	-
<i>Total current assets</i>		B09	140,719	334,251	-	474,970	-
<b>Creditors: amounts falling due within one year</b>							
	(Note 12)	B10	-	11,584	-	11,584	-
<i>Net current assets/(liabilities)</i>		B11	140,719	322,667	-	463,386	-
<i>Total assets less current liabilities</i>		B12	140,719	339,203	-	479,922	-
<b>Creditors: amounts falling due after one year</b>							
	(Note 12)	B13	-	-	-	-	-
Provisions for liabilities and charges		B14	-	-	-	-	-
<i>Net assets</i>		B15	140,719	339,203	-	479,922	-
<b>Funds of the Charity</b>							
Unrestricted funds		B16	140,719			140,719	-
		B17	-			-	-
Restricted income funds (Note 13)		B18		339,203		339,203	-
Endowment funds (Note 13)		B19			-	-	-
<i>Total funds</i>		B20	140,719	339,203	-	479,922	-

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	Joyce Welsh	05/12/2023

**Section C****Notes to the accounts****Note 1 Basis of preparation**

*This section should be completed by all charities.*

**1.1 Basis of accounting**

These accounts have been prepared on the basis of historic cost (except that investments are shown at market value) in accordance with:

- Accounting and Reporting by Charities – Statement of Recommended Practice (SORP 2005);
- and with\* 

✓

 Accounting Standards;
- or
- and with the Charities Act.

Financial Reporting Standards for Smaller Enterprises (FRSSE);

[\*\* except for the following].

*Give details in this box if a different standard has been followed.*

\* -Tick as appropriate:

- if all relevant disclosures shown in the pack have been given then please tick "Accounting Standards";
- if disclosures completed in these accounts have been restricted to those required by the FRSSE, then please tick "Financial Reporting Standards for Smaller Enterprises (FRSSE)".

**1.2 Change in basis of accounting**

There has been no change to the accounting policies (valuation rules and methods of accounting) since last year.

*Give details in this box of any material changes that have been made.*

**1.3 Changes to previous accounts**

No changes have been made to accounts for previous years.

*Give details in this box of any material changes that have been made.*



## Note 2

## Accounting policies

*This standard list of accounting policies has been applied by the charity except for those deleted. Where a different or additional policy has been adopted then this is detailed in the box below.*

**INCOMING RESOURCES**

Recognition of incoming resources	These are included in the Statement of Financial Activities (SoFA) when: <ul style="list-style-type: none"> <li>the charity becomes entitled to the resources;</li> <li>the trustees are virtually certain they will receive the resources; and</li> <li>the monetary value can be measured with sufficient reliability.</li> </ul>
Incoming resources with related expenditure	Where incoming resources have related expenditure (as with fundraising or contract income) the incoming resources and related expenditure are reported gross in the SoFA.
Grants and donations	Grants and donations are only included in the SoFA when the charity has unconditional entitlement to the resources.
Tax reclaims on donations and gifts	Incoming resources from tax reclaims are included in the SoFA at the same time as the gift to which they relate.
Contractual income and performance related grants	This is only included in the SoFA once the related goods or services have been delivered.
Gifts in kind	Gifts in kind are accounted for at a reasonable estimate of their value to the charity or the amount actually realised. Gifts in kind for sale or distribution are included in the accounts as gifts only when sold or distributed by the charity. Gifts in kind for use by the charity are included in the SoFA as incoming resources when receivable.
Donated services and facilities	These are only included in incoming resources (with an equivalent amount in resources expended) where the benefit to the charity is reasonably quantifiable, measurable and material. The value placed on these resources is the estimated value to the charity of the service or facility received.
Volunteer help	The value of any voluntary help received is not included in the accounts but is described in the trustees' annual report.
Investment income	This is included in the accounts when receivable.
Investment gains and losses	This includes any gain or loss on the sale of investments and any gain or loss resulting from revaluing investments to market value at the end of the year.

**EXPENDITURE AND LIABILITIES**

Liability recognition	Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to pay out resources.
Governance costs	Include costs of the preparation and examination of statutory accounts, the costs of trustee meetings and cost of any legal advice to trustees on governance or constitutional matters.
Grants with performance conditions	Where the charity gives a grant with conditions for its payment being a specific level of service or output to be provided, such grants are only recognised in the SoFA once the recipient of the grant has provided the specified service or output.
Grants payable without performance conditions	These are only recognised in the accounts when a commitment has been made and there are no conditions to be met relating to the grant which remain in the control of the charity.
Support Costs	Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, eg allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.

**ASSETS**

Tangible fixed assets for use by charity	These are capitalised if they can be used for more than one year, and cost at least £500. They are valued at cost or a reasonable value on receipt.
Investments	Investments quoted on a recognised stock exchange are valued at market value at the year end. Other investment assets are included at trustees' best estimate of market value.
Stocks and work in progress	These are valued at the lower of cost or market value.

**POLICIES ADOPTED  
ADDITIONAL TO OR  
DIFFERENT FROM THOSE  
ABOVE**

## Note 3

## Analysis of incoming resources

*Incoming resources may be further analysed if this would help the reader of the accounts.*

	Analysis	This year £	Last year £
Voluntary income	General grants provided by other charities	407,718	350,984
	Other	-	2,748
		-	-
		-	-
	<b>Total</b>	<b>407,718</b>	<b>353,732</b>
Activities for generating funds		-	-
		-	-
		-	-
		-	-
	<b>Total</b>	<b>-</b>	<b>-</b>
Investment income	Interest receivable	9	-
		-	-
		-	-
		-	-
	<b>Total</b>	<b>9</b>	<b>-</b>
Incoming resources from charitable activities		-	-
		-	-
		-	-
		-	-
	<b>Total</b>	<b>-</b>	<b>-</b>

<b>Section C</b>	<b>Notes to the accounts</b>	<b>(cont)</b>
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**Note 4                      Analysis of resources expended**

Resources expended may be further analysed if this would help the reader of the accounts.

	Analysis	This year £	Last year £
Costs of generating voluntary income	Salaries	93,460	55,824
		-	-
		-	-
		-	-
	<b>Total</b>	93,460	55,824
Fundraising trading costs		-	-
		-	-
		-	-
		-	-
	<b>Total</b>	-	-
Investment management costs		-	-
		-	-
		-	-
	<b>Total</b>	-	-
Charitable activities	Sessional workers, positive activities and other costs	308,833	285,807
	Office, admin & Training	24,205	25,489
		-	-
		-	-
	<b>Total</b>	333,038	311,296
Governance costs	Accountancy	1,490	1,490
		-	-
		-	-
	<b>Total</b>	1,490	1,490



## Section C

## Notes to the accounts

(cont)

## Note 5 Support Costs

Please complete this note if the charity has analysed its expenses using activity categories and has support costs.

Support cost type	Fundraising activity £	Charitable Activity £	Governance Activity £	Total Cost £
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
Total	-	-	-	-

## Note 6

## Details of certain items of expenditure

## 6.1 Trustee expenses

Please provide details of the amount of any payment or reimbursement of out-of-pocket expenses made to trustees or to third parties for expenses incurred by trustees. If no expenses were paid, please enter 'None' in the appropriate box(es).

Number of trustees who were paid expenses

Nature of the expenses

Total amount paid

This year	Last year
£	£

## 6.2 Fees for examination or audit of the accounts

Please provide details of the amount paid for any statutory external scrutiny of accounts and other services provided by your independent examiner or auditor. If nothing was paid please enter NONE in the appropriate box(es).

Independent examiner's or auditors' fees for reporting on the accounts

Other fees (for example: advice, consultancy, accountancy services) paid to the independent examiner or auditor

This year £	Last year £
395	395
1095	1095

**Section C**
**Notes to the accounts**
**(cont)**

**Note 7** **Paid employees**  
Please complete this note if the charity has any employees.

**7.1 Staff Costs**

Gross wages, salaries and benefits in kind  
Employer's National Insurance costs  
Pension costs

**Total staff costs**

This year £	Last year £
304,172	264,301
22,322	17,496
6,166	5,179
332,660	286,976

**7.2 Average number of full-time equivalent employees in the year**

The parts of the charity in which the employees work

	This year Number	Last year Number
Fundraising	2	2
Charitable Activities	12	11
Governance	-	-
Other	-	-
<b>Total</b>	<b>14</b>	<b>13</b>

**7.3 Defined contribution pension scheme**

Please complete if a defined contribution pension scheme is operated.

Brief details of the scheme

Scottish Widows

The costs of the scheme to the charity for the year  
The amount of any contributions outstanding at the year end  
The amount of any contributions prepaid at the year end

This year £	Last year £
6166	5179



**Section C**
**Notes to the accounts**
**(cont)**
**Note 8 Grantmaking**

Please complete this note if the charity made any grants or donations which in aggregate form a material part of the charitable activities undertaken.

**8.1 Total value of grants**

Purpose for which grants made	Grants to institutions Total amount £	Grants to individuals Total amount £
	-	-
	-	-
	-	-
	-	-
	-	-
	-	-
	-	-
<b>Total</b>	-	-

**8.1 Grantmaking costs**

If the charity's accounts are prepared on the "activity basis" please give details of any support cost associated with grantmaking. Please enter "Nil" if the charity does not identify and/or allocate support costs.

Support costs of grantmaking

£

**8.3 Grants made to institutions**

If the charity has made grants to particular institutions that are material in the context of its grantmaking please give details of the institution supported, purpose of the grant and total paid to each institution listed. Sufficient information should be given to provide a reasonable understanding of the range of institutions supported.

Names of institutions	Purpose	Total amount of grants paid £
		-
		-
		-
		-
		-
		-
		-
		-
		-
		-
<b>Total grants to institutions</b>		-

**Note 9 Tangible fixed assets***Please complete this note if the charity has any tangible fixed assets***9.1 Cost or valuation**

	Freehold land & buildings	Other land & buildings	Plant, machinery and motor vehicles	Fixtures, fittings and equipment	Payments on account and assets under construction	Total
	£	£	£	£	£	£
Balance brought forward	-	-	1,442	14,076	-	15,518
Additions	-	-	-	12,246	-	12,246
Revaluations	-	-	-	-	-	-
Disposals	-	-	-	-	-	-
Transfers *	-	-	-	-	-	-
Balance carried forward	-	-	1,442	26,322	-	27,764

**9.2 Accumulated depreciation and impairment provisions**

**Basis	SL or RB	SL or RB	SL	SL	SL or RB	
** Rate			4 yrs	5 yrs		
Balance brought forward	-	-	916	4,929	-	5,845
Depreciation charge for year	-	-	175	5,208	-	5,383
Impairment provisions	-	-	-	-	-	-
Revaluations	-	-	-	-	-	-
Disposals	-	-	-	-	-	-
Transfers*	-	-	-	-	-	-
Balance carried forward	-	-	1,091	10,137	-	11,228

**9.3 Net book value**

Brought forward	-	-	526	9,147	-	9,673
Carried forward	-	-	351	16,185	-	16,536

**9.4 Revaluation***If any fixed assets have been revalued please give details of the valuer and method of valuation*

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\* The "transfers" row is for movements between fixed asset categories.

\*\* Please indicate the method of depreciation by deleting the method not applicable (SL = straight line; RB = reducing balance). Also please indicate the rate of depreciation: for straight line, what is the anticipated life of the asset (in years); for reducing balance, what is the percentage annual deduction.

**Section C**
**Notes to the accounts**
**(cont)**
**Note 10 Investment assets**

*Please complete this note if the charity has any investment assets.*

**10.1 Fixed assets investments**

Carrying (market) value at beginning of year

**Add:** additions to investments at cost

**Less:** disposals at carrying value

**Add/(deduct):** net gain/(loss) on revaluation

Carrying (market) value at end of year

£

-
-
-
-
-

*Please provide below:*

**10.2** A breakdown of the market values of investments shown above agreeing with the balance sheet row B03.

**10.3** A breakdown of the income from investments agreeing with SOFA row S03.

**Analysis of investments**
**Investment properties**

Investments listed on a recognised stock exchange or held in common investment funds, open ended investment companies, unit trusts or other collective investment schemes

Investments in subsidiary or connected undertakings and companies

Securities not listed on a recognised Stock Exchange

Cash held as part of the investment portfolio

Other investments

10.2 Market value at year end £	10.3 Income from investments for the year £
-	-
-	-
-	-
-	-
-	-
-	-
-	-
-	-
-	-

**Total**

**10.4 Material investment holdings**

If any single investment is material in terms of its value (for example represents more than 5 per cent of the value of the charity's total investments) please provide details.

Investment held

Market Value




**Section C**
**Notes to the accounts**
**(cont)**
**Note 11 Debtors and prepayments**

*Please complete this note if the charity has any debtors or prepayments.*

**Analysis of debtors**

	Amounts falling due within one year		Amounts falling due after more than one year	
	This year £	Last year £	This year £	Last year £
Trade debtors	-	-	-	-
Amounts due from subsidiary and associated undertakings	-	-	-	-
Other debtors	-	-	-	-
Prepayments and accrued income	-	-	-	-
<b>Total</b>	-	-	-	-

**Note 12 Creditors and accruals**

*Please complete this note if the charity has any creditors or accruals.*

**12.1 Analysis of creditors**

	Amounts falling due within one year		Amounts falling due after more than one year	
	This year £	Last year £	This year £	Last year £
Loans and overdrafts	-	-	-	-
Trade creditors	-	-	-	-
Amounts due to subsidiary and associated undertakings	-	-	-	-
Other creditors	10,094	11,655	-	-
Accruals and deferred income	1,490	1,490	-	-
<b>Total</b>	<b>11,584</b>	<b>13,145</b>	-	-

**12.2 Security over assets**

*If any loan, overdraft or other creditor holds a charge or other security over any assets of the charity please provide details.*

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**Note 13 Endowment and restricted income funds**

Please complete this section if the charity has any endowment or restricted income funds.

**13.1 Funds held**

Please give a brief description of any of the following type of funds held by the charity:

- permanent endowment funds (PE);
- expendable endowment funds (EE); and
- restricted income funds, including special trusts, of the charity (R).

Fund Name	Type PE, EE or R	Purpose and Restrictions
Northumbria Police	R	Preventative, education, health and wellbeing projects. Covid response funding
Esmee Fairbairn Foundation	U	Delivery of prevention and education work
Esmee Fairbairn Foundation	U	Covid response funding
The Tudor Trust	R	Delivery of prevention and education work. Covid response funding
The Ballinger Charitable Trust	R	Delivery of prevention and education work. Covid response funding
Lloyds Bank Foundation	R	One to one tailored support service. Covid response funding
Virgin Money Foundation	R	Delivery of prevention and education issue based work, giving young women a voice.
UK Youth	R	Mental Health Support Project
NHS South Tyneside	R	Mental Health Support Project
Postcode Neighbourhood Trust	R	Young Mums support programme.
Community Foundation Tyne and Wear	R	Preventative, education, health and wellbeing projects. Covid response funding
Barbour Foundation	R	Preventative, education, health and wellbeing projects.
The Bikeability Trust	R	Delivery of cycling and education lessons
Amalgamated Funds Under 10k	R and U	Range of preventative, education, health and wellbeing projects.

**13.2 Movements of major funds**

Please give details of the movements of the major funds summarised in the restricted and endowment columns of the Statement of Financial Activities.

Fund names	Fund balances brought forward £	Incoming resources £	Outgoing resources £	Transfers £	Gains and losses £	Fund balances carried forward £
Northumbria Police	-	11,648	- 11,648	-	-	-
Esmee Fairbairn Foundation	50,000	65,000	- 50,000	-	-	65,000
Esmee Fairbairn Foundation	25,000	-	- 12,500	-	-	12,500
The Tudor Trust	10,000	20,000	- 20,000	-	-	10,000
The Ballinger Charitable Trust	-	15,000	- 13,750	-	-	1,250
Lloyds Bank Foundation	19,966	2,250	- 22,216	-	-	-
Virgin Money Foundation	16,008	16,008	- 32,016	-	-	-
Community Foundation Tyne and Wear	33,685	90,521	- 71,972	-	-	52,234
Barbour Foundation	-	10,000	- 7,500	-	-	2,500
UK Youth	-	24,200	- 20,166	-	-	4,034

NHS South Tyneside	-	50,000	-	45,833	-	-	4,167
Postcode Neighbourhood Trust	-	23,619	-	15,746	-	-	7,873
The Bikeability Trust	3,936	25,600	-	25,936	-	-	3,600
Amalgamated Funds Under 10k	345,059	53,872	-	87,119	-	-	311,812
<b>Total Funds</b>	<b>503,654</b>	<b>407,718</b>	-	<b>436,402</b>	-	-	<b>474,970</b>

### 13.3 Transfers between funds

*Please give details of any transfers between funds.*

From Fund (Name)	To Fund (Name)	Reason	Amount



**Note 14 Transactions with related parties**

*If the charity has any transactions with related parties (other than the trustee expenses explained in note 6) details of such transactions should be provided in this note. If there are no transactions to report, please enter "None" in the relevant boxes.*

**14.1 Remuneration and benefits**

*Please give the amount of, and legal authority for, any remuneration or other benefits paid to a trustee or other related parties by the charity or any institution or company connected with it.*

Name of trustee or connected party	Legal authority (eg order, governing document)	Amounts paid or benefit value	
		This year £	Last year £
NONE			

**14.2 Loans**

*Please give details of and amounts owing to or from the charity's trustees or other related parties by the charity at the year end.*

	Name of trustee or connected party	Legal authority	Amount owing	
			This year £	Last year £
Due to trustees and related parties	NONE			
Due from trustees and related parties	NONE			

**14.3 Other transaction(s) with trustees or related parties**

*Please give details of any transaction undertaken by (or on behalf of) the charity in which a trustee or related party has a material interest.*

Name of the trustee or related party	Relationship to charity	Description of the transaction(s)	This year £	Last year £
NONE				

Section C	Notes to the accounts	(cont)
Note 15	Additional Disclosures	
The following are significant matters which are not covered in other notes and need to be included to provide a proper understanding of the accounts. If there is insufficient room here, please add a separate sheet.		



## Independent examiner's report on the accounts

### Section A

### Independent Examiner's Report

Report to the trustees/  
members of

Charity Name  
Bright Futures NE

On accounts for the  
year ended

31<sup>st</sup> March 2023

Charity no  
(if any)

1157578

Set out on pages

Document CC17a pages 1 and 2

**Respective  
responsibilities of  
trustees and examiner**

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- to state whether particular matters have come to my attention.

**Basis of independent  
examiner's statement**

My examination was carried out in accordance with general Directions 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 the 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 respect, the requirements:
  - to keep accounting records in accordance with section 130 of the Charities Act; and
  - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities 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: P.Martin

Date: 05/12/2023

Name: Phillip Martin



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

AFA  
MAAT

Address:

23 Oakham Gardens

North Shields

Tyne & Wear, NE29 7QG

## Section B

## Disclosure

Only complete if the examiner needs to highlight material problems.

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

## Trustees Annual Report for the Period April 2022 to March 2023

### Reference and Administration Details

**Charity Name:** Bright Futures NE

**Registered Charity Number:** 1157578

**Charities Principal Address:** Community Hub  
459 John Williamson Street  
South Shields  
Tyne and Wear  
NE33 5HP

### Name of the charity trustees who manage the charity

Name	Office	Dates acted if not for whole year
Joyce Welsh	Chair	
Stuart Mickle	Treasurer	
Erin Price	Vice Chair	
Andrew Moore	Secretary	
Lorna Jeromson	Member	
Lisa Briscoe	Member	
Helen Hartley	Member	

### Structure, Governance and Management

#### Description of the charity's trusts

**Type of governing documents:** Constitution adopted 01/10/14.

**Trustee selection method:** Trustees are appointed or reappointed annually at the Annual General Meeting held in April.

#### Objectives and Activities

The objects of the organisation are to act as a resource for young women aged up to 25 living in Tyne and Wear by providing advice and assistance and organising programmes of physical, educational and other activities, in particular but not exclusively to address issues concerned with alcohol and substance misuse and sexual health as a means of:



(a) advancing in life and helping young people by developing their skills, capacities and capabilities to enable them to participate in society as independent, mature and responsible individuals;

(b) advancing education;

(c) providing recreational and leisure time activity in the interests of social welfare for people living in the area of benefit who have need by their youth, age, infirmity or disability, poverty or social and economic circumstances with a view to improving the conditions of life of such persons.

## **Achievement and Performance**

Bright Futures is here to Support; Educate; Empower and Influence – giving young women and girls a brighter future and the skills and confidence to tackle some of life's biggest challenges including alcohol misuses, domestic abuse, unemployment, poor mental health and wellbeing, sexual abuse and exploitation. From two Community Hubs; in South Tyneside; over the last year we have changed the lives of over 3500 young women; tackling their needs through flexible and innovative approaches.

Over the course of this financial year, Bright Futures have continued to develop and deliver our wide range of specialist support services across South Tyneside supporting the needs of more young women and girls across our communities.

- Support: Bright Futures have continued to provide one-to-one; long-term and tailored support; group sessions and community, health and wellbeing programmes addressing many of the key issues young women face. For example, through the delivery of our Young Mums and Mums to Be groups and intensive support programme alongside over 100 young mums and their children each week. The continuing development of our community programmes and street-based youth work providing young women and girls opportunities to take part in positive and social activities which has seen us work with over 200 young women in a range of community settings, delivering a wide range of preventative and educational activities aimed at increasing young womens skills and confidence and personal and social development.

Bright Futures have continued to deliver a range of support for young women including tailored 1-1 support for young women and girls who have been affected by child sexual exploitation and abuse. We continue to work in partnership with Northumbria Police as part of the Multi-Agency Exploitation Hub, providing one to one support to young women who are at high risk of or have been a victim of grooming and exploitation as well as receiving referrals from schools, children's services and other statutory and third sector organisations. This support has allowed victims to explore their experiences and develop personalised plans to meet their individual needs. Our trained staff have worked closely with victims to identify their strengths, goals, and needs, tailoring support interventions accordingly and liaising with referring

agencies. We use a trauma informed approach to specifically address the consequences of trauma which takes into account past traumas and adverse experiences recognising the whole life impact to enable us to facilitate healing. We recognise the significant impact poor mental health can have upon the young women we support, services aim to improve mental health support for young people by delivering community and preventative provision to support them before they reach crisis point addressing anxiety, stress, depressions, feelings of loneliness and isolation.

We recognise that young women often require practical assistance; our service provides support in areas such as housing, substance misuse employment, and education. We have collaborated with partner agencies to help young women secure safe accommodation, support to access suitable employment opportunities, and provided more opportunities for them to engage in fun and educational activities building their social connections and reducing their isolation. By addressing practical needs, we have alleviated some of the immediate challenges faced by victims and empowered them to regain stability in their lives. Young women have had access to our ISVA and IDVA service which has provided free, confidential, practical and emotional support to young women who have been a victim of sexual violence, abuse and exploitation which provides Criminal Justice System support and practical guidance.

- **Educate:** Bright Futures have continued to deliver our accredited and non-accredited programmes of education providing wraparound support and awareness of a range of issues including healthy relationships, grooming and exploitation, substance misuse, mental, physical and sexual health. We have delivered education to young women across all local secondary schools in South Tyneside both in formal classrooms settings and through our programme of lunchtime and after school drop-ins across 5 secondary schools which are attended by over 130 young women each week. We have continued to utilise and develop our own innovative and interactive resources providing the opportunity for young women to explore risky situations and develop their decision-making skills; including VR headsets, models and demonstration resources including our drugs box and sexual health box; and games to develop young womens communication, listening and teamwork skills, providing young women with the tools they need to ensure a safer and brighter future.

- **Empower:** Bright Futures have continued to provide young women and girls with greater opportunities to be empowered to develop their knowledge and confidence to support others; training peer supporters and empowering young women to work together. For example, continuing to develop and deliver our Mini Ambassadors Programme which works with girls aged 4-11 as well as delivering Peer Education and Mentoring Programmes. An important element of our work in empowering young women and girls to have the confidence to stand up and have their voices heard within their communities and at a wider level including regionally and nationally is the continuing development and delivery of our Girls Standing Up Project. This project has been designed and delivered alongside all of the young women and girls we work with and



supports their empowerment in planning and delivering projects around issues that are most important to them, this project continues to grow and reach more and more new young women within their communities and has also continued to adapt as well as adapt and change. The GSU project was initially designed to tackle violence against women and girls. However, through consultation with young women taking part and listening to their needs and issues affecting them this has developed significantly, reflecting the ongoing and changing realities of issues affecting young women within their communities and their day to day lives. This has included body confidence, emotional and mental health, period poverty and dignity. Shifting the objectives demonstrates the ethos of the GSU project being young person led, promoting female empowerment and confidence.

As discussed, our Fearless Female Ambassadors have tackled the issue of both period poverty in their community and school toilet access for young women. They have utilised leadership skills to raise the issue with Senior Leaders in their own schools discussing their thoughts and feelings about the issue and understanding the issue from the perspective of the school. The young women have taken the lead on developing a period pass scheme which they negotiated to trial in one secondary school and evaluated its success alongside the school. The young women have promoted the campaign to their peers, in the local media, on social media and by lobbying our local Councillors.

The Fearless Female Ambassadors also recognised the importance of educating male peers about sexism. They developed an award-winning project called 'Are U Sexist' which saw them create educational cards describing sexism and sexist behaviours and offering examples as alternatives. The young women distributed these to young males in their school during break times and explaining the project to the males and the importance of it to them as young women ensuring they recognised their passion. They further distributed them throughout the community in pharmacy's, sexual health clinics, A&E departments, community centres and leisure centres.

The Fearless Female Ambassadors recognised the ongoing harmful impacts of beauty standards on young womens mental health. This prompted their production of a range of projects highlighting the impact of unrealistic body standards, aimed at empowering other young women through innovative resources to promote body positivity as well as celebrating womens different body shapes. The young women reported that they felt empowered during the process of research and delivery of this project.

- Influence: Bright Futures works to influence alongside; and for young women; with a range of partners; including statutory services; local charities and the Government; providing expert advice to influence and raise awareness of the issues faced by today's young women. We are passionate about sharing our learning and outcomes with our peers within the women and girls' sector and with policy makers by continuing to provide quality evidence of what works in empowering women and girls. We understand the



importance of evaluating our project so that we can be confident that we are making a difference in the lives of our beneficiaries but also to identify any opportunities for improvement.

## **Financial Review**

Our main source of income this year has been grant funds which totalled £407,718, of which, £396,999 was restricted. Spending on charitable activities and generating funds was 94% of total expenditure for 2023, this highlights our commitment to utilising the income to where it is most beneficial to our aims and objectives.

At the year end Bright Futures had £474,490 cash and cash equivalents with a split of £140,719 unrestricted and £ 334,251 restricted. The amounts held will allow Bright Futures to continue providing their vital services for several months if all funding comes to a standstill.

The coming year will see Bright Futures build on the work that we have already successfully delivered in improving young women's health and wellbeing, providing them with a brighter future. The aim of this work is to increase the reach of Bright Futures.

## **Declaration**

The trustees have complied with the duty imposed by section 17(5) of the Charities Act 2011 to have due regard to the guidance published by the Charity Commission in respect of public benefit.

Signed on behalf of the trustees: J Welsh

Full name: Joyce Welsh

Position: Management Committee Chair

Date: 20<sup>th</sup> December 2023