Company registration number: 03251475

Charity registration number: 1058420

# Colchester & Tendring Youth Enquiry Service

(A company limited by guarantee)

Annual Report and Financial Statements

for the Year Ended 31 March 2023

Goody's Chartered Accountants Unit 8 Old Forge Court Colchester Road Elmstead Market Essex CO7 7EA

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# Reference and Administrative Details

## Trustees

Alan Lazell (resigned 14 November 2023)

Alistair McGarry (Chairman) (resigned 1 August 2023)

Philip Strangward

Natasha Wainaina

Laura Mathias

Jacqueline Ann Williams (Chairperson) (appointed 1 August 2023)

# **Charity Registration Number**

1058420

# **Company Registration Number**

03251475

The charity is incorporated in England.

# **Registered Office**

9 Trinity Street Colchester Essex CO1 1JN

# **Independent Examiner**

Goody's Chartered Accountants Unit 8 Old Forge Court Colchester Road Elmstead Market Essex CO7 7EA

## Bankers

Barclays Bank 9 High Street Colchester CO1 1PG

Lloyds Bank 27 High Street Colchester CO1 1DU

# Trustees' Report

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2023.

The trustees have adopted the provisions of 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 1 January 2015).

#### **OBJECTIVES AND ACTIVITIES**

#### **Charity Background**

YES, is a youth focused charity offering support and advice on a range of issues from, housing and homelessness, teenage pregnancy, and mental health counselling. The charity has been supporting young people in the North-East Essex area for over 35 years and has a recognised and respected reputation. The charity delivers support to young people in one of the most socially and economically deprived areas of the UK.

YES, was established in 1988 to support young people between the ages of 11-25 whose needs were not being met by the health and social care services at that time. Our original trustees were local people: a GP, a probation worker, a builder, and others who were concerned about the lack of accessible, appropriate, and timely support for young people in North-East Essex.

Today we are continuing to work with young people, helping them navigate through their formative years in previously unprecedented circumstances. In a post-covid world and a growing cost-of-living crisis, the predicted impact on young people has never been greater.

The YES charity still holds the core values of the original trustees 35 years ago and at our heart is to support and inspire young people of North-East Essex for the next 35 years.

#### Objectives and aims

These are set out in the company Memorandum of Association, which has been approved by the Charities Commission. They are "to promote the physical and mental health and social development of young people by the establishment of an information, advocacy, and counselling service in Colchester and Tendring for those in need by means of their social, economic, mental or physical circumstances."

During the year ending 2023 we have continued to deliver the final stages of the YES 3-year business plan, which has continued to deliver our key goals of sustainable funding, increased provision of services and service development. The last 12 months have been a clear period of growth and opportunity to the charity and set a strong vision for the next 3-year business plan.

The year 2022 – 2023 has seen the post COVID impact and the ongoing cost of living crisis on young people continues to increase the demand for YES services. The three core services of mental health support, housing & homelessness and Maternity have seen a sharp increase in numbers.

This year YES has continued to grow its partners networking this includes educational organisations, GP's, Health & Social care, VCSFE, housing providers and the wide community of North-East Essex.

In this year YES has been able to work with over 3500 clients directly through our service and an additional 1000 within secondary and high educational settings. YES has also increased its engagement work and has engaged with another 2000 plus young people. This means YES is engaged with around 7500 young people in 12 months.

Our core aim is to provide children and young people with an information, advice and counselling service which supports them when they are most in need of help. To support this objective, we have developed three main

foundations of our charity with associated other smaller projects that have grown from our engagement with and learning from young people using these core projects.

## Core projects:

## Counselling

Yes provides high quality one to one counselling for young people between the ages of 11-25, this is a non-judgemental, confidential setting and is fully staffed by BACP registered and experienced counsellors. Counselling offers the opportunity for a young person to explore different ways of looking at their life and enables a young person to find ways to cope with their issues and working through to resolution when possible. YES offers a free 8-week core offer of support.

YES also provides a school navigator role supporting young people within the school/college setting through active listening, engaging in discussion and helpful supportive feedback. This is not counselling and therefore the young person can simply talk through their concerns or issues before the need for referral into other more specialised services. The navigator is a first point of contact and is a sign poster to offer the services if required. All school navigators are trained counsellors under the BACP register.

#### Homelessness and housing

YES provides a walk in and appointment-based service for young people up to the age of 25 years old, who are threatened with or are homeless. Our aim, in partnership with local voluntary and statutory partners is to prevent or alleviate homelessness. YES offers individual meetings or ongoing casework our project lead will endeavour to support our young person either to return to the family home where appropriate and safe to do so, or into alternative accommodation, some young people are fleeing abuse or witnessing domestic abuse prompting them to leave home.

YES has seen a substantial rise in housing and accommodation issues, within the North-East Essex area and like the rest of the UK there is a recognised shortage of council, temporary or affordable accommodation. YES is predicting this to continue to rise for young people due to the cost-of-living crisis and the immigration demands on local authorities.

## Maternity

YES offers a support programme for young mothers (and partners) between the ages of 15-25 across North-East Essex. YES maternity team works alongside the NHS specialist midwife under the daisy team remit. This allows YES to access all young mothers through the NHS maternity service, which can be delivered at the two YES office sites and or in a community setting.

The programme is delivered in partnership with HCRG and therefore has access to other support partners such as Barnardo's, Community 360, MOSAIC and Sure Start centres.

The maternity team offer a targeted support offer around debt and money management, maintaining healthy tenancies, living healthy lifestyles. YES also offers group work to communicate with peers around issues/concerns that can be shared and sorted. This group also reduced isolation of the young mothers and allows YES to continue to be involved in the early stages of the baby's life.

YES is part of the new Suffolk and North-East Essex Integrated Care Board (SNEEICB) which works within six domains of a Live Well strategy. The domain YES maternity works within is Start Well and we are a recognised partner in the ICB and are looking to develop and deliver a wider offer in the future.

Other projects that have grown from our engagement with young people using our services:

## Mentoring

In this year YES continued to develop and deliver its mentoring offer across North-East Essex. It has recruited and trained over 15 new mentors, and we have successfully delivered 22 mentoring partnerships. The project continues to develop its offer and over the next year will introduce a mentoring group work strategy to support even more young people.

#### Go Green

The allotment-based project has grown in its delivery and this year saw a record number of young people access the garden. The programme works with young people to break down anxiety issues, reduce social isolation and act as programme of education and relaxation. The programme is successful in building confidence and community engagement. The Go Green project was nominated for 3 awards this year around its community work, Green environmental skills, and youth engagement. The project received two highly recommended and one Gold star award.

#### **Public benefit**

The charity provides services to the 11 to 25 year age band. All services are currently free to the users.

#### STRATEGIC REPORT

#### Achievement and performance Charitable activities

#### Partnerships.

YES, is an independent charity and has existing partnerships with HCRG, Colchester Borough Homes and SNEEICB. YES, partners with YMCA, Beacon House, KORBAN, Peabody Trust and Emmaus around housing and homelessness support.

YES, works with CAMHS, EPUT and other mental health support agencies such as MIND, Young Minds and Teen Talk and support young people with mental health concerns.

YES, works in partnership with the NHS daisy team around teenage pregnancy as well as other maternity partners who include, AFRI UK, STARS, infant feeding, and midwifery, & Open Road

YES, is developing an educational based partnership with 15 secondary schools, the Colchester 6<sup>th</sup> form, and the Colchester institute.

YES, also works in partnership with community 360 and CVST around volunteering including Go Green, front of house, Counsellors, and mentor volunteers. These partnerships allow us to build training, support, and best practice around our volunteering model for the future project of 'Friends of YES'.

#### YES development.

The year 2022 – 2023 has seen YES grown both in delivery and recognition. YES developed its new logo and website to ensure we were able to promote and market our messages and services. This has made it easy for young people to contact us and refer to our services.

The charity also invested in its infrastructure around a central records management system called Lamplight. This has allowed YES to manage its data, evidence, and reporting under one system.

#### Conclusion.

YES continues to be an independent charity working with an increasing number of young people across multiple systems. It has become a core charity within the voluntary sector of North -East Essex and continues to grow its sphere of influence and impact.

YES has an active board of directors, staff and volunteers who are fully committed to supporting Young People.

## Trustees' Report

#### Financial review

The Charity spent unrestricted reserves for the year of £65,019.

At the end of the financial year unrestricted reserves stood at £287,456, however £109,330 of this represents net equity in the freehold property and fixed assets, which is therefore not available for the charity's working capital. In addition, the trustees have set aside £45,764 for Trinity Street repairs, £35,000 for redundancies, £20,000 for the development of the infrastructure and £75,000 for the Contingency Fund in accordance with the reserves policy stated below. The 'free cash' reserves therefore stand at £2,362.

#### Investment policy and objectives

The trustees, having regard to liquidity requirements operate a policy of keeping funds available in an interest bearing deposit account.

# Reserves policy

The Board of Trustees have established a reserves policy which defines reserves as either "restricted funds" (grants given for specific purposes as designated by the grant awarding body) or "designated funds" (general reserves which are designated for particular purposes by the Board of Trustees at each Annual General Meeting). In the current climate the policy is for Reserves to not fall beneath those required to wind up the company in an ordered manner. This is estimated to be £120,000, being an estimate of 4 months' costs in a normal operating year. In light of the effect of the Coronavirus pandemic the Board have decided to defer reviewing the level of the contingency fund until it is better able to assess what will be regarded as normal ongoing costs.

## Future plans

YES.'s priority remains our commitment to providing a holistic, non-judgemental and easily accessible support service for the children and young people in crisis in our area. Whilst the focus must of course be on sustainability and maintaining funding for our services the turbulence of the last few years and the undoubted continuation of these difficult times over the foreseeable future must not let us lose sight of that purpose.

With the continued support of our wonderful volunteer counsellors, the support staff volunteers, our Trustees and staff team we remain committed to providing high quality, free to the client services that support children and young people in achieving positive life choices and positive lifestyles.

New development projects will be around alternative youth groups looking at how we develop and deliver small youth focused support groups for young people. These groups are in development and being coproduced with YES by young people from North-East Essex.

The Youth Enquiry Service are looking to explore other versions of counselling including more group work, digital and more flexible timing, and venues. The Youth Enquiry Service continues to work with a wide set of partners including the NHS, Councils, DWP and the Third Sector ensuring that young people are on the wider health & social care agenda.

#### STRUCTURE, GOVERNANCE AND MANAGEMENT

#### Governing document

Colchester & Tendring Youth Enquiry Service is a registered charity and company, limited by guarantee with no share capital and in the event of it being wound up each member is responsible for its debts and liabilities up to a sum not exceeding £10. As of 31 March 2023 there were 5 members.

Colchester & Tendring Youth Enquiry Service was incorporated on 18th September 1996. It commenced trading on 1st October 1996 when the activities of the Youth Enquiry Service, an unincorporated charity (No. 800163) that had been running since 1987, were taken over.

# Trustees' Report

## Recruitment and appointment of new trustees

The management of Colchester & Tendring Youth Enquiry Service is vested in a Board of Directors ("the Board"), who are also the Trustees, with a quorum consisting of a minimum of 2 Trustees. The Board meets at monthly intervals to determine the policy and organisational structure and to review and monitor the management of Colchester & Tendring Youth Enquiry Service. The Board may appoint such sub-committees as may be deemed necessary for the Board and shall determine their terms of reference, powers, durations and composition, provided that all acts and proceedings of such sub-committee shall be reported back to the Board as soon as possible.

New trustees are recruited by an open recruitment process targeting individuals who have relevant experience.

## Organisational structure

The charity has a board of members that oversee the running of the charity and makes key strategic decisions. The board typically meets on the third Tuesday of the month.

The charity has a paid CEO responsible for the day to day running of the charity together with fund raising, the CEO reports directly to the board of members. The CEO is supported by a finance manager.

Other staff members work directly on projects and charitable activities.

## Induction and training of new trustees

New trustees are invited to the offices to meet the staff to gain an understanding of the Charity. The Memorandum and Articles of Association are available on request and advised that further guidance can be found at the Charities Commission's website. As and when available Trustees are informed of relevant external training courses.

#### Risk management

The Trustees have identified major risks to which the Charity is exposed and consider that the systems in place are adequate to mitigate those risks. The risks and systems are continually reviewed as appropriate.

The major risks identified include:

maintaining funding for services

ensuring the correct policies are in place and adhered when working with young, vulnerable individuals ensuring the physical and mental well-being of staff and volunteers

#### Trustees and officers

The trustees and officers serving during the year and since the year end were as follows:

Trustees:

Alan Lazell (resigned 14 November 2023)

Alistair McGarry (Chairman) (resigned 1 August 2023)

Philip Strangward

Natasha Wainaina

Laura Mathias

Jacqueline Ann Williams (Chairperson) (appointed 1 August 2023)

## Trustees' Report

#### Statement of trustees' responsibilities

The trustees (who are also the directors of Colchester & Tendring Youth Enquiry Service for the purposes of company law) are responsible for preparing the trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice), including FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland".

Company law requires the trustees to prepare financial statements for each financial year. Under company law the trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including its income and expenditure, of the charitable company for that period. In preparing these financial statements, the trustees are required to:

- · select suitable accounting policies and apply them consistently;
- · observe the methods and principles in the Charities SORP;
- · make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards, comprising FRS 102 have been followed, subject to any
  material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The trustees are responsible for keeping proper accounting records that can disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

#### Disclosure of information to auditor

Each trustee has taken steps that they ought to have taken as a trustee in order to make themselves aware of any relevant audit information and to establish that the charity's auditor is aware of that information. The trustees confirm that there is no relevant information that they know of and of which they know the auditor is unaware.

The annual report was approved by the trustees of the charity on 30 January 2024 and signed on its behalf by:

Jacqueline Ann Williams (Chairperson)

Philip Strangward

Trustee

# Independent Examiner's Report to the trustees of Colchester & Tendring Youth Enquiry Service ("the Company")

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2023.

# Responsibilities and basis of report

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

Having satisfied myself that the accounts of Colchester & Tendring Youth Enquiry Service 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 your 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 Company'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 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:

- accounting records were not kept in respect of Colchester & Tendring Youth Enquiry Service as required by section 386 of the 2006 Act; or
- 2. the accounts do not accord with those records; or
- the accounts 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 accounts 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.

(Date) 28/1/24

Goody's Chartered Accountants

**Unit 8 Old Forge Court** 

Colchester Road

Elmstead Market

Essex CO7 7EA

# Statement of Financial Activities for the Year Ended 31 March 2023 (Including Income and Expenditure Account and Statement of Total Recognised Gains and Losses)

	Total 2023		Total 2022
	Note	£	£
Income and Endowments from:			
Donations and legacies	3	7,118	29,014
Charitable activities	4, 5	452,039	423,046
Investment income	6	4,253	5,787
Other activities	7	(216)	(38)
Total income	-	463,194	457,809
Expenditure on:			
Charitable activities	8	(290,447)	(218,809)
Support costs	9	(173,072)	(152,691)
Total expenditure	-	(463,519)	(371,500)
Net (expenditure)/income	12-1	(325)	86,309
Net movement in funds		(325)	86,309
Reconciliation of funds			
Total funds brought forward	_	550,765	464,456
Total funds carried forward	18	550,440	550,765

All of the charity's activities derive from continuing operations during the above two periods. The funds breakdown for 2022 is shown in note 18.

(Registration number: 03251475) Balance Sheet as at 31 March 2023

	Note	2023 £	2022 £
Fixed assets			
Tangible assets	13	219,460	226,386
Current assets			
Debtors	14	58,479	23,571
Cash at bank and in hand	15	389,293	419,579
		447,772	443,150
Creditors: Amounts falling due within one year	16	(14,276)	(10,702)
Net current assets	1	433,496	432,448
Total assets less current liabilities		652,956	658,834
Creditors: Amounts falling due after more than one year	17	(102,516)	(108,069)
Net assets	-	550,440	550,765
Funds of the charity:			
Restricted income funds			
Restricted funds	18	262,984	198,290
Unrestricted income funds			
Unrestricted funds		287,456	352,475
Total funds	18	550,440	550,765

The financial statements on pages 10 to 24 were approved by the trustees, and authorised for issue on 30 January 2024 and signed on their behalf by:

Jacqueline Ann Williams

Philip Strangward

Trustee

#### Notes to the Financial Statements for the Year Ended 31 March 2023

## 1 Charity status

The charity is limited by guarantee, incorporated in England, and consequently does not have share capital. Each of the trustees is liable to contribute an amount not exceeding £10 towards the assets of the charity in the event of liquidation.

The address of its registered office is: 9 Trinity Street Colchester Essex CO1 1JN

These financial statements were authorised for issue by the trustees on 30 January 2024

## 2 Accounting policies

#### Summary of significant accounting policies and key accounting estimates

The principal accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all the years presented, unless otherwise stated.

#### Statement of compliance

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)) (issued in October 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

#### Basis of preparation

Colchester & Tendring Youth Enquiry Service 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 notes.

#### Going concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern nor any significant areas of uncertainty that affect the carrying value of assets held by the charity.

## Income and endowments

All income is recognised once the charity has entitlement to the income, it is probable that the income will be received and the amount of the income receivable can be measured reliably.

# Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

# Notes to the Financial Statements for the Year Ended 31 March 2023

#### Taxation

The charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

## Allocation and apportionment of costs

Support costs are allocated to activities on the following basis:

Premises Floor area Office Staff time Communications Staff time Other support costs Staff time/ usage

#### Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanations of the nature and purpose of each fund is included in the notes to the financial statements.

#### Depreciation and amortisation

Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

#### Asset class

Freehold Property Fixtures and fittings

# Depreciation method and rate

2% on cost

#### Hire purchase and leasing commitments

Rentals paid under operating leases are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.

#### Pensions and other post retirement obligations

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

# Notes to the Financial Statements for the Year Ended 31 March 2023

3 Donations and legacies		
	2023	2022
	£	£
Donations	6,739	29,014
Miscellaneous income	380	
	7,119	29,014
4 Income from charitable activities		
	Restricted	Total
	funds	2023
	£	£
Housing and debt	85,828	85,828
Counselling	137,725	137,725
Parenting	119,557	119,557
Befriender	20,000	20,000
School Navigator	30,000	30,000
Tendring Drop in	49,929	49,929
Go Green	9,000	9,000
	452,039	452,039
	Restricted funds £	Total 2022 £
Housing and debt	37,528	37,528
Counselling	153,839	153,839
Parenting	100,624	100,624
Befriender	41,000	41,000
School Navigator	51,198	51,198
Digital	11,040	11,040
Go Green	14,000	14,000
Support	13,817	13,817
	423,046	423,046

# Notes to the Financial Statements for the Year Ended 31 March 2023

143,564

70,045 8,615

31,928

26,243

26,286

110,003

463,519

#### Income from charitable activities by activity 5

Counselling

Parenting

Go Green

Mediation

Befriending

School Navigator

Support activities

	Activity	2023 £	2022 £
Grants	Housing and debt	85,828	37,525
Grants	Counselling	137,725	153,839
Staff secondment	Parenting		10,324
Grants	Parenting	119,557	90,300
Grants	Go Green	9,000	14,000
Grants	Befriending	20,000	41,000
Grants	Support activities	** **	13,817
Grants	School Navigator	30,000	51,198
Grants	Tendring Drop in (Digital)	49,929	11,040
		452,039	423,043
6 Investment income			
		2023 £	2022 £
Rents received		3,989	5,772
Deposit account interest		264	15
		4,253	5,787
7 Other activities			
		2023 £	2022 £
Fundraising events		(216)	(38)
8 Expenditure on charital	ole activities		
	Unrestricted funds General £	Restricted funds	Total 2023 £
Housing and debt	8,909	37,926	46,835
	0,505	2.,=0	,,,,,

8,589

(46,937)

(3,635)

4,528

13,869

(12,214)

103,065

76,174

134,975

116,982

12,250

27,400

12,374

38,500

6,938

387,345

# Notes to the Financial Statements for the Year Ended 31 March 2023

	Unrestricted funds General £	Restricted funds £	Total 2022 £
Housing and debt	5,083	35,556	40,639
Counselling	(25,697)	106,839	81,142
Parenting	18,933	41,932	60,865
Go Green	8,786	3,891	12,677
School Navigator	(9,208)	31,798	22,590
Mediation	9,212	24,749	33,961
Befriending	(4,217)	27,402	23,185
Support activities	71,148	25,293	96,441
	74,040	297,460	371,500

# 9 Analysis of support costs

Support costs allocated to chari	table activities			
Suppose com unocarea co cama-	Support and management £	Other support costs	Finance costs	Total 2023 £
Housing and debt	8,264	-	1,313	9,577
Counselling	26,266	-	3,481	29,747
Parenting	14,030	-	1,862	15,892
Go Green	1,369	-	193	1,562
School navigator	4,837	-	204	5,041
Mediation	5,240	-	497	5,737
Befriending	3,891	-	292	4,183
Support activities	101,332			101,332
	165,229	-	7,842	173,071
	Support and	Other		Total
	management £	support costs	Finance costs £	2022 £
Housing and debt	5,463	÷	1,350	6,813
Counselling	15,539	-	3,578	19,117
Parenting	10,220	i <del>-</del>	1,914	12,134
Go Green	860		99	959
	900		99	737
School navigator	2,862	-	300	3,162
School navigator Mediation		-		
AND THE STREET AND ADDRESS OF THE STREET AND	2,862	-	300	3,162
Mediation	2,862 4,582	7,459	300 722	3,162 5,304

# Notes to the Financial Statements for the Year Ended 31 March 2023

Support costs, included in the above, are as follows:

	Housing £	Counselling £	Parenting £	Go Green	School Navigator £
Wages	-	-		-	-
Costs of premises	4,085	13,452	7,778	600	1,987
Telephone	2,063	6,324	3,085	380	1,406
Postage & stationery	453	1,390	678	83	309
Advertising	378	1,159	566	69	258
Sundries	368	1,129	551	68	251
Interest payable & similar					
charges	1,313	3,481	1,862	193	204
Depreciation of tangible fixed					
assets	917	2,812	1,372	169	626
-	9,577	29,747	15,892	1,562	5,041
	Mediation	Befriending	Support services	2023	2022
	£	£	£	£	£
Wages	-	-	101,332	101,332	88,751
Costs of premises	2,897	1,543	_	32,342	29,379
Telephone	1,156	1,158	-	15,572	7,674
Postage & stationery	254	256	-	3,423	7,158
Advertising	212	212	-	2,854	831
Sundries	207	207	_	2,781	3,176
Interest payable & similar					
charges	497	292	-	7,842	8,263
Depreciation of tangible fixed					
assets	514	515	-	6,925	7,459
-	5,737	4,183	101,332	173,071	152,691
10 Net incoming/outgoing re Net (outgoing)/incoming (outg		or the year include	:		
	20408			2023	2022
				£	£
Operating leases - other assets				(744)	(1,654)
Depreciation of fixed assets				(6,925)	(7,459)

# 11 Trustees remuneration and expenses

No trustees, nor any persons connected with them, have received any remuneration from the charity during the year.

# Notes to the Financial Statements for the Year Ended 31 March 2023

The amount of expenses reimbursed to the trustees during the year totalled £Nil (2022 - £Nil). The value in respect of goods and services received by the trustees during the year totalled £Nil (2022 - £Nil).

# 12 Staff costs

The aggregate payroll costs were as follows:

	2023 £	2022 £
Staff costs during the year were:		
Wages and salaries	326,133	256,062
Social security costs	18,094	14,400
Other pension costs	4,659	3,748
-	348,886	274,210

The monthly average number of persons (including senior management / leadership team) employed by the charity during the year expressed as full time equivalents was as follows:

	2023 No	2022 No
Charitable	13	9
Administration	4	4
	17	13

No employee received emoluments of more than £60,000 during the year.

# Notes to the Financial Statements for the Year Ended 31 March 2023

13 Tangible fixed ass
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Cost         At 1 April 2022         293,663         17,759         311,422           At 31 March 2023         293,663         17,759         311,422           Depreciation         85,036         16,699         85,036           Charge for the year         6,212         714         6,926           At 31 March 2023         74,549         17,413         91,962           Net book value         346         219,460         226,386           At 31 March 2023         219,114         346         219,460           At 31 March 2022         225,326         1,060         226,386           14 Debtors           2023         2022         £           Cother debtors         58,479         23,571           15 Cash and cash equivalents         2023         2022           £         £         £           Cash at bank - unrestricted         126,309         221,289           Cash at bank - restricted         262,984         198,290           At 3 March 2 case at bank - restricted         262,984         198,290           At 5 cash at bank - restricted         2023         2022           £         £         £           Bank loans		Land and buildings	Furniture and equipment	Total £
At 31 March 2023   293,663   17,759   311,422     Depreciation	Cost			
Name	At 1 April 2022	293,663	17,759	311,422
At 1 April 2022         68,337         16,699         85,036           Charge for the year         6,212         714         6,926           At 31 March 2023         74,549         17,413         91,962           Net book value         At 31 March 2023         219,114         346         219,460           At 31 March 2022         225,326         1,060         226,386           14 Debtors         2023         2022         £           Cher debtors         58,479         23,571           15 Cash and cash equivalents         2023         2022           Cash at bank - unrestricted         126,309         221,289           Cash at bank - restricted         262,984         198,290           389,293         419,579           16 Creditors: amounts falling due within one year         2023         2022           E         £           Bank loans         5,553         5,5196           Other taxation and social security         6,640         4,281           Other creditors         2,083         1,225           14,276         10,702           17 Creditors: amounts falling due after one year         2023         2022	At 31 March 2023	293,663	17,759	311,422
Charge for the year         6,212         714         6,926           At 31 March 2023         74,549         17,413         91,962           Net book value         At 31 March 2023         219,114         346         219,460           At 31 March 2022         225,326         1,060         226,386           14 Debtors         2023         2022         £           Other debtors         2023         2022         £           Cash and cash equivalents         2023         2022         £         £           Cash at bank - unrestricted         126,309         221,289         23,571         2023         2022         £	Depreciation			
At 31 March 2023 74,549 17,413 91,962  Net book value  At 31 March 2023 219,114 346 219,460  At 31 March 2022 225,326 1,060 226,386  14 Debtors  2023 2022 £ £ Cother debtors  15 Cash and cash equivalents  2023 2022 £ £ £ Cash at bank - unrestricted  2023 2022 £ £ £ Cash at bank - restricted  2023 2022 £ £ £ Cash at bank - restricted  2023 2022 £ £ £ Cash at bank - restricted  2023 2022 £ £ £ Cash at bank - restricted  2023 2022 £ £ £ Cash at bank - restricted  2023 2022 £ £ £ Cash at bank - restricted  2023 2022 £ £ £ Cash at bank - restricted  2023 2022 £ £ £ Cash at bank - restricted  2023 2022 £ £ Cash at bank - restricted  2023 2022 £ £ Cash at bank - restricted  2023 2022 £ £ Cash at bank - restricted  2023 2022 £ £ Cash at bank - restricted  2023 2022 £ £ Cash at bank - restricted  2023 2022 £ £ Cash at bank - restricted  2023 2022 £ £ Cash at bank - restricted  2023 2022 £ £ Cash at bank - restricted  2023 2022 £ £ Cash at bank - restricted  2023 2022 £ £ £ Cash at bank - restricted	At 1 April 2022	68,337	16,699	85,036
Net book value           At 31 March 2023         219,114         346         219,460           At 31 March 2022         225,326         1,060         226,386           14 Debtors           2023         2022         £ <td< td=""><td>Charge for the year</td><td>6,212</td><td>714</td><td>6,926</td></td<>	Charge for the year	6,212	714	6,926
At 31 March 2023         219,114         346         219,460           At 31 March 2022         225,326         1,060         226,386           14 Debtors           2023         2022         £ <td>At 31 March 2023</td> <td>74,549</td> <td>17,413</td> <td>91,962</td>	At 31 March 2023	74,549	17,413	91,962
At 31 March 2022 225,326 1,060 226,386  14 Debtors    2023	Net book value			
14 Debtors         2023 general genera	At 31 March 2023	219,114	346	219,460
Other debtors         2023 £         2022 £           15 Cash and cash equivalents         2023 £         2022 £           15 Cash at bank - unrestricted         126,309 221,289 £         221,289 222 £           Cash at bank - restricted         262,984 198,290 289 293 2419,579 293 2022 £         198,290 293 2022 £           16 Creditors: amounts falling due within one year         2023 £         2022 £           Bank loans         5,553 5,196 200 200 200 200 200 200 200 200 200 20	At 31 March 2022	225,326	1,060	226,386
Other debtors         2023 £         2022 £           58,479         23,571           15 Cash and cash equivalents         2023 £         2022 £           Cash at bank - unrestricted         126,309         221,289           Cash at bank - restricted         262,984         198,290           Cash at bank - restricted         262,984         198,290           389,293         419,579           16 Creditors: amounts falling due within one year         2023 £         2022 £           Eank loans         5,553         5,196           Other taxation and social security         6,640         4,281           Other creditors         2,083         1,225           014,276         10,702           17 Creditors: amounts falling due after one year         2023 2022 £         £	14 Debtors			
Other debtors         £         £           58,479         23,571           15 Cash and cash equivalents         2023         2022           £         £           Cash at bank - unrestricted         126,309         221,289           Cash at bank - restricted         262,984         198,290           Cash at bank - restricted         2023         2022           £         £           Bank loans         5,553         5,196           Other taxation and social security         6,640         4,281           Other creditors         2,083         1,225           14,276         10,702           17 Creditors: amounts falling due after one year         2023         2022           £         £	14 Deptots		2023	2022
15 Cash and cash equivalents   2023   £ £ £				
Cash at bank - unrestricted       126,309       221,289         Cash at bank - restricted       262,984       198,290         389,293       419,579         16 Creditors: amounts falling due within one year         Bank loans       5,553       5,196         Other taxation and social security       6,640       4,281         Other creditors       2,083       1,225         14,276       10,702         17 Creditors: amounts falling due after one year       2023       2022         £       £         £       £	Other debtors		58,479	23,571
Cash at bank - unrestricted       126,309       221,289         Cash at bank - restricted       262,984       198,290         389,293       419,579         16 Creditors: amounts falling due within one year         Bank loans       5,553       5,196         Other taxation and social security       6,640       4,281         Other creditors       2,083       1,225         14,276       10,702         17 Creditors: amounts falling due after one year       2023       2022         £       £         £       £	15 Cash and cash equivalents			
Cash at bank - restricted         262,984 389,293         198,290 419,579           16 Creditors: amounts falling due within one year           Bank loans         2023 £         2022 £           Other taxation and social security         6,640 4,281         4,281           Other creditors         2,083 1,225 14,276 10,702         10,702           17 Creditors: amounts falling due after one year         2023 2022 £         2022 £	•			
389,293       419,579         16 Creditors: amounts falling due within one year         Bank loans       2023       2022       £       £         Bank loans       5,553       5,196         Other taxation and social security       6,640       4,281         Other creditors       2,083       1,225         14,276       10,702         17 Creditors: amounts falling due after one year       2023       2022         £       £       £	Cash at bank - unrestricted		126,309	221,289
16 Creditors: amounts falling due within one year         2023       2022         £       £         Bank loans       5,553       5,196         Other taxation and social security       6,640       4,281         Other creditors       2,083       1,225         14,276       10,702         17 Creditors: amounts falling due after one year       2023       2022         £       £	Cash at bank - restricted		262,984	198,290
2023   £ £   £   £   £   £   £   £   £   £			389,293	419,579
2023   £ £   Bank loans   5,553   5,196     Other taxation and social security   6,640   4,281     Other creditors   2,083   1,225     14,276   10,702     17 Creditors: amounts falling due after one year   2023   2022     £ £	16 Creditors: amounts falling due within one year			
Bank loans       5,553       5,196         Other taxation and social security       6,640       4,281         Other creditors       2,083       1,225         14,276       10,702         17 Creditors: amounts falling due after one year       2023       2022         £       £				
Other taxation and social security         6,640         4,281           Other creditors         2,083         1,225           14,276         10,702           17 Creditors: amounts falling due after one year           2023         2022           £         £	D 11			
Other creditors         2,083         1,225           14,276         10,702           17 Creditors: amounts falling due after one year         2023         2022           £         £				
14,276 10,702  17 Creditors: amounts falling due after one year  2023 2022 £ £	***			
17 Creditors: amounts falling due after one year  2023 2022 £ £	Other electrons			
2023 2022 £ £			11,270	10,702
£	17 Creditors: amounts falling due after one year			
	Bank loans			

# Notes to the Financial Statements for the Year Ended 31 March 2023

# 18 Movement in funds

TO MOVEMENT IN TUNES	Balance at 1 April 2022 £	Incoming resources	Resources expended £	Balance at 31 March 2023 £
Unrestricted funds				
General				
General fund	2,381	11,155	(11,174)	2,362
Building fund	45,764	-	-	45,764
Redundancy fund	35,000	-	-	35,000
Capital fund	119,330	-	(10,000)	109,330
Infrastructure fund	30,000	_	(10,000)	20,000
Contingency fund	120,000	-	(45,000)	75,000
	352,475	11,155	(76,174)	287,456
Restricted funds				
СВН		35,528	(35,528)	_
HCRG (Virgin)	_	41,932	(41,932)	_
Homeless Grants	2,960	800	(2,898)	862
HCRG (Virgin) - navigator	7,000	-	(7,000)	-
ECF - Go Green	7,000	6,000	(3,750)	2,250
ECF - School Navigator	12,400	10,000	(17,400)	5,000
ECF - Digital	6,938	-	(6,938)	-
ECF - Sexual Health	-	16,885	(8,442)	8,443
ECF - Nationwide	12,374	-	(12,374)	_
CBC Voluntary Fund	15,000	20,000	(20,000)	15,000
David Cock Foundation - Go Green	3,750	3,000	(4,500)	2,250
David Cock Foundation - School	3,750	2,000	(-3)	
Navigator	Ξ.	20,000	(10,000)	10,000
TCVS - Feel Well	=	49,929	7 <del>=</del>	49,929
Catalyst - Mentoring	11,000	-	(11,000)	-
Community 360 - Realising Ambitions	60,000	-	(30,000)	30,000
Community 360 - Feel Well	_	49,500	2=	49,500
Catalyst - Counselling	-	225	(225)	-
Active Essex	10,000	740	(8,240)	2,500
ICC maternity	48,368	60,000	(58,368)	50,000
ICC Counselling	-	95,000	(95,000)	-
Age Well East	-	27,500	(13,750)	13,750
Tendring District Council	_	15,000	·-	15,000
Screwfix	8,500			8,500
Total restricted funds	198,290	452,039	(387,345)	262,984
Total funds	550,765	463,194	463,591	550,440

# Notes to the Financial Statements for the Year Ended 31 March 2023

	Balance at 1 April 2021 £	Incoming resources	Resources expended £	Balance at 31 March 2022 £
Unrestricted funds				
General				
General fund	31,017	45,404	(74,040)	2,381
Building fund	45,764	-	-	45,764
Redundancy fund	35,000	-	-	35,000
Capital fund	119,330	-	_	119,330
Infrastructure fund	30,000	-	-	30,000
Contingency fund	120,000	-		120,000
	381,111	45,404	(74,040)	352,475
Restricted				
СВН	_	35,028	(35,028)	=
HCRG (Virgin) - parenting	_	41,932	(41,932)	-
Homeless Grants	988	2,500	(528)	2,960
HCRG (Virgin) - navigator	-	14,000	(7,000)	7,000
ECF - Go Green	1,641	1,000	(2,641)	
ECF - Realising Ambitions	-,	34,915	(34,915)	=
ECF - School Navigator	-	37,198	(24,798)	12,400
ECF - East of England Co-Op	-	5,022	(5,022)	-
ECF - Digital	_	11,040	(4,102)	6,938
ECF - Nationwide	37,123	-	(24,749)	12,374
CBC Voluntary Fund	29,402	20,000	(34,402)	15,000
David Cock Foundation - Go Green		5,000	(1,250)	3,750
CBC DWP	14,191	-	(14,191)	-
TCVS - Feel Well	-	14,500	(14,500)	-
Catalyst - Mentoring	-	11,000	** ** ** **	11,000
Essex County Council	_	46,427	(46,427)	-
Community 360 - Realising Ambitions	-	60,000	-	60,000
TCVS - Suicide prevention	-	3,500	(3,500)	-
Catalyst - Counselling	_	2,475	(2,475)	-
Active Essex	-	10,000	-	10,000
ICC maternity	-	48,368	-	48,368
Screwfix	-	8,500	-	8,500
Total restricted funds	83,345	412,405	(297,460)	198,290
Total funds	464,456	457,809	(371,500)	550,765

# Notes to the Financial Statements for the Year Ended 31 March 2023

#### RESTRICTED FUNDS

Colchester Borough Housing - Grant for Homelessness prevention and tenancy sustainment advice and assistance.

## HCRG Group (formerly Virgin Care)

- Teen Pregnancy Child and family wellbeing service contract for teenage pregnancy and young parent support linking with the Children's Centres across North-East Essex.
- · School Navigator School navigator to work in schools with School Nurses

Local Business grants - debt and housing advice and support for young parents and raising aspirations

SLICE - meal deal voucher scheme

#### **Essex Community Foundation grants**

- Go-Green support the garden and allotment project to help young clients develop life skills and improve mental, emotional, and physical health.
- Realising Ambitions Supporting Counselling for young adolescents with poor mental health, family relationships and difficulties with school behaviour
- School Navigators Grant supporting School Navigators working with secondary schools providing a low level listening ear support signpost on to other relevant support where required
- Digital Grant to support rebranding and development of new web site and Central Records System
- Nationwide Community Grants -Skills for life to provide a Mediator to work with young people to prevent homelessness and to empower them to engage positively with wider society
- Sexual Health Grant to deliver Sexual Health advice and information in secondary schools

## **Colchester Catalyst**

- · Grants for counselling.
- · Grant to support Mentoring project Tendring including group activity support

#### **Colchester Borough Council**

- Voluntary Welfare Grants Grant for mentoring project in Colchester
- DWP Grant to support employability project

## **Tendring Community Voluntary Service**

- Transformation Grant to provide counselling service in Tendring
- · Suicide prevention grant Tendring
- Feel Well Fund Grant to support new office space in Tendring and to provide a navigator post based in the Tendring office

#### Community 360

- Realising Ambitions Grant to support Counselling and School Navigator Project
- Realising Ambitions Grant to support Go Green project
- Feel Well Fund Grant to provide a Health & Wellbeing housing support worker

#### **David Cock Foundation**

- · Grant to support Go Green Project
- · Grant to support School Navigator Project

Active Essex - Grant to support Activities in Tendring linked to the mentoring project

#### NHS Suffolk & North-East Essex CCG

- Grant for Maternity Support for 19 to 24 year olds
- · Grant to provide counselling for 11 to 24 year olds

Age Well East - Grant to provide bereavement support

Screwfix - grant to support the renovation of the Colchester office

## Notes to the Financial Statements for the Year Ended 31 March 2023

## DESIGNATED FUNDS

Building fund - to cover major repairs.

Redundancy fund - to cover the cost of redundancy payments.

Capital fund - represents the net equity in fixed assets which cannot be readily converted to cash and can therefore not be classified as 'free' reserves.

Infrastructure fund - to develop the IT and management provisions.

Contingency fund - amount set aside to support the reserves policy.

# 19 Related party transactions

There were no related party transactions in the year

#### 20 Financial instruments

## Financial assets pledged as collateral

Freehold property

The carrying amount of the financial assets pledged as collateral is £293,663 (2022 - £293,663).

Bank loans included within creditors totalling £108,069 (2022 - £113,265) are secured by a charge over the freehold property.

# Detailed Statement of Financial Activities for the Year Ended 31 March 2023

	Total 2023 £	Total 2022 £
Income and Endowments from:		
Donations and legacies (analysed below)	7,118	29,014
Charitable activities (analysed below)	452,039	423,046
Investment income (analysed below)	4,253	5,787
Other activities (analysed below)	(216)	(38)
Total income	463,194	457,809
Expenditure on:		
Charitable activities (analysed below)	290,447	218,809
Support costs (analysed below)	173,072	152,691
Total expenditure	463,519	371,500
Net (expenditure)/income	(325)	86,309
Net movement in funds	(325)	86,309
Reconciliation of funds		
Total funds brought forward	550,765	464,456
Total funds carried forward	550,440	550,765

# Detailed Statement of Financial Activities for the Year Ended 31 March 2023

	Total 2023 £	Total 2022 £
Donations and legacies		
Appeals and donations	6,738	29,014
Other income	380	
	7,118	29,014
Charitable activities		
Grants - other agencies	452,039	412,722
Seconded staff		10,324
	452,039	423,046
Investment income		
Rental income	3,989	5,772
Interest on cash deposits	264	15
	4,253	5,787
Other activities		
Fundraising events	(216)	(38)
	(216)	(38)
Charitable activities		
Wages and salaries	224,802	167,311
Staff NIC (Employers)	18,094	14,400
Staff pensions (Defined contribution) - pension scheme 1	4,659	3,748
Staff training	1,874	1,515
Hire of other assets (Operating leases)	744	1,654
Sundry expenses	28,161	24,457
Travel and subsistence	3,638	1,802
Session fees	8,475	3,922
	290,447	218,809

# Detailed Statement of Financial Activities for the Year Ended 31 March 2023

	Total 2023	Total 2022
	£	£
Support costs		
Support and management		
Wages and salaries	101,332	88,751
Costs of premises	32,342	29,380
Telephone	15,572	7,673
Printing, postage and stationery	3,423	7,158
Sundry expenses	2,781	3,176
Advertising	2,855	831
	158,305	136,969
Other		
Depreciation	6,925	7,459
Finance costs		
Loan interest	7,842	8,263
	173,072	152,691