

Registered Charity Number 1088835
Company Number 4183173

NO LIMITS (SOUTH)

**TRUSTEES' REPORT AND
FINANCIAL STATEMENTS**

FOR THE YEAR ENDED 31 MARCH 2016

No Limits (South)

Financial Statements

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No Limits (South)

Trustees' Report for the Year Ended 31 March 2016

Charity Reference and Administrative Details

Charity No	1088835	
Company No	4183173	
Trustees	Simon Derrick Pat James Stephen Taylor David Blake Martin Roscoe Carol Evans Sarah Anderson David Gilani Tony Maybery Pam Manger	Chair Vice-Chair Chair of Finance (resigned 16 November 2015) (appointed 25 May 2016) (appointed 29 April 2015, resigned 16 November 2015) (resigned 16 November 2015) (resigned 16 November 2015)
Company Secretary	Daniel Spooner (Finance Manager)	
Registered Office	35 The Avenue Southampton SO17 1XN	<i>(Copies of financial statements can be obtained from this address)</i>
Auditors	Fiander Tovell LLP Stag Gates House 63/64 The Avenue Southampton SO17 1XS	
Bankers	Bank of Scotland 33 Old Broad Street London BX2 1LB	

The company is limited by guarantee and has no share capital. The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed by its Articles of Association. Under those Articles, all Trustees are elected at the AGM and retire by rotation every three years thereafter.

Trustees' Annual Report for the year ended 31 March 2016

The Trustees present their annual report and the audited financial statements of the charity for the year ended 31 March 2016.

The financial statements have been prepared in accordance with the accounting policies set out in notes to the accounts and comply with the charity's memorandum and articles (its governing document), the Charities Act 2011, Companies Act 2006 and "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)".

The annual report includes the directors' report as required by company law.

Objectives

The Charity exists to help relieve and prevent suffering caused by mental or physical ill-health or by social or economic circumstances amongst young people by establishing, maintaining and developing an information, advice, support and counselling service for the individual and/or group.

The Charity achieves its objectives by:

- Offering open access advice and support for young people aged up to 26 at drop-in centres in Southampton
- Offering advice and support to children and young people through outreach venues in Southampton and Hampshire including the majority of secondary schools, Further Education (FE) colleges and youth projects throughout Southampton and Eastleigh.
- Offering emotional health and wellbeing support to children and young people in Southampton secondary schools and FE colleges through Southampton Healthy Ambition service and Headstart counselling service.
- Advocating for and supporting children and young people who are Looked After by Local Authorities or Children in Need in Southampton, Hampshire and Portsmouth
- Offering advice and support to families and children and young people within them.
- Advising and supporting young people in the community and within their homes through our Floating Support, Next Steps and Just4U (advocacy and independent visiting) services. Through our DASH and Next Steps projects we also work with young people from Southampton in police cells, prison and Youth Offending Institutions.

Young people can access resources, information and advice, support, advocacy and counselling from specialist workers, counsellors and Youth Advice staff (and staff from other agencies) on a whole range of issues including children and young people's rights; family and relationships; money management and benefits; emotional health and wellbeing; education, employment and training; housing and homelessness; substance misuse and sexual health; involvement in or being a victim of crime, bullying or discrimination; parenting issues; neglect, abuse and exploitation.

Policies

The aims of the agency are to help children and young people (aged under 26) to help themselves achieve positive outcomes through:

- Offering caring, supportive, confidential environments where young people can explore issues which are affecting their lives.
- Providing accurate and up to date information and good advice relevant to young people's needs.

- Enabling young people to explore options, gain skills and resources, solve problems and make informed decisions.
- Enabling awareness of their rights and responsibilities and to advocate for and promote children and young people's rights.

Policies have been formulated and approved by the Trustees to support these aims and the safe, effective running of the service.

The Trustees review performance against annual and strategic objectives shown in the Charity's three year Business Plan which is regularly updated. The executive sub group of trustees reviews performance every two months by considering key performance indicators and monitoring returns to funders. This includes detailed targets in respect of services provided to the various client groups.

The Charity successfully achieved the vast majority of its performance objectives in the year, often greatly over performing against its targets.

Public Benefit and Charitable Purposes

'Charitable purposes' are those that fall within the descriptions of charitable purposes set out in the Charities Act, and that are for the public benefit.

No Limits Charitable purposes include the following as described in the Charities Act:

- i) the prevention or relief of poverty;
- ii) the advancement of education;
- iii) the advancement of health;
- iv) the advancement of citizenship or community development;
- v) the advancement of human rights, conflict resolution or reconciliation or racial harmony or equality and diversity;
- vi) the relief of those in need, by reason of youth, age, ill-health, disability, financial hardship or other disadvantage.

The Charity Trustees' responsibility is to ensure that they carry out their Charity's aims for the public benefit and report on their Charity's public benefit in their Trustees' Annual Report.

Trustee Recruitment

No Limits (South) is committed to having a diverse and active Trustee board. The Trustee Recruitment, Selection and Induction process that No Limits (South) has seeks to follow the Charity Commission document RS1. There are currently four vacancies on the Trustee Board. No Limits (South) is actively seeking to recruit new trustees especially with a legal background. However No Limits (South) does feels that it currently has a strong Trustee Board and a core group of Trustees that will remain beyond the November 2016 AGM.

Organisational Structure and Decision Making

The No Limits Management Committee or the groups/individuals they have appointed ultimately make all decisions on behalf of the Charity. The Management Committee members are Trustees, advisers (as appointed to specific meetings) and senior managers of the Charity. It meets six times a year to discuss aspects of the Charity's work and make decisions.

Sub groups of the Management Committee are appointed to look at some aspects in greater depth and report back to the main committee. Sub groups are made up of Trustees, advisers and staff. This includes a sub group of Trustees whose responsibility is the review of remuneration for key management.

Day to day management of the Charity is delegated to the Charity's Chief Executive, Deputy Chief Executive, Operational and Finance Officers. In addition to the sub groups, No Limits (South) has two consultations a year with the children and young people who are service users. Other consultations are done from time to time to consult with children and young people who are not service users or with targeted groups. These consultations look at a number of key issues facing children and young people and feed into the decision making process of the Charity.

Review of Activities

No Limits had contact with 5,423 service users during this year and recorded 44,012 separate contacts with them or others concerning their support.

INFORMATION, ADVICE, SUPPORT AND COUNSELLING SERVICE

For the majority of the year this has been delivered 6 days a week through 3 drop-in centres in Southampton (City Centre, Shirley and Sholing) offering:

- Drop-in information, advice and support on a range of issues.
- Access to No Limits specialist information and advice workers for issues including: education, employment and training; benefits, money management and debt; housing and homelessness; substance misuse; exploitation and abuse/neglect; advocacy and young people's rights.
- Access to No Limits Counselling Service.
- Weekly Work Club.
- Access to staff from other local agencies working with young people through our drop-in centres – Southampton Advice Agencies Alliance Welfare Benefits specialist; CAB Debt worker, Barnardo's Child Sexual Exploitation worker, Sexual Health nurse, Connexions.
- Free condoms, pregnancy testing, Chlamydia screening, sexual health information and advice.
- Access to telephones, computers and newspapers.
- Fresh fruit and food for homeless young people.
- Shower and laundry facilities for homeless young people.

In the summer of 2015 we moved our City Centre drop-in centre to a new and more prominent location. We closed the Shirley and Sholing drop-in centres in December 2015 to open the new City drop-in centre full time.

2,276 service users accessed our 3 drop-in centres on 12,534 occasions over the year. A further 1,735 students were seen through weekly Health and Wellbeing drop-in sessions located in 8 Southampton secondary schools, 4 Eastleigh secondary schools, 3 Southampton and 1 Eastleigh Further Education colleges. These sessions are funded by Southampton City Council and Hampshire County Council.

WORK WITH VULNERABLE YOUNG PEOPLE

Of the 5,423 children and young people supported during the year, we were aware that 46% of them were experiencing vulnerabilities beyond that which is normal.

These vulnerabilities included:

- 1,001 who were at risk through **poverty** e.g. NEET, living on benefits, debt.
- 810 who were **homeless** or at risk of homelessness.
- 1,378 who had **mental health** issues.
- 654 were at risk through their **circumstances** e.g. Looked After Children or Care Leavers, young carers, those at risk through violence, neglect or abuse in the home, on a Child Protection Plan.
- 806 at risk through their **behaviour** e.g. Young Offenders, those with behavioural issues.
- 584 with **substance misuse issues**.
- 648 with some kind of **disability**.
- 387 with **parenting** responsibilities.
- 96 at risk through **hate crime**.
- 236 at risk through **exploitation**, violence or abuse.

1,025 of the children and young people we worked with had a Social Worker, Youth Offending/Probation Worker, Mental Health Worker or Family Worker.

We are aware that some young people are vulnerable to only one of these issues but others have multiple and complex vulnerability. These constitute our most frequent and intensive service users, generating over 70% of our work and taking up much of the Charity's resources.

Specialist Services:

COUNSELLING

No Limits Counselling Service is for Southampton young people aged 11-25 years and is delivered:

- through our drop-in centre funded through a Southampton City Council contract started in July 2011, a sub-contract to It's Your Choice (Big Lottery funded) started in January 2016 and charitable funds.
- in 4 secondary schools as part of the Big Lottery Fund – Headstart Southampton Partnership.

11,039 counselling appointments were offered during the year. 898 children and young people were in contact with our counselling services, with 496 going on to attend ongoing counselling. Of the young people in counselling, 73% were aged 11-18 and 27% were aged 19-25. Our "Did Not Attend" rate for counselling was 10%. The CORE (Clinical Outcomes for Routine Monitoring) tool was used to establish the outcomes achieved through counselling we achieved this target in the year

No Limits was part of a successful consortium led by Youth Access funded by the Department for Education to deliver the Young People in Mind project, working with Hampshire Youth Access partners to improve children and young people's access to counselling. No Limits facilitated a consortium of 10 counselling services Hampshire wide funded by Hampshire Children's Services, offering 8,521 counselling sessions in the county.

FLOATING SUPPORT and HOUSING ADVICE

Our housing and homelessness work is delivered across a range of projects. The successful A2T (**Access to Tenancy**) project trains young people in independent living and creates tenancies in the Private Rented Sector working with private landlords, to improve young people's housing options and their ability to maintain a tenancy.

We are commissioned through Southampton City Council Supporting People to deliver **Floating Support** to young people aged 16-25 at risk of homelessness, to enable them to access, settle in to and sustain appropriate accommodation, and to work with them so that by the end of their support (maximum 2 years) they are able to continue to live independently without housing support. The service works across all tenures and one-to-one housing support is supplemented by the additional support services, facilities and group activities provided at No Limits drop-in centres and satellite services. At any time 75 to 100 young people are supported in this way. A running costs grant from the Southampton City Council also supports our **housing advice** work with young people.

National charity Crisis continued funding for our A2T project. 170 individual young people have had individual support over their housing and homelessness issues through Floating Support. 49 young people attended A2T courses and 1,781 have had housing advice through our drop-in and other services.

DASH

The DASH substance misuse service is for young people aged up to 24 years. It is part of SDARs (Southampton Drug and Alcohol Recovery services) the wider Southampton offering of substance misuse services for all age groups, a partnership with the Solent NHS Trust, Society of St James and Change Grow Live (formerly Crime Reduction Initiative). DASH delivers information, advice, support, groups and counselling and offers a variety of treatments including harm reduction and needle exchange. DASH is funded through a contract with Southampton City Council and a subcontract from Solent NHS Trust. 408 under 25 year olds misusing substances had contact with our specialist treatment service and 232 went on to receive treatment. 1,954 accessed information, advice and support including brief interventions and 1,725 participated in 86 sessions of the Buzz substance education and other programs in secondary schools.

The provision of peer support and activities to support young people's recovery was greatly expanded over the year, some run in partnership with Saints in the Community and SoCo Music – including:

ASSIST – psycho social, therapeutic support group for substance users.

Harm Reduction

Creative Writing

Read and Grow

Football

Boxing

Fishing

Urban orchestra

SoCo music project

Women's Keep Fit

Gym and Swim

5 a side football

Golf

Allotment project

Drop-in support groups at Southampton University

Young people in treatment with DASH attended the above groups. We also ran groups for parents of substance misusers.

Many DASH clients engaged in group work, as described below.

GROUPWORK

No Limits delivered a range of groups for children and young people through schools and our drop-in centres. A "Coffee and Cake" session for young people runs as an introduction to the groups.

SAFE HOUSE- weekly youth groups for young people who need support and may have mental health issues.

Teen Safe House (age 13-18) is a partnership with Solent NHS Children and Adolescent Mental Health services and was supported by Southampton City Council Social Care and Future in Mind. 26 young people attended last year.

Safe House opened in October 2015 - a weekly **youth group** offering facilitated peer support for young adults aged 18-25 funded by MIND Side by Side one year grant. 13 young adults attended.

Cook and Eat drop-in sessions

Anxiety – 4 week courses

Bereavement and Loss – drop-in

Anger management – 6 week courses

Women's support group – drop-in

Self-harm – 4 week courses

NO LIMITS XTRA

The **No Limits Xtra** service offers more one-to-one based support to young people than a normal drop-in service, helping young people with anything that is holding them back or that they would like support with. It can be help filling in forms for education and employment opportunities, money or debt advice or support with relationship, family or children issues. Specialist workers support the young person by identifying needs and making a plan with the young person so that they can achieve their targets. 54 young people made contact with NLs Xtra and 10 went on to access ongoing support over the year.

JUST 4 U - Independent Visitor's and Advocacy for Looked After Children and Care Leavers

Funded by Hampshire County Council, Portsmouth City Council and Southampton County Council the **Just 4 U** project provides an Advocacy and Independent Visiting* service for children in care or in Swanwick Lodge secure children's home. Advocates work with children and young people to ensure that their views on matters

affecting their futures are heard and that they understand what is being proposed and talked about in meetings affecting them. Independent Visitors are trained and matched with children in care referred by Social Workers and meet with them regularly to engage in activities. During the year 1,062 children were referred to the service with 323 going onto access advocacy and 44 being supported by Independent Visitors.
**Only Independent Visiting is offered by Hampshire County Council.*

NEXT STEPS

Funded through the Big Lottery Fund Youth In Focus, **Next Steps** is a partnership with Youth Options, Southampton Voluntary Services, Youth Offending Service and Southampton City Council Care Leavers team to support young people through transitions, to gain new skills and confidence and access information, advice and support. 217 young people were referred to the project, with one to one Key worker support being offered to 192 young people who are young carers, care leavers and those coming out of Youth Offending Institutions. These young people were able to access a range of groups eg Care Leavers, Young Adult Carers and a number of activities eg driving skills, cooking, outdoor activities and a Life Skills residential.

BRIGHT BEGINNINGS

The Brook Trust funded our **Bright Beginnings** project which provided volunteer mentors for vulnerable young parents, targeting those who are pregnant with their first child and who do not have enough support.

WORK CLUB

Our weekly **Work Club** offers young people a dedicated drop-in session focussing on employability and job seeking. A range of agencies offering training and apprenticeships are present for young people to discuss and apply for opportunities with them, staff support young people to engage in job search, complete application forms and CV's. Volunteers from Barclays bank offer "mock interviews" and give young people feedback. 212 young jobseekers have attended over the year.

SOUTHAMPTON HEALTHY AMBITION (SHA)

We are subcontracted by Solent NHS Trust to deliver part of their Southampton Public Health School Nursing contract. No Limits role is to work in partnership with schools nurses to support children and young people's emotional health and wellbeing, providing 5 Emotional Health and Wellbeing workers linked with schools and Further Education colleges and 5 Family Navigators linked with GP's. Approximately 300 children and young people have been individually supported by the Emotional Health and Wellbeing workers plus additional numbers through group sessions, and 200 families by the Family Navigators.

We will participate in the development of the bid for a further 5 years **Headstart** funding, and in the creation of a **Southampton Transformation Plan for Children and Young People's mental health** services.

OTHER CHARITIES

No Limits hosted two Hampshire charities, Breakout Youth (for Lesbian, Gay, Bisexual, Transsexual and Questioning (LGBTQ) young people) and The Moving on Project (counselling in Fareham and Gosport), providing back office and fundraising support for them.

COMMUNITY FUNDRAISING

Community fundraising has grown this year. We raised in excess of £38,000 as a result of our work with individuals, groups, schools and businesses. Fundraising volunteers and interns have supported our efforts throughout the year.

Individuals have supported us through sponsored events eg, running, a sleep out, and individual giving including donations instead of presents for anniversaries or from funerals.

We have a number of groups and corporate supporters for whom we have been Charity of the Year or the nominated charity eg, who have donated money, goods or services including:

- The Ex Saints Foundation
- KPMG
- White Stuff
- Southampton Hilton Hotel
- Junior Chamber of Commerce
- local branches of Barclays Bank
- The Rowing Club, Photo Rooms
- The Quakers
- Grand Harbour Hotel
- Above Bar Cooperative shop
- Jane McKinnon Dance School
- Morrisons
- Cork & Cheese
- West End Singers
- Southampton Ukulele Jam
- Solent University Criminology Society
- Tesco
- SUSU Theatre Groups
- John Lewis
- Waitrose
- Wave 105
- Reed

Some of the support has come to us in the form of donations of clothing and food. We receive weekly deliveries of food for homeless young people via the Crumbs Project, a collaboration between the Scratch Project and Southampton City Council.

Our awareness raising via Social Media has increased dramatically with a strong growth in Facebook, Twitter and Blog followers, a good reception for our digital newsletter and increased income through Every Click including Give As you Live (our shopping portal).

We also need to give particular thanks to our volunteers and interns who have supported No Limits in a whole variety of ways with their time, talent and skills.

ACHIEVEMENTS

Contracts and Grants

We continued to facilitate the Hampshire Youth Access consortium of 10 youth advice and support charities, and successfully applied as the lead for this consortium to Hampshire County Council for a Children's Services Integrated (CSI) grant to deliver counselling county wide in 2015-2016.

We successfully led a bid to the Big Lottery Fund Help Through Crisis for 5 years funding to support young adults in or at risk of hardship crisis eg through financial, housing or other crisis. This is a partnership with West Hampshire Youth Information Advice and Counselling Services – It's Your Choice, Youth in Romsey and Alabare. The project started in July 2016.

We were part of the successful Youth Access bid to increase young people's access to online counselling and support – DigiTalk. This project started in April 2016.

We were successful in bidding as subcontractors to It's Your Choice for Big Lottery Reaching Communities funding to deliver counselling to 18-25 year olds. This 3 year project began in January 2016.

Premises

During the year we ended our lease and moved our main city centre Advice Centre from Bernard Street in Southampton to a more prominent location in the High Street, which we refurbished to function as our only drop-in centre and base for much of our work with children and young people. In December 2015 we closed the Shirley and Sholing drop-in centres to consolidate the staff into the High Street Advice Centre with extended opening hours.

This was mainly financed from reserves although the following grants were applied to this project:

- CRASH - £9,000
- Garfield Weston - £5,000

PARTICIPATION

We undertook two consultations with service users as part of our "Have Your Say" participation focus, both of which demonstrated excellent feedback. We employed four young apprentices, two of whom undertook Headstart participation work with children and young people. We established a youth participation group – our Youth Ambassadors, who are volunteering helping us with recruitment and consultations and undertaking their V50 accreditation for volunteering. We have engaged with Southampton City Council participation work with young people, supported by No Limits, to attend the city wide Youth Inspired participation group as part of Headstart.

Youth Voice project – was led by Youth Access with funding from NHS England to involve young people in local health planning and decision-making. We involved 37 young people in focus groups and meetings with commissioners and other decision makers. We created "young people friendly" versions of local consultation documents regarding the transformation of mental health services and encouraged young people's participation in the consultation.

Other

Healthwatch – we represented children and young people's interests on the Healthwatch steering group. We have worked with five other Southampton advice agencies and Southampton Voluntary Services to form the consortium Advice Southampton, identifying ways in which the local advice sector can work more effectively together and with other agencies in order to improve access to quality advice for people in Southampton.

Monitoring of Performance

The Charity's policy and strategy are set by the management board via the Business Plan. The Business Plan includes aims and set targets. Grant funders and contract commissioners also set targets and project-based objectives. These are in line with the broad Business Plan strategies set by the management board and the Charity's objects.

Performance is monitored in a number of ways. Internally there is a database capturing data on service use and a number of outcomes monitoring tools are used including the Progress Wheel, CORE and outcomes monitoring based on the Youth Access outcomes tool. These allow the Charity to monitor, analyse and report on the performance and outcomes of any project.

Statistical reports are formally produced every month for internal use. Statistics are produced externally for funders who request reports and internally, a report based on the statistics (performance monitored against targets) is presented to Trustee meetings. Any underperforming projects that are in danger of not meeting targets set are highlighted to the Trustees on a "traffic light" scale giving an amber warning before turning red. There were no red warnings given to the Trustees in the year as No Limits not only met all of its targets but exceeded the majority of them over the course of the year.

Staff performance is monitored through a supervision and appraisal system. Staff sickness is monitored through the Breathe human resources program.

As well as regular written quarterly returns, many of our funders have face to face meetings with No Limits to review performance and in some cases amend the targets.

No Limits also monitors its performance via "Have Your Say," a consultation process with the young people who use the service. Twice a year, by questionnaire (with additional occasional focus groups), the young people are consulted about their experiences of No Limits, the outcomes they have achieved through our interventions and suggestions for future developments.

Financial Results

The Charity saw a 30% increase in its total income for the year. This result has come from a number of contracts won at tender.

Some of the new contracts have been won with No Limits as lead contract holder and a number of smaller charities as sub-contractors. So whilst income has grown the amount paid to sub-contractors has also risen. In the coming year No Limits are due to start a large Clinical Commissioning Group (CCG) contract which will follow this pattern with 11 sub-contractors.

In the year 2016/2017 a number contracts are due for renewal. All have TUPE rights attached to them and if No Limits are not successful in retaining these contracts a number of staff will be transferred to the new provider.

Principal sources of income in the year were:

Southampton City Council – ESAP DASH	£464,179
Solent NHS Trust	£272,483
Big Lottery Fund Youth in Focus (Next Steps)	£205,646
Hampshire County Council – CSI Counselling	£196,500
Supporting People	£190,965
DASH Substance Misuse	£160,614

There were many other sources of income which are disclosed in Note 3 of the financial statements.

The Charity continues to make a significant use of volunteers in the course of its charitable activities. In particular volunteers make a crucial contribution to the provision of information, advice and counselling services at the Charity's drop-in centres. It is estimated that 103 volunteers contributed around 10,362 hours of time during the year. An indicative value of this contribution is £82,833 based on 10,362 hours at the Living Wage rate in place as at June 2016. This figure includes the valued voluntary support of the Charity's Trustees and some staff who provide additional voluntary support from time to time.

The contribution from volunteers has not been included in the accounts. This is considered to be in accordance with guidance in the SORP. The actual value of volunteers to the Charity is likely to be way in excess of the value indicated, as in reality, wages would more than likely be higher than the living wage, and would include many other factors, including National Insurance and employment benefits

Overall, the number of volunteers involved with No Limits fell in 2015/2016. We saw a number of our volunteers successfully move into paid positions within the Charity and we were also successful in recruiting some new volunteers to deliver the project work but not in the same numbers.

Governance costs remain fairly consistent at 1.1% of total expenditure compared to 1.3% in the previous year.

Fundraising Activities

The Finance and Executive Subgroup of the No Limits Management Committee oversees fundraising and meets bimonthly for a report from the fundraising team.

The Fundraising Manager and two fundraisers lead the day to day fundraising activities. There has been a successful fundraising internship in the year. The CEO leads on large tenders and the long term funding strategy as reflected in the Business Plan. The fundraising team has expanded the funding sources for No Limits to include events, local businesses and a wider community awareness of who we are.

The Trustees were pleased to see that the fundraising target was reached in 2015/2016 and have set a challenging target for 2016/2017 that the fundraising team are now working to meet.

Fundraising reflects the development plans as laid out in the Business Plan. This comprises fundraising for different priorities of No Limits including matched funding, contracted, core, headquarters, satellite and additional work with a focus on the priority core work.

The Charity has seen a move by funders who sign multi-year contracts coming back to the Charity to ask for efficiency savings and cuts in the grants/contracts after year 1. This is a reflection of the public sector economic environment and is likely to continue in 2016/2017.

Future Strategy

Future strategies will seek to ensure that levels of reserves will remain at a level recommended by the Charity Commission. Accordingly the Trustees will keep the reserves policy under review, but have set a target of a 3% surplus every year until cash reserves return to six months. Funding sources will continue to be secured which will contribute to the generic drop-in advice and support services for which No Limits has built up a substantial reputation and expertise.

The Trustee strategy for future funding remains as a plan to broaden the funding base of the Charity into new areas of income such as individual giving and the private business sector. The broadening of the funding base also includes a strategy to work in new areas outside of Southampton. No Limits is seeking to expand the geographical area that it works in and strengthen the new areas of Hampshire that we have already started to work in.

No Limits will also look at partnership work with other charities as part of its future funding strategy.

A medium term strategy is laid out in the Business Plan which was agreed by the Trustees in September 2015.

Reserves Policy

Total reserves are £1,106,194 which includes £108,717 of restricted reserves and £629,498 held as fixed assets.

The Trustees have agreed that reserve requirements should be monitored with reference to two levels:

- Minimum level to cover the cost of 'winding up' the organisation in the event of all funding coming to an end (this would include the cost of redundancies and meeting short term liabilities). Reserves should not be allowed to fall below this minimum level, and should be kept in the form of cash and saleable properties. This will be called the designated Strategic Fund.
- As the reserves policy requires the amount of reserves held to cover the continuation of 'core' activities for between 3 and 6 months the actual monetary amount of reserves required rises as income rises.

A minimum 'strategic reserve' (designated fund) will continue to be maintained as set out above. As at 31 March 2016, it is the view of the Trustees that the level of reserves of the Charity is in line with both of the above target levels. The current value of this fund is maintained at £230,000 (2015: £230,000).

The Trustees are of a view that the Charity is a going concern.

Investment Performance and Policy

Cash reserves are currently invested in a Virgin Money Account. Interest rates are monitored on a quarterly basis throughout the year with reference to similar funds available to the charity sector, and bearing in mind that the Charity's primary requirements are a reasonable rate of return, a low risk and the ability to call on funds at short notice.

The continued low interest base rate of the Bank of England has meant that in the year the return on the charity investment account remains low.

Included in fixed assets are 35 The Avenue and 278 Shirley Road. These properties were bought for delivery of the charity's activities and as a future investment. Following the year end a lease has been agreed on 278 Shirley Road and a small amount of rental income will be received. The value of these properties are expected to increase in value at or above the interest rate we would have received on this amount if they were still cash reserves.

Investment decisions are currently reviewed through the Finance Sub-Committee of the main Board of Trustees which meets every two months.

Risk Review

The Trustees have reviewed the major risks to which the Charity is exposed and systems have been established to mitigate those risks. The Charity's 3 year Business Plan proposes the continued diversification of funding sources building on the successful diversification of the last few years as a means for mitigation of a major risk. The Charity has also established new partnerships in the year with other charities of a similar objective and continues to grow outside of Southampton and further into Hampshire and the surrounding areas. This now includes funding from Hampshire County Council and Youth In Focus that is Hampshire wide and is run in partnership with charities all over Hampshire.

Internal risks have been minimised by the implementation of procedures for authorising transactions and contracts, and to ensure the quality of delivery for all operational aspects of the Charity. Formal risk reviews are to be carried out by the Trustees on an annual basis and were last reviewed in August 2016

IT risks are minimised by a contract with a "Cloud" provider who ensures all of our data is safe.

Fraud and governance risks are being minimised by the implementation of a charity commission toolkit that has a target of September 2016 as a start date.

Statement of Trustees' Responsibilities

The trustees (who are also directors of No Limits (South) for the purposes of company law) are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year which 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 the 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 then apply them consistently;
- observe the methods and principles in the Charities SORP (2015 FRS102);
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards 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 operation.

The trustees are responsible for keeping adequate accounting records that 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.

In so far as the trustees are aware:

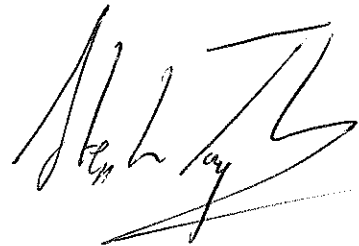
- there is no relevant audit information of which the charitable company's auditor is unaware; and
- the trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditor is aware of that information.

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

Small Companies Disclosure

This report has been prepared in accordance with the provisions applicable to companies subject to the small companies regime in Part 15 of the Companies Act 2006. The Trustees confirm that this Report and Financial Statements complies with current statutory requirements, the Statement of Recommended Practice: applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014, and with the Charity's Memorandum and Articles of Association.

Approved by the Trustees and signed on their behalf by:

A handwritten signature in black ink, appearing to be 'Stephen King', written over a horizontal line.

Independent Auditors' Report for the Year Ended 31 March 2016 to the Members of No Limits (South)

We have audited the financial statements of No Limits (South) for the year ended 31 March 2016 which comprise the Statement of Financial Activities, the Balance Sheet, the Statement of Cash Flows and the related notes. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice), including Financial Reporting Standard 102.

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and its members as a body, for our audit work, for this report, or for the opinions we have formed.

Respective responsibilities of Trustees and auditor

As explained more fully in the statement of Trustees' responsibilities, the Trustees, who are also the directors of No Limits (South) for the purposes of company law are responsible for the preparation of the accounts and for being satisfied that they give a true and fair view.

Our responsibility is to audit and express an opinion on the accounts in accordance with applicable law and International Standards on Auditing (UK and Ireland). Those standards require us to comply with the Auditing Practices Board's Ethical Standards for Auditors.

Scope of the audit of the accounts

An audit involves obtaining evidence about the amounts and disclosures in the accounts sufficient to give reasonable assurance that the accounts are free from material misstatement, whether caused by fraud or error. This includes an assessment of: whether the accounting policies are appropriate to the charitable company's circumstances and have been consistently applied and adequately disclosed; the reasonableness of significant accounting estimates made by the Trustees; and the overall presentation of the accounts. In addition, we read all the financial and non-financial information in the Trustees' Annual Report to identify material inconsistencies with the audited accounts and to identify any information that is apparently materially incorrect based on, or materially inconsistent with, the knowledge acquired by us in the course of performing the audit. If we become aware of any apparent material misstatements or inconsistencies we consider the implications for our report.

Matters on which we are required to report by exception

We have nothing to report in respect of the following matters where the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the accounts are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the Trustees were not entitled to prepare the accounts in accordance with the small companies exemption from the requirement to prepare a strategic report.

Opinion on accounts

In our opinion the accounts:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2016 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice applicable to smaller entities; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Opinion on other matter prescribed by the Companies Act 2006

In our opinion the information given in the Trustees' Report for the financial year for which the accounts are prepared is consistent with the accounts.



Andrew Jay ACA FCCA (Senior Statutory Auditor)
for and on behalf of Fiander Tovell LLP
Chartered Accountants
Statutory Auditor

5/10/16

Stag Gates House
63/64 The Avenue
Southampton
Hampshire
SO17 1XS

No Limits (South)

Statement of Financial Activities (Incorporating the Income and Expenditure Account) for the Year Ended 31 March 2016

	Note	Unrestricted Funds 2016 £	Restricted Funds 2016 £	Total Funds 2016 £	Restated Total Funds 2015 £
Income from:					
Donations and legacies	3	148,691	912,521	1,061,212	1,122,550
Charitable Activities	3	1,345,327	-	1,345,327	718,118
Investments	3	3,445	-	3,445	12,243
Total Income		1,497,463	912,521	2,409,984	1,852,911
Expenditure on:					
Raising Funds	5	99,313	-	99,313	73,644
Charitable activities	4	1,267,433	932,007	2,199,440	1,795,203
Total Expenditure		1,366,746	932,007	2,298,753	1,868,847
Net (Expenditure)/Income	7	130,717	(19,486)	111,231	(15,936)
Transfers					
Gross transfers between funds	13	11,361	(11,361)	-	-
Net (outgoing)/incoming resources before other recognised gains and losses		142,078	(30,847)	111,231	(15,936)
Other recognised gains/losses					
Gains on revaluation of fixed assets	9	-	-	-	-
Net Movement in Funds		142,078	(30,847)	111,231	(15,936)
Reconciliation of Funds:					
Total Funds brought forward at 1 April		855,399	139,564	994,963	1,010,899
Total Funds carried forward at 31 March	14	997,477	108,717	1,106,194	994,963

All income and expenditure derive from continuing activities.

The statement of financial activities includes all gains and losses recognised during the year.

No Limits (South)

Balance Sheet as at 31 March 2016

	Note	£	2016 £	Restated 2015 £
Fixed Assets				
Tangible fixed assets	8		629,498	585,105
Current Assets				
Debtors	10	464,040		412,788
Cash at bank and in hand		602,224		519,439
		<u>1,066,264</u>		<u>932,227</u>
Creditors: Amounts falling due within one year	11,12	<u>(589,568)</u>		<u>(522,369)</u>
Net Current Assets			<u>476,696</u>	<u>409,858</u>
Total Assets less Current Liabilities			1,106,194	994,963
Total Net Assets			<u>1,106,194</u>	<u>994,963</u>

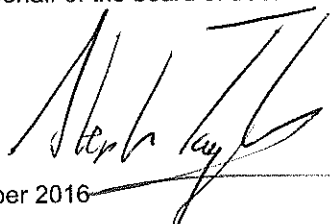
The Funds of the Charity

Unrestricted Funds				
Unrestricted funds	14,15		137,979	25,294
Designated Funds				
Designated functional fixed asset fund	14,15		600,150	555,757
Designated strategic fund	14,15		230,000	230,000
Designated relocation reserve	14,15		-	15,000
Revaluation reserve	9,14,15		29,348	29,348
Restricted Funds				
Restricted funds	14,15		<u>108,717</u>	<u>139,564</u>
			<u>1,106,194</u>	<u>994,963</u>

The financial statements were prepared in accordance with the provisions applicable to companies subject to the small companies' regime. The financial statements have been approved and authorised for issue by the Board on 19 September 2016.

Signed on behalf of the board of trustees:

Trustee



19 September 2016

The notes on pages 19 to 33 form part of these financial statements.

Company registration number: 4183173

No Limits (South)

Statement of Cash Flows for the Year Ended 31 March 2016

	Note	2016 £	2015 £
Cash flow from operating activities	19	154,482	(106,059)
Interest paid		-	-
Net cash flow from operating activities		<u>154,482</u>	<u>(106,059)</u>
Cash flow from investing activities			
Payments to acquire tangible fixed assets		(71,697)	(483,212)
Net cash flow from investing activities		<u>(71,697)</u>	<u>(483,212)</u>
Net increase / (decrease) in cash and cash equivalents		<u>82,785</u>	<u>(589,271)</u>
Cash and cash equivalents at 1 April 2015		<u>519,439</u>	<u>1,108,710</u>
Cash and cash equivalents at 31 March 2016		<u><u>602,224</u></u>	<u><u>519,439</u></u>
Cash and cash equivalents consists of:			
Cash at bank and in hand		602,224	519,439
Cash and cash equivalents at 31 March 2016		<u><u>602,224</u></u>	<u><u>519,439</u></u>

No Limits (South)

Notes (forming part of the financial statements) for the Year Ended 31 March 2016

1 Principal Accounting Policies

Basis of Preparation

No Limits (South) is a company limited by guarantee in the United Kingdom and has no share capital. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity. The address of the registered office is given in the charity information on page 1 of these financial statements.

The charity constitutes a public benefit entity as defined by FRS 102. 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 on 16 July 2014, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011, the Companies Act 2006 and UK Generally Accepted Practice as it applies from 1 January 2015.

There are no material uncertainties with respect to the going concern status of the charity. Therefore, the financial statements are prepared on a going concern basis under the historical cost convention, modified to include certain items at fair value. The financial statements are prepared in sterling which is the functional currency of the charity. The accounts are rounded to the nearest pound.

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

The charity adopted SORP (FRS 102) in the current year and an explanation of how transition to SORP (FRS 102) has affected the reported financial position and performance is given in note 21.

Fund Accounting

General funds are unrestricted funds which are available for use at the discretion of Trustees in furtherance of the general objects of the charity.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donor or which have been raised by the charity for specific purposes. Expenditure which meets these criteria is identified to the fund.

Designated funds are determined by the Trustees from time to time as being held for specific purposes, for example to hold a reserve in respect of future eventualities such as re-organisation or staff redundancies which may be necessary in the light of predicted funding changes.

Service Provision

Income in respect of contractual services provided to other agencies is accounted for in the period in which the service is provided, and is also included under the heading 'Income from Charitable Activities'.

Incoming Resources

All incoming resources are included in the Statement of Financial Activities (SOFA) on an accruals basis, except to the extent that grants receivable must be applied to future periods of expenditure, or are contingent on future requirements being fulfilled.

Grants receivable are allocated to accounting periods on the basis of which amounts are claimed from funders. This predominantly relates to the incurring of expenditure. Grants are classified as 'Voluntary Income' when they are general in nature in support of the charity's objects, as opposed to 'Contract Income' where funding is closely linked to agreed project outputs. 'Contract Income' is classified under 'Income from Charitable Activities' along with income from discrete activities for which a fee is charged, e.g. specific work carried out in schools.

'In-Kind' contributions or services donated to the charity are normally valued at cost (as determined by the donor) or a reasonable estimate of actual cost if such information is unavailable.

Income is deferred if the funder has expressly stated that grants are to be applied to future accounting periods, or if there is some expectation from the funder that amounts in connection with the grant should be repaid in future periods.

Grants receivable in respect of fixed assets are included in the SOFA in the period in which they are received in accordance with the SORP.

Expenditure

All expenditure is included on an accruals basis and is recognised when there is a legal or constructive obligation to transfer resources. All costs have been directly attributed to one of the functional categories of resources in the SOFA. Expenditure subject to VAT which is not recoverable is shown inclusive of VAT.

Apportionment of costs across headings of the SOFA is carried out in relation to claims for grant funding. A method based on the allocation of staff time is used for revenue expenditure on direct project activities, premises and management and administration. As far as possible, depreciation costs are apportioned either to project activities or premises costs using appropriate apportionment criteria.

Costs are allocated to the Governance category where they cannot be clearly allocated to project activities or are of a strategic nature, e.g. insurance and legal expenses.

Pension Scheme

No Limits (South) operates a Group Personal Pension Scheme (defined contribution) provided by AEGON plc and administered by Andrew Routley Pensions Ltd. The assets of this scheme are held separately from those of the Charity. Pension costs charged in the SOFA represent the contributions payable by the Charity in the year.

Fixed Assets and Depreciation

It is the policy of the Charity to capitalise assets costing over £500 and with an expected useful life in excess of three years. With the exception of freehold property, a full year's depreciation is charged in the year of acquisition.

Depreciation is provided on the following bases following an assessment of the estimated useful economic life and anticipated residual value. In addition, the Charity will carry out impairment reviews for groups of assets where this is deemed necessary in response to changing circumstances in which the Charity operates. Such circumstances may include significant declines in an asset's market value, evidence of physical damage or obsolescence, significant reorganisation of the Charity or changes in the statutory or political environment in which it operates.

Furniture and Equipment	Straight line basis over 4 years
Computer Equipment	Straight line basis over 3 years
Freehold Property	Straight line basis over 50 years with no depreciation charged in the year of acquisition
Leasehold Property Improvements	Over the remaining life of the lease

The Charity will revalue freehold property every 5 years.

(Note 1 continued)

Debtors

Trade and other debtors are recognised at the settlement amount due. Prepayments are valued at the amount prepaid.

Cash

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

Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount.

Financial Instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

2 Status

No Limits (South) is a company limited by guarantee and having no share capital. The liability of each member to contribute to the assets of the company is limited to £1.

3 Incoming Resources: Donations and legacies

	Unrestricted Funds 2016 £	Restricted Funds 2016 £	Total Funds 2016 £	Total Funds 2015 £
Grants	104,600	912,521	1,017,121	1,074,423
Donations & Similar Incoming Resources	41,751	-	41,751	44,827
Donated Services & Facilities	2,340	-	2,340	3,300
	<u>148,691</u>	<u>912,521</u>	<u>1,061,212</u>	<u>1,122,550</u>

Income from government grants comprises of grants made by local authorities to fund social related services as described in the Trustees' report. See below for more information as to the amount and source of these grants.

(Note 3 continued)

	Unrestricted Funds 2016 £	Restricted Funds 2016 £	Total Funds 2016 £	Total Funds 2015 £
<i>Grants</i>				
Big Lottery Fund - Youth in Focus (Next Steps)	-	205,646	205,646	197,185
Supporting People	-	190,965	190,965	249,126
Hampshire County Council (CSI Counselling)	-	196,500	196,500	-
Big Lottery Fund – HeadStart Southampton Partnership	-	82,418	82,418	34,526
Southampton City Council (Other)	-	64,868	64,868	69,750
Big Lottery Fund – Reaching Communities	-	60,208	60,208	57,720
Youth Access – Young People in Mind	60,000	-	60,000	-
Hampshire County Council – Youth Support Services	-	22,000	22,000	63,000
Crisis	-	20,000	20,000	20,000
Southampton City Council Welfare Reform Advice Grant	15,000	-	15,000	-
Children in Need	-	10,792	10,792	21,533
Southampton City Council – Future in Mind	10,000	-	10,000	-
Southampton Social Services	-	10,000	10,000	10,000
Big Lottery Fund – Awards for All	-	9,999	9,999	-
Hampshire & Isle of Wight Community Foundation	-	9,500	9,500	-
CRASH	-	9,000	9,000	-
MIND – Peer Support for All	-	6,852	6,852	-
Big Lottery Fund – Healthy Transitions	-	5,252	5,252	-
The Schuh Trust	5,100	-	5,100	-
DPS	5,000	-	5,000	-
Garfield Weston Memorial Trust	-	5,000	5,000	-
Youth Access – Youth Voice	5,000	-	5,000	-
Citizens Advice Bureau – SASA	-	3,521	3,521	8,662
Hull College – Apprentices	3,000	-	3,000	-
Catch 22	1,500	-	1,500	3,000
Youth Access – Right to be Safe	-	-	-	171,750
DASH Substance Misuse	-	-	-	86,171
Homeless Transition Fund	-	-	-	50,000
The Clothworkers Foundation	-	-	-	25,000
Southampton City Council (Hardship Fund)	-	-	-	5,000
Souter Charitable Trust	-	-	-	2,000
	104,600	912,521	1,017,121	1,074,423
For the year ended 31 March 2015	107,489	966,934		1,074,423

(Note 3 continued)

	Unrestricted Funds 2016 £	Restricted Funds 2016 £	Total Funds 2016 £	Total Funds 2015 £
<i>Donations and Similar Incoming Resources</i>				
Miscellaneous	14,493	-	14,493	14,522
Charities Trust	6,439	-	6,439	7,924
White Stuff Foundation	4,097	-	4,097	2,359
Bernard Sunley Charitable Foundation	3,000	-	3,000	-
Denplan Ltd	3,000	-	3,000	-
Groathurst Ltd	3,000	-	3,000	-
Local Giving	2,134	-	2,134	2,072
Hilton Hotels	1,500	-	1,500	-
Gift Aid Tax Receivable	1,080	-	1,080	-
John Lewis	1,008	-	1,008	-
Next Communications & Security	1,000	-	1,000	-
Southampton FC Old Boys Association	1,000	-	1,000	-
The Percy Bilton Charity	-	-	-	5,000
Beatrice Laing Trust	-	-	-	4,500
Challenge Adventures	-	-	-	2,900
Albert Hunt Trust	-	-	-	2,000
Barker-Mill Foundation	-	-	-	2,000
Tesco Charity Trust	-	-	-	1,550
	41,751	-	41,751	44,827
For the year ended 31 March 2015	44,827	-		44,827

Donated Services and Facilities

In accordance with the SORP, 'in-kind' incoming and outgoing resources are brought into the financial statements in respect of training provided by GlaxoSmithKline as part of their GSK Impact Awards scheme.

	Unrestricted Funds 2016 £	Restricted Funds 2016 £	Total Funds 2016 £	Total Funds 2015 £
<i>Donated Services & Facilities</i>				
Training	2,340	-	2,340	3,300
	2,340	-	2,340	3,300
For the year ended 31 March 2015	3,300	-		3,300

The charity has received support from volunteers in providing information, advice and counselling services at the Charity's drop-in centres.

This is invaluable support and the Trustees are not able to value this in monetary terms.

(Note 3 continued)

Incoming Resources: Charitable Activities

	Unrestricted Funds 2016 £	Restricted Funds 2016 £	Total Funds 2016 £	Total Funds 2015 £
<i>Income from Charitable Activities</i>				
Southampton City Council – ESAP DASH	464,179	-	464,179	154,726
Solent NHS Trust	272,483	-	272,483	62,131
Solent NHS - DASH Substance Misuse	160,614	-	160,614	-
The Moving on Project	80,521	-	80,521	88,876
Portsmouth City Council (Just 4 U)	73,061	-	73,061	73,057
Southampton City Council (Advocacy)	54,639	-	54,639	36,306
Child & Adolescent Mental Health Services	39,491	-	39,491	39,491
Hampshire County Council (Just 4 U)	37,900	-	37,900	37,900
Southampton City Council (Health & Wellbeing Drop Ins)	29,233	-	29,233	42,977
Breakout Youth	28,221	-	28,221	18,882
NHS Southampton City (Public Health)	18,000	-	18,000	18,000
University of Southampton	16,162	-	16,162	-
Lease of parking spaces	12,650	-	12,650	875
Woolston Youth Club	11,803	-	11,803	9,005
Income from providing student placements	11,458	-	11,458	24,712
Southampton City Council (Other)	11,164	-	11,164	-
Southampton Rape Crisis	8,333	-	8,333	-
Children & Adolescent Mental Health Services (Sussex)	6,608	-	6,608	-
Services to schools and other voluntary organisations	5,735	-	5,735	-
Solent University	1,550	-	1,550	-
Other	1,522	-	1,522	9,961
Southampton City Council (Families Matter)	-	-	-	88,308
Southampton City Council (Miss U)	-	-	-	9,411
Hampshire County Council	-	-	-	2,000
Youth Access (GP Champions)	-	-	-	1,500
	1,345,327	-	1,345,327	718,118
For the year ended 31 March 2015	718,118	-	718,118	718,118
<i>Investment Income</i>				
Bank interest receivable	2,551	-	2,551	12,143
Income from managing agents	894	-	894	100
	3,445	-	3,445	12,243
For the year ended 31 March 2015	12,243	-	12,243	12,243

4 Analysis of expenditure on charitable activities

	Unrestricted Funds 2016 £	Restricted Funds 2016 £	Total Funds 2016 £	Restated Total Funds 2015 £
<i>Charitable Activities*</i>				
Activities undertaken directly	1,063,153	857,453	1,920,606	1,589,878
Support costs	204,280	74,554	278,834	205,325
	1,267,433	932,007	2,199,440	1,795,203
For the year ended 31 March 2015	<u>750,612</u>	<u>1,044,591</u>	<u>1,795,203</u>	<u>1,795,203</u>

*The Trustees consider that there is one charitable activity. Within this there are a number of projects which are discussed in the Trustees' report.

5 Allocation of Support Costs

	Fund raising 2016 £	Charitable Activities 2016 £	Total 2016 £	Restated Total 2015 £
<i>Support costs</i>				
Governance	-	27,064	27,064	24,359
Finance	-	56,627	56,627	44,966
Information Technology	-	61,701	61,701	50,415
Human resources	-	10,548	10,548	5,932
Depreciation	-	27,304	27,304	14,809
Office costs	-	95,590	95,590	64,844
Fund raising	96,548	-	96,548	70,894
Other	2,765	-	2,765	2,750
	99,313	278,834	378,147	278,969
For the year ended 31 March 2015				
Unrestricted				105,148
Restricted				173,821
				<u>278,969</u>

6 Governance Costs

	2016 £	2015 £
<i>Governance costs</i>		
Auditor's remuneration	5,400	3,960
Legal fees	8,250	2,750
Insurance	10,711	8,845
Other	2,703	8,804
	27,064	24,359
For the year ended 31 March 2015		
Unrestricted		10,963
Restricted		13,396
		<u>24,359</u>

7 Operating Charges

	2016 £	2015 £
Net income for the year is stated after charging:		
Auditor's remuneration	5,400	3,960
Depreciation of tangible fixed assets	27,304	14,809
Operating lease rentals – land & buildings	53,231	35,090

8 Tangible Fixed Assets

	Furniture & Equipment £	Computer Equipment £	Leasehold Improvements £	Freehold Property £	Total £
Cost or Valuation					
At 1 April 2015	37,429	35,426	147,719	574,655	795,229
Additions	2,640	6,909	61,563	585	71,697
Disposals	(25,519)	(17,820)	(147,719)	-	(191,058)
At 31 March 2016	14,550	24,515	61,563	575,240	675,868
Depreciation and diminution in value					
At 1 April 2015	28,497	30,794	146,433	4,400	210,124
Charge for the year	3,638	4,720	7,441	11,505	27,304
Disposals	(25,519)	(17,820)	(147,719)	-	(191,058)
At 31 March 2016	6,616	17,694	6,155	15,905	46,370
Net Book Value					
At 31 March 2016	7,934	6,821	55,408	559,335	629,498
At 31 March 2015	8,932	4,632	1,286	570,255	585,105

9 Revaluation of Freehold Property

The Charity's freehold property located in Shirley, was revalued at 25 March 2013 by Mr Duane M Walker BA (Hons) MRICS of Primmer Olds LLP, Chartered Surveyors. The valuation was prepared in accordance with the RICS Valuation – Professional Standards (Red Book) as published by the Royal Institution of Chartered Surveyors, March 2012. The property was valued on an open market basis.

At the date of the revaluation, the freehold property carried a historical cost of £100,000 and accumulated depreciation of £20,000.

The Trustees are not aware of any material changes affecting the valuation of freehold property since the last valuation. The property located in the Avenue, was purchased in 2015 and has therefore not been revalued. In the opinion of the Trustees, there has been no significant change to the value of the property at this time.

10 Debtors

	2016 £	2015 £
Grants receivable	100,492	87,805
Pre-payments and accrued income	37,975	32,865
Other debtors	325,573	292,118
	464,040	412,788

11 Creditors: Amounts falling due within one year

	2016 £	2015 £
Payroll liabilities	371,378	368,118
Deferred income (see note 12)	81,637	17,263
Accruals	91,938	84,788
Other creditors	44,615	52,200
	589,568	522,369

Payroll liabilities relate to amounts owed to Southampton City Council in respect of staff salaries.

12 Deferred Incoming Resources

	Unrestricted Funds 2016 £	Unrestricted Funds 2015 £
Balance at 1 April	17,263	18,568
Incoming resources deferred during the year	81,637	17,263
Amounts released from previous years	(17,263)	(18,568)
Balance at 31 March	81,637	17,263

Incoming resources deferred during the year relate to grants and income from charitable activities from Southampton City Council, Supporting People, Hampshire County Council and Rape Crisis which apply to a future period.

13 Financial Instruments

	2016 £	2015 £
Carrying amount of financial assets Debt instruments measured at amortised cost	426,065	379,923
Carrying amount of financial liabilities Measured at amortised cost	507,931	505,106

14 Funds

		Balance at 1 April 2015	Income/ Gains	Expenditure/ Losses	Transfers	Balance at 31 March 2016
Restricted Funds						
i	Big Lottery Fund – Healthy Transitions	-	5,252	1,331	-	3,921
ii	Big Lottery Fund – HeadStart Southampton Partnership	(30)	82,418	84,253	-	(1,865)
iii	Big Lottery Fund – Next Steps	13,995	205,646	190,271	-	29,370
iv	Big Lottery Fund – Reaching Communities	34,480	60,208	86,604	-	8,084
v	Big Lottery Fund – Awards for All (Teen Safehouse)	-	9,999	9,477	-	522
vi	Citizens Advice Bureau – SASA	(20)	3,521	3,632	-	(131)
vii	Children in Need – Stay Safe	27,764	10,792	38,621	65	-
viii	CRASH	-	9,000	-	(9,000)	-
ix	Crisis	-	20,000	20,006	6	-
x	Emergency Accommodation	150	-	-	-	150
xi	Garfield Weston	-	5,000	-	(5,000)	-
xii	Hampshire County Council – YSS	-	22,000	22,844	844	-
xiii	Hampshire County Council – CSI	-	196,500	183,797	-	12,703
xiv	Hampshire & Isle of Wight Community Foundation – Apprenticeship	-	3,500	2,659	-	841
xv	Hampshire & Isle of Wight Community Foundation – Ford	-	6,000	-	-	6,000
xvi	JP Getty Junior	44,237	-	7,207	-	37,030
xvii	MIND – Peer Support for All	-	6,852	996	-	5,856
xviii	Safehouses	-	10,000	10,171	171	-
xix	Southampton City Council Annual Grant	12,752	64,868	70,732	-	6,888
xx	Southampton City NHS Capital Fund	1,795	-	1,795	-	-
xxi	Supporting People	6,105	190,965	197,722	-	(652)
xxii	Youth Access – Right to be Safe	(1,824)	-	(271)	1,553	-
xxiii	Capital Grant Funded Assets	160	-	160	-	-
		139,564	912,521	932,007	(11,361)	108,717
Unrestricted Funds						
	Designated functional fixed assets	555,757	-	27,304	71,697	600,150
	Designated strategic fund	230,000	-	-	-	230,000
	Designated relocation fund	15,000	-	-	(15,000)	-
	Revaluation reserve	29,348	-	-	-	29,348
	General purposes fund	25,294	1,497,463	1,339,442	(45,336)	137,979
		855,399	1,497,463	1,366,746	11,361	997,477

- i Funding received from the Big Lottery Fund Reaching Communities Grant for the Healthy Transitions project. A project to deliver counselling to 18-25 year olds in Hampshire. No Limits is one of seven partners delivering this project.

(Note 14 continued)

- ii The Big Lottery Fund HeadStart project is providing funding for partnership working in schools, with families and with community groups and charities so that young people can benefit from joined up support. No Limits is part of the HeadStart Southampton Partnership and are the key partner for the delivery of the Secondary Schools Counselling service component of the Southampton programme.
- iii The Big Lottery Fund Youth in Focus (Next Steps) is a partnership project with Southampton Voluntary Services and Youth Options. It is a 5 year project helping young people in the run up to and after they leave prison.
- iv The Big Lottery Reaching Communities aims to help young people who are homeless or facing homelessness explore their options; understand and remove barriers causing homelessness; gain necessary life skills to secure and maintain a tenancy and move into independent accommodation or return home.
- v Big Lottery Awards for All funding to run a support group for 13-19 year olds in Southampton to help with mental health, confidence or anxiety issues.
- vi This is a partnership between 8 local not-for-profit advice providers (led by Southampton Citizens Advice Bureau) who have won funding from the Advice Services Transition Fund to identify new ways of delivering and funding their services in the future.
- vii The Children in Need funding is a 3 year project to provide support to young people with multiple vulnerabilities.
- viii Funding received from CRASH in relation to the refurbishment of 13 High Street, Southampton, the new No Limits Advice Centre. The funding has been transferred out of restricted funds as the expenditure has taken place. The expenditure can be seen in the leasehold property improvements fixed assets additions.
- ix Funding provided by Crisis to enable single homeless people to access accommodation in the private rented sector with the focus on the sustainment of high quality tenancies and finding long term solutions to people's homelessness. This annual grant has now ended.
- x Donations were received in previous years to help towards the emergency accommodation needs of clients experiencing homelessness. Small donations of this nature will be added to the fund and utilised on an ad hoc basis in future years.
- xi Funding received from the Garfield Weston Foundation in relation to the refurbishment of 13 High Street, Southampton, the new No Limits advice centre. The funding has been transferred out of restricted funds as the expenditure has taken place. The expenditure can be seen in the leasehold property improvements fixed asset additions.
- xii Grant received from Hampshire County Council to provide lesbian, gay, bisexual and transgender youth groups in Basingstoke, Eastleigh, Winchester and Fareham. The funding also covers the provision of "drop in" services in schools, colleges and a youth club in Eastleigh.
- xiii Funding provided for "drop-in" advice sessions in various locations in the Eastleigh area of Hampshire that surrounds Southampton.
- xiv Part funding for an apprentice.
- xv Grant received to cover the costs relating to training and achieving CSCS cards, health and safety training, asbestos awareness training and the initial purchase of personal protective equipment for 20 young people who are not in education, employment or training.

(Note 14 continued)

- xvi Funding received for a project to help young offenders break the cycle of re-offending, working with them both in prison and through resettlement.
- xvii Funding to develop a weekly peer support group in Southampton for 18-25 year olds with mental health problems.
- xviii The 'Teen Safehouse' project, working with clients with mental health issues, was funded in the year by Southampton Social Services.
- xix This is a three year grant from Southampton City Council to help fund the advice centre run by No Limits (South).
- xx Funding received from Southampton City NHS for improving access to existing No Limits (South) services for disabled users. Expenditure in the year represents depreciation.
- xxi Supporting People is a five year contract. The restricted balance represents funding received in advance and personalisation funding restricted to the project and to the individual, yet to be spent.
- xxii Right to be Safe is a partnership agreement with Step by Step, Off the Record and It's Your Choice funded by the Department of Education to strengthen youth information, advice and counselling services capacity and to identify people at risk of harm, particularly sexual exploitation and violence.
- xxiii In accordance with the SORP the Charity's normal presumption in respect of grants provided for fixed asset purchases is that, unless contractual restrictions apply to the use of such assets, any restrictions are discharged once assets are purchased.

Some transfers have been made from unrestricted funds where income from restricted funds has not met the full cost of particular activities.

15 Analysis of Funds

	Net Current Assets £	Tangible Fixed Assets £	Total Net Assets £
Restricted Funds			
Restricted funds	108,717	-	108,717
Designated Funds			
Designated functional fixed asset fund	-	600,150	600,150
Designated strategic fund	230,000	-	230,000
Revaluation reserve	-	29,348	29,348
Unrestricted Funds			
General purposes fund	137,979	-	137,979
	476,696	629,498	1,106,194

16 Staff Costs and Employee Benefits

The average number of employees and full time equivalent (FTE) during the year was as follows:

	2016 Number	2016 FTE	2015 Number	2015 FTE
Raising funds	8	4	6	2
Charitable activities	87	58	77	55
Governance	4	1	3	1
	<u>99</u>	<u>63</u>	<u>86</u>	<u>58</u>

	2016 £	2015 £
Wages and salaries	1,446,279	1,279,061
Employer's National Insurance contributions	106,087	96,188
Employer's pension contributions (defined contribution scheme)	49,630	42,016
	<u>1,601,996</u>	<u>1,417,265</u>

Total redundancy payments amount to £5,125 (2015: £Nil) and related to one position that was made redundant during the year.

No employees received total employee benefits (excluding employer pension contributions) of more than £60,000.

There were outstanding contributions to the pension scheme at the balance sheet date of £8,255 (2015: £6,483)

17 Trustees' and Key Management Personnel Remuneration and Expenses

The Trustees neither received nor waived any remuneration (2015: None) during the year.

The Trustees did not have any expenses reimbursed during the year (2015: None).

Key management personnel comprise the Chief Executive Officer, Chief Operating Officer, Finance Manager and Operations Manager. Total key management personnel remuneration for the year was £186,627 (2015: 191,778).

Professional indemnity insurance in respect of Trustees and staff was held during the year at a cost of £2,915 (2015: £2,650). This includes Trustee Indemnity insurance premiums of £1,290 (2015: £1,172).

18 Leases

The charity had the following future minimum lease payments under non-cancellable operating leases as follows:

	2016 Land & Buildings £	2015 Land & Buildings £
Payments due:		
Not later than one year	30,000	21,338
Later than one and not later than five years	120,000	-
Later than five years	165,000	-
	315,000	21,338

19 Reconciliation of net income / (expenditure) to net cash flow from operating activities

	2016 £	2015 £
Net income / (expenditure) for year	107,786	(18,463)
Interest receivable	3,445	12,243
Depreciation and impairment of tangible fixed assets	27,304	14,809
(Increase) / decrease in debtors	(51,252)	(238,420)
Increase / (decrease) in creditors	67,199	123,772
Net cash flow from operating activities	154,482	(106,059)

20 Related Party Transactions

Annabel Hodgson is Chief Executive Officer of No Limits (South) and is also a Trustee of Youth Access, a national umbrella charity for advice agencies such as No Limits (South). In the year ended March 2016 Youth Access awarded No Limits (South) grants of £5,000 and £60,000 for the Youth Voice and Young People in Mind projects respectively. During the year ended 31 March 2015, Youth Access awarded £171,500 in respect of the Right to be safe project.

Sarah Anderson and Martin Roscoe are Trustees for both No Limits and The Moving On Project (MOP). No Limits provides back office and fundraising support for this charity. No Limits has received income in respect of charitable activities from MOP totalling £80,521 (2015: £88,876). At the year end there was £37,399 outstanding (2015: £44,502).

21 First-time Adoption of SORP (FRS102)

The charity has adopted the SORP (FRS 102) for the first time in the year ended 31 March 2016.

The charity's date of transition was 1 April 2014.

(Note 21 continued)

The effect of transition from SORP (2005) to SORP (FRS 102) is outlined below.

Reconciliation of total charity funds

Adjustments to previously reported total charity funds at the end of the comparative period were as follows:

	£
Total charity funds at 31 March 2015 under SORP (2005)	1,004,679
Accrued unpaid overtime and not taken holiday	(9,716)
Total charity funds at 31 March 2015 under SORP (FRS 102)	<u>994,963</u>

The opening balance at 1 April 2014 has not been adjusted for any unpaid overtime that would be accrued, as it is the opinion of the Trustees that any adjustment would not have a material effect on the results in that year.