

Registered Charity Number 1088835
Company Number 4183173

NO LIMITS (SOUTH)

**TRUSTEES' REPORT AND
FINANCIAL STATEMENTS**

FOR THE YEAR ENDED 31 MARCH 2018

No Limits (South)

Financial Statements

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No Limits (South)

Trustees' Report for the Year Ended 31 March 2018

Charity Reference and Administrative Details

Charity No	1088835	
Company No	4183173	
Trustees	Pat James Simon Derrick Stephen Taylor Martin Roscoe Carol Evans Sarah Anderson Natalie Webb Lorna Fielker Anjelica Finnegan Noel Cato Thomas Young Maryam Minhas	Chair Vice-Chair Chair of Finance (resigned 14 March 2018) (resigned 21 May 2018) (appointed 13 November 2017) (appointed 19 March 2018)
Chief Executive Officer	Annabel Hodgson	
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 Limited 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 2018

The Trustees present their annual report and the audited financial statements of the Charity for the year ended 31 March 2018.

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) (issued on 16 July 2014 and amended on 2 February 2016)."

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 children and young people aged up to 26 at a city centre drop-in centre 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 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.

Children and 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 wide range of issues including their 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 (South)'s 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) seeks to follow is in line with the Charity Commission document RS1.

Organisational Structure and Decision Making

The No Limits (South) Management Committee or the groups/individuals they have appointed ultimately make all strategic 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 review performance and provide direction for the future.

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. The sub groups include remuneration, governance and investments.

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 children and young people who are service users to establish their satisfaction with the services they have

received and to evidence the impact of our work. 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 feed into the decision-making process of the Charity.

Review of Activities

No Limits (South) had contact with **8,744** service users during this year. 1,442 of these individuals' service use regarding the Southampton Healthy Ambition project (see below) was recorded on the Solent NHS Foundation Trust recording system "System1", 456 of whom also used other No Limits (South) services and so are recorded on both databases. The following analysis only refers to information recorded about the 7,758 individuals recorded on No Limits (South) database. We recorded **49,517 separate contacts** with these **7,758 individuals** or others concerning their support. Additionally, we undertook many large-scale outreach activities such as school / college-based work with groups, festivals and fun days, recording how many people were at the events rather than completing individual monitoring. Through these we recorded 11,825 children and young people.

INFORMATION, ADVICE, SUPPORT AND COUNSELLING SERVICE

For the majority of the year this has been delivered 6 days a week through our Advice centre in Southampton City Centre, 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, domestic violence and abuse/neglect; advocacy and young people's rights.
- Access to No Limits Counselling Service.
- Skills Employment Education (SEE) For Your Future Work Club – Careers; Steps (City Deal); Wheatsheaf Trust; Enactus Solent University SU help with work club.
- Access to staff from other local agencies working with young people through our drop-in centres – Advice Southampton - Welfare Benefits specialist; Citizens Advice - Debt worker, Sexual Health nurse.
- Free condoms, pregnancy testing, Chlamydia screening, sexual health information and advice during all opening hours and a weekly nurse led sexual health clinic.
- Access to telephones, computers and newspapers.
- Fresh fruit and food for homeless young people.
- Shower and laundry facilities for homeless young people.

2,247 service users accessed our drop-in centre on 10,866 occasions over the year. 61% of those accessing the Advice Centre were experiencing vulnerabilities or were at risk. A further 2,008 children and young people were seen through weekly Health and Wellbeing drop-in sessions located in 9 Southampton secondary schools, 1 Eastleigh secondary schools, 3 Southampton and 2 Eastleigh Further Education colleges.

WORK WITH VULNERABLE YOUNG PEOPLE

Of the 7,758 children and young people supported over the year recorded through No Limits (South) database, we were aware that 34% of them were experiencing vulnerabilities beyond that which is normal.

These vulnerabilities included:

- 1,789 who were at risk through **poverty** e.g. NEET, living on benefits, debt.
- 843 who were **homeless** or at risk of homelessness.
- 2,876 who had **mental health** issues
- 903 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.
- 1,236 at risk through their **behaviour** e.g. Young Offenders, those with behavioural issues.
- 969 with **substance misuse issues**.
- 960 with some kind of **disability**.

- 407 with **parenting** responsibilities.
- 174 at risk through **hate crime**.
- 420 at risk through **exploitation**, violence or abuse.

1,607 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 much of our work and taking the greatest proportion of the Charity's resources.

Over the year we have seen an increase in the numbers of young people accessing our services who have multiple vulnerabilities or face multiple risks. Our **Help Through Crisis** (Big Lottery funded) project supported particularly vulnerable young adults, in Southampton through our advice centre, and throughout West Hampshire through partnership work with Youth in Romsey, It's Your Choice and Alabare.

Specialist Services:

COUNSELLING

We delivered counselling services to children and young people aged 5 to 25 years, funded variously by Southampton City Council, Hampshire Clinical Commissioning Groups (CCG's), Big Lottery Fund, Children in Need and Southampton's Children and Adolescent Mental Health Service (CAMHS).

Through these combined projects, No Limits provided counselling for over 2,000 children and young people who attended an average of 6 sessions each:

- 594 of these were in Southampton
- 336 in Hampshire directly through No Limits
- 1,099 were delivered through sub-contracts with 11 Hampshire based youth counselling charities (It's Your Choice, The Moving on Project, Off the Record, Step by Step; Youth in Romsey, Alabare, YPI, 1-2-1 Counselling, Winchester Youth Counselling, Young People's Wellbeing Service and The Source) to Hampshire young people aged 11-17.

The CORE (Clinical Outcomes for Routine Monitoring) tool was used to establish the outcomes achieved through counselling.

Sussex Partnership NHS Foundation Trust funded staff to be part of the Hampshire CAMHS Single Points of Access, meeting with CAMHS and other voluntary sector staff to assess what services referrals of children and young people would benefit from and assign them support.

During the year, we started a new project in partnership with Southampton CAMHS as part of an early intervention model supporting children and young people's mental health. We employed Primary Mental Health workers who worked with CAMHS' staff delivering one-to-one work with children and young people who do not meet the threshold for specialist mental health support. In 2018-19 this will develop additional groupwork offers for 11-18 year olds.

COMMUNITY SUPPORT and HOUSING ADVICE

Our housing and homelessness work was delivered across a range of projects in Southampton. The trend of decreasing housing options for young adults has continued, with very few being able to access the Private Rented Sector unless they are in work and have substantial deposits.

Our longstanding Floating Support contract ended in July 2017, with a lesser number of young adults being supported in this way through a new sub-contract from the YMCA to deliver the Southampton City Council Supporting People **Community Support** contract to young people aged 16-25 at risk of homelessness, to enable them to access, settle in to and sustain appropriate accommodation. 42 young people were supported in this way. Funding from Southampton City Council also supports our **housing advice** work with young people.

843 individual young people have had individual support over their housing and homelessness issues through our housing advice services. 118 of these were street homeless, 310 were sofa surfing and 268 were at risk of homelessness.

DASH

The DASH substance misuse service is for young people aged up to 24 years. It is part of Southampton Drug and Alcohol Recovery services (SDARs) the wider Southampton offering of substance misuse services for all age groups, a partnership with Society of St James and Change Grow Live (CGL). 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. Brief interventions concerning substance misuse were delivered to 3,200 under 26-year olds (1,469 in Southampton as part of DASH), and 185 young people received interventions from our specialist treatment team. Thousands of brief interventions were delivered as part of our early intervention and prevention offer, and 441 children and young people participated in 22 sessions of our Buzz substance education program in secondary schools. We delivered several successful Blood Born Virus awareness and screening days for young people.

We referred to and delivered peer support and group activities to support young people's recovery, with many DASH clients engaging in group work such as:

- Therapeutic groups on motivation and behaviour change – 6 weekly rolling program
- Action for Growth – solution focussed group work
- Coffee & Cake drop in introduction to the DASH
- Cook & Eat group
- Harm Reduction groups
- Saints4Sports activity groups
- Group for substance dependent young people (alcohol and or drugs)
- Peer support group for young parents in substance misuse treatment who have had children taken into care or are at risk of this.

We delivered group support to children who are affected by substance misuse through our COSMO group (Children of Substance Misusing Others).

We also delivered support for parents / carers of children and young people using substances.

MAKE OUR RIGHTS REALITY (MORR)

MORR is a youth rights and participation service for young people aged 15 – 25, led by Youth Access and in partnership with other YIACS (youth information, advice and counselling services) in Manchester, Liverpool and Norfolk, aiming to:

- Educate young people about their rights and responsibilities and how to tackle their everyday problems,
 - Support young people to work collectively in their communities to address social injustice,
 - Establish a national campaign network of young people speaking up for their rights.
- This year 126 young people engaged with MORR over the year. 114 attended rights a course and 12 attended the participation group.

SEXUAL HEALTH

No Limits (South) started a new **Sexual Health** project on 1 April 2017 as a subcontract from Solent NHS, delivering single gender education (Girl Talk Boy Talk), peer education and advice, information and resources regarding sexual health including condom distribution as part of the Get it On scheme across Hampshire, Portsmouth and Southampton. We delivered*:

- 10,581 condoms and accompanying sexual health advice to young people,
- Brief Interventions about sexual health with 3,261 individual young people,
- Chlamydia screening to 393 young people, with an 11.5% positivity rate across Hampshire,
- one to one behaviour change support to 236 young people at risk,
- Girl Talk Boy Talk education program to 242 young people,
- Trained 206 young people to be peer educators on sexual health issues,
- 153 Pregnancy Tests.

Some of this work was sub-contracted to 7 partner agencies - Motiv8, It's Your Choice, Off the Record, Youth First, Step by Step, Youth in Romsey and Yellow Brick Road.

**These figures do not include statistics for work delivered in Southampton through our Advice Centre or much of the Health and Wellbeing drop in work as these are accounted for under other contracts.*

GROUPWORK

No Limits (South) delivered a range of groups, courses and learning opportunities for children and young people through schools and colleges, our Advice centre, and in partnership venues across Hampshire, funded through Southampton CAMHS, the Hampshire CCG's, Big Lottery Fund and the Southampton City Council Community Learning offer:

Anxiety management courses
Bereavement and Loss group
Anger management courses
Self-harm courses
Exam stress groups
Seasonal Blues group
Mood Management courses
Young People's rights courses

In Southampton, we delivered weekly Safe House 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 CAMHS and was supported by Southampton City Council and Southampton Clinical Commissioning Group (CCG). 26 young people attended last year.

Safe House is a weekly **youth group** offering facilitated peer support for young adults aged 16-25. 24 young adults attended.

We supported partner organisations Yellow Door and Breakout Youth to offer therapeutic group support to lesbian, gay, bi-sexual, transgender and questioning (LGBTQ) young people Hampshire wide.

SEE (Skills Employment Education) For Your Future - our weekly **SEE GROUP** 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 budgeting advice. 116 young jobseekers have attended over the year.

Time4U – is a group for young people aged 11-18 with a learning disability and whose parents/carers are registered with the **Buzz network**. 7 children and young people attended the weekly group in Southampton.

NO LIMITS XTRA

The **No Limits Xtra** service offers one-to-one based support to young people helping young people with anything that is holding them back or that they would like support with e.g. help filling in forms, money or debt advice or support with relationship, family or children issues. 174 had individual budgeting support and 16 young people accessed ongoing one-to-one support over the year, largely funded by Youth Access.

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

Funded by Portsmouth City Council and Southampton County Council the **Just 4 U** project provides an Advocacy and Independent Visiting service for children in care in Southampton and Portsmouth. 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 808 children were referred to the service with 274 going onto access advocacy and 25 being supported by Independent Visitors.

NEXT STEPS

Funded through the Big Lottery Fund, **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. One to one key worker support was given to 98 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 regular groups e.g. Care Leavers group, Young Adult Carers group and a number of activities enhancing life skills and personal development.

BRIGHT BEGINNINGS

Our **Bright Beginnings** project provided support to young parents who lack adult support in their lives, including volunteer mentors. 20 young parents were supported by Bright Beginnings with 6 engaging actively with their mentor 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 (South) role is to work in partnership with school nurses to support children and young people's emotional health and wellbeing, providing 5 Emotional Health and Wellbeing (EHWB) workers linked with schools and Further Education colleges and 4 Family Navigators linked with GP's. Approximately 1,442 children and young people have been individually supported by the Emotional Health and Wellbeing workers, 1,718 children and young people attended group sessions e.g. on anxiety, anger management, self-esteem and exam stress. 3,302 face to face contacts were made with EHWB service by young people and parents / carers.

OTHER CHARITIES

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

COMMUNITY and CORPORATE FUNDRAISING

We raised £58,189 as a result of our work with individuals, groups, schools and businesses, and received an enormous amount of in kind support. Fundraising volunteers and interns have supported our efforts throughout the year.

Individuals have supported us through some innovative sponsored events including a head shave, wing walk and a tough mudder. Fundraising events in aid of No Limits included a performance by S J Academy of Dance, Bandoeke events with Daisy and the Wedding Toasters, quizzes and fundraising days at local schools.

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

- White Stuff
- Local branches of Barclays Bank
- The Rowing Club
- Grand Harbour Hotel
- Above Bar Cooperative shop
- Santander Bitterne
- Smith and Williamson
- Hampshire Women's Business Group
- The Coffee Bean Company
- Southampton Ukulele Jam
- Solent University Criminology Society
- Wave 105
- Readie Construction
- Reed
- Other World Escapes
- Paul Murray Plc

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 continues to strengthen with a strong growth in Facebook and Twitter followers, a good reception for our digital newsletter and regular use of JustGiving.

ACHIEVEMENTS

Contracts and Grants

We worked with five other Southampton advice agencies to develop 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. Citizen's Advice led our Advice Southampton bid to Southampton City Council and the new Advice contract began in February 2018, with No Limits (South) as a partner.

We began our Hampshire, Portsmouth and Southampton wide Sexual Health project in partnership with Solent NHS Foundation Trust.

We won a GSK Impact Leaders Award for our Therapeutic Services review and will undertake this in 2018 – 19.

Primary Mental Health

Our contract for youth substance misuse services in Southampton ended in July 2017, and we worked with commissioners to re-configure the offer, which we will now deliver until March 2019.

Our **Southampton Health and Wellbeing** services in schools and FE colleges, and **Southampton Counselling** services will end in August 2018 and we have been awarded new contracts starting in September 2018.

Our Big Lottery funded Next Steps project working with Care Leavers, Young Offenders and Young Carers was successful in gaining continuation funding for a further 3 years.

We were successful in a partnership bid with Mencap to deliver services for carers in Southampton and have been delivering individual and group support to young carers since April 2018.

We bid to deliver Personal Budgeting support to young adults referred by the DWP successfully.

In April 2018 we started a new project funded by Hampshire Constabulary – Navigator Gateway. 3 Navigators will be co-located at Southampton Police Station, joining a team from Southampton City Council, and will work with young adults aged 18-24 years who have plead guilty to a criminal offence. Navigators will support with them to engage in activities likely to divert them from further offending behaviour, e.g. through employability support, diversionary activities, training and behaviour change.

In 2018-19 we will start working in partnership with Southampton Healthy Living to support young adults in health behaviour change, particularly focussing on smoking cessation and weight issues.

We set up a trading subsidiary (No Limits Trading Ltd), to deliver training for the children and young people's workforce and therapeutic services and support services for school students. We became accredited as a provider of ABC Youth Work training.

Representation:

Our CEO represented the voluntary sector and met HRH Prince Charles at a national conference at the Kings Fund.

We attended a regional event with the Big Lottery Fund helping to review their funding priorities for the region.

We attended a regional event with the Blagrove Trust about issues for young adults in the region.

Staff contributed to a number of local, regional and national strategic and practitioner groups and forums, representing children and young people's needs, including Southampton Healthwatch, the Hampshire Starting Well strategic group, Southampton City Council Children and Young People's Early Intervention and Prevention group and Youth Access.

Digital Transformation

Last year we scoped the need to transform our use of digital technologies in order to support our business processes, communications and service delivery and are investing in this by:

- Migrating our business network to Office 365 and training staff in new systems in 2018
- Moving our client, Human Resources and supporter databases into Microsoft Dynamics.
- Enabling access to our services through online delivery:
 - online delivery of counselling.
 - online advice and support via No Limits (South) website and the Hampshire Youth Access (HYA) website.
- In 2019 we will review our accounts software and consider options for the future.
- Ensuring our systems, policies and practices are ready to comply with the new requirements of the General Data Protection Register in May 2018.

Premises

We operate from our main city centre Advice Centre in the High Street, Southampton, where our drop-in services are based. Our registered offices are at 35 The Avenue, Southampton. Group work and counselling operate from both locations. Staff are additionally co-located with partner organisations – Solent NHS Foundation Trust, Sussex Partnership NHS Foundation Trust, partner agencies Hampshire wide.

Since the year end No Limits (South) has purchased 34 The Avenue, Southampton which is currently being refurbished and converted into office space. Administration, group work and counselling will all operate from these new premises.

Additionally 35 The Avenue is being extended to provide additional work, training and counselling space.

PARTICIPATION

We undertook two consultations with service users as part of our "Have Your Say" participation focus, both of which demonstrated excellent feedback. We supported a youth participation group – our Youth Ambassadors, who are volunteering, are 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.

Monitoring of Performance

The Charity's policy and strategy are set by the management committee via the Business Plan which 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 committee 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. Specific projects capture monitoring information in partner systems through Solent NHS Foundation Trust and CGL.

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 (South) 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 (HR) program and absences are looked at using the Bradford factor system.

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

No Limits (South) 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), young people are consulted about their experiences of No Limits (South), the outcomes they have achieved through our interventions and suggestions for future developments.

Financial Results

The annual accounts show a surplus of £228,362 which is in excess of the target amount of £100,000 provided by the Trustees in the budget. The target surplus was agreed by the Trustees to contribute to the strategic reserve to protect the charity in the event of future changes. It also provides for contingencies as well as allowing for investment in development of services to support children and young people.

Accumulated surpluses, including the above, have been applied since the end of the year. An additional property has been purchased and existing property will be extended to accommodate further office, group work, training and counselling space.

The Charity saw a 1% increase in its total income for the year. Whilst new contracts/grants have been won during the year, they have largely been extensions of or replacements for contracts/grants that have come to an end. A number of the larger grants and contracts are for a period of 3-5 years which means that income on these will remain stable.

In the previous year the Trustees designated £100,000 in respect of strategic investment in the digital infrastructure. This is to ensure that systems and structures are robust and fit for purpose to meet the longer-term requirements of the Charity and its contracts i.e. online chat facilities. A significant amount of work has taken place during the year evaluating the potential new systems and structures that are available. Towards the end of the year the Charity appointed a consultant to implement the new digital infrastructure and the costs of this will be incurred in the coming financial year.

In the year 2018/2019 a number contracts are due for renewal or have potential extensions. All have TUPE rights attached to them and if No Limits (South) are not successful in retaining these contracts a number of staff will be transferred to the new provider reducing our expenditure as income falls. We do however have an expectation to win these tendered contracts that are coming up for renewal.

Principal sources of income in the year were:

Hampshire CCG	£808,080
Solent NHS Trust	£454,022
Southampton City Council – DASH	£422,376
Big Lottery Fund – Reaching Communities (Next Steps)	£170,855
Southampton City Council –ESAP DASH	£116,025

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. Volunteer trustees, volunteers make a crucial contribution to the provision of information, advice and counselling services at the Charity's drop-in centre. It is estimated that 119 volunteers contributed around 9,482 hours of time during the year. An indicative value of this contribution is £82,967 based on 9,428 hours at the Living Wage rate in place as at June 2018. 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.

Governance costs fell slightly to 1.0% of total expenditure compared to 1.4% in the previous year.

Fundraising Activities

The Finance and Executive Subgroup of the No Limits (South) Management Committee oversees fundraising and meets bimonthly to receive a report from the fundraising team.

The Fundraising Manager and CEO oversaw the day to day fundraising activities engaged in by the fundraising team of staff and an intern including writing bids and tenders, working with corporate partners and engaging in promotion of the Charity, community fundraising and events. The CEO leads on large tenders and the long-term funding strategy as reflected in the Business Plan.

The Trustees were pleased to see that the fundraising target was reached in 2017/2018 and have set a challenging target for 2018/2019 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 (South) including matched funding, contracted, core, headquarters, satellite and additional work with a focus on the priority core work.

Future Strategy

Future strategies will continue to focus on a balance of maintaining reserves at a level recommended by the Charity Commission whilst retaining the flexibility to manage potential variations in operational demands which are outside the control of the Charity. Accordingly, the Trustees will keep the reserves policy under review, but have set a target for a surplus of 3% of total income each year (approximately £100,000). Funding sources will continue to be sought and secured which will contribute to the generic drop-in advice and support services for which No Limits (South) has built up a substantial reputation and expertise but is not fully funded by the Southampton City Council information and advice grant which No Limits (South) won as a subcontractor to the Citizens Advice Bureau.

The Trustee strategy for future funding is 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 (South) 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. This is being done in a sensitive way often working with other charities in the area and filling in gaps rather than in direct competition with a current provider.

The Trustees will review the Investment Strategy following significant investment in property in 2018.

No Limits (South) partnership work continues to increase, No Limits (South) now holds a number of contracts that have other charities as sub-contractors.

Reserves Policy

Total reserves are £1,945,918 which includes £69,797 of restricted reserves and £608,034 held as fixed assets.

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

- 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.
- In the previous year the Trustees also voted to create a designated fund for upgrading the IT of the Charity.
- The amount of cash reserves held should be in line with the Charity Commission guidelines and be able to cover the continuation of 'core' activities for 6 months. The actual monetary amount of reserves required rises as income rises.

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

Investment Performance and Policy

The objectives of the No Limits (South) investment policy are to invest surplus funds prudently in accordance with the responsibilities of trustees. Priority will be to ensure security and liquidity.

Surplus funds will be invested in four ways:

- i) Financial investments
 - a) Cash investments. A sum will be maintained on deposit to ensure flexibility;
 - b) Investments will be made in the financial market with a view to achieving a return. This will be in accordance with the risk appetite and on the basis of professional advice;
 - c) Property investments will also be made to deliver financial return in the longer term. The priority will be where property investment helps to deliver the aims of objectives of No Limits (South)

through service provision or office accommodation. This will also be on the basis of professional advice and managed risk.

ii) Programme related investments

The investment policy provides for investment into a programme related activity or activities where this will support and protect No Limits (South) aims and objectives. This includes the possibility of investment of 'pump-priming' funds into a social enterprise where a long-term return can be demonstrated.

A diverse investment strategy will be promoted by firstly agreeing the cash sum to be held on deposit and then allocating 1/3 of the residual balance to each of stocks and shares, property and programme related investments.

The overall risk appetite of No Limits (South) investments is low.

The priorities within this policy are liquidity and security rather than yield. Property assets will be longer term but realisable. Market investments will be ethical, and a mixture of short and medium term and any new programme related investments will be over the medium term with a view to improving services for younger people through new enterprises.

Since the year end the decision has been made to purchase an additional property in The Avenue to provide additional office, counselling and training space.

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. Part of the partnership working projects with other charities includes capacity building and increasing the knowledge of smaller charities in the partnership which then reduces the risks for No Limits (South) as the contract holder working with smaller sub-contractors.

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 reviewed by the board of Trustees. These include; IT risks are minimised by a contract with a "Cloud" provider who ensures all of our data is safe. HR risks are reduced by the outsourcing of employment law to an HR professional. Police checks (DBS) are made of all staff on an appropriate basis for the work they do. Fraud and governance risks are being minimised by the implementation of a Charity Commission toolkit. Insurance levels are kept at the level of risk the trustees require, funders request, and Charity Commission guidelines suggest.

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 (2016 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.

Auditor

The Auditor, Fiander Tovell Limited, are deemed to be reappointed under section 487(2) of the Companies Act 2006.

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) (as amended for accounting period commencing from 1 January 2016), and with the Charity's Memorandum and Articles of Association.

Approved by the Trustees and signed on their behalf by:


.....
STEPHEN TAYLOR
Trustee

31 October 2018

Independent Auditors' Report for the Year Ended 31 March 2018 to the Members of No Limits (South)

We have audited the financial statements of No Limits (South) for the year ended 31 March 2018 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, The Financial Reporting Standard applicable in the UK and Republic of Ireland.

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.

In our opinion the financial statements:

- give a true and fair view of the state of charitable company's affairs as at 31 March 2018, 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 Company's Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

At the Balance Sheet Date, the charitable company had net current assets of £1,945,918 (2017: £1,717,556). In forming our opinion on the financial statements, which is not qualified, we have considered the adequacy of the disclosures made in note 1(b) to the financial statements concerning the charitable company's ability to continue as a going concern and do not consider that there is a material uncertainty which may cast significant doubt about the charitable company's ability to continue in operation.

Other information

The trustees are responsible for the other information. The other information comprises the information included in the trustees' annual report, other than the financial statements and our auditor's report thereon. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Matters on which we are required to report by exception

In light of the knowledge and understanding of the company and its environment obtained in the course of the audit, we have not identified material misstatements in the directors' report included within the trustees' report.

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

- adequate accounting records have not been kept; or
- the financial statements are not in agreement with the accounting records; 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 financial statements in accordance with the small companies' regime and take advantage of the small companies' exemptions in preparing the trustees' report and from the requirement to prepare a strategic report.

Responsibilities of trustees

As explained more fully in the trustees' responsibilities statement set out on page 14, the trustees are responsible for the preparation of financial statements which give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

We have been appointed as auditor under the Company's Act 2006 and report in accordance with regulations made under that Act.

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at: www.frc.org.uk/auditorsresponsibilities. This description forms part of our auditor's report.

**Andrew Jay ACA FCCA (Senior Statutory Auditor)
for and on behalf of Fiander Tovell Limited**

**Chartered Accountants
Statutory Auditor**
Stag Gates House
63/64 The Avenue
Southampton
Hampshire
SO17 1XS

Fiander Tovell Limited
5/11/18

No Limits (South)

Statement of Financial Activities (Incorporating the Income and Expenditure Account) for the Year Ended 31 March 2018

	Note	Unrestricted Funds 2018 £	Restricted Funds 2018 £	Total Funds 2018 £	Total Funds 2017 £
Income from:					
Donations and legacies	3a	136,143	545,676	681,819	889,803
Charitable activities	3b	2,527,653	-	2,527,653	2,290,468
Investments	3c	16,865	-	16,865	9,710
Total Income		2,680,661	545,676	3,226,337	3,189,981
Expenditure on:					
Fundraising	5	105,879	-	105,879	104,321
Charitable activities	4	2,358,921	543,175	2,902,096	2,480,898
Total Expenditure		2,464,800	543,175	3,007,975	2,585,219
Net gains on investments	8	10,000	-	10,000	6,600
Net Income		225,861	2,501	228,362	611,362
Transfers					
Gross transfers between funds	14	(625)	625	-	-
Net Movement in Funds		225,236	3,126	228,362	611,362
Reconciliation of Funds:					
Total Funds brought forward at 1 April 2017		1,650,885	66,671	1,717,556	1,106,194
Total Funds carried forward at 31 March 2018	15	1,876,121	69,797	1,945,918	1,717,556

All income and expenditure derive from continuing activities.

The statement of financial activities includes all gains and losses recognised during the year and therefore no separate statement of the total recognised gains and losses is presented.

No Limits (South)

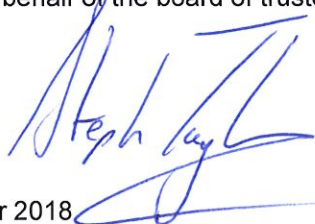
Balance Sheet as at 31 March 2018

	Note	£	2018 £	£	2017 £
Fixed Assets					
Tangible fixed assets	8		488,034		506,241
Investments	8		120,000		110,000
Current Assets					
Debtors	10	615,134		227,977	
Cash at bank and in hand		1,664,277		1,615,638	
		<u>2,279,411</u>		<u>1,843,615</u>	
Creditors: Amounts falling due within one year	11	(941,527)		(742,300)	
			<u>1,337,884</u>		<u>1,101,315</u>
Net Current Assets			<u>1,337,884</u>		<u>1,101,315</u>
Total Assets less Current Liabilities			<u>1,945,918</u>		<u>1,717,556</u>
Total Net Assets			<u>1,945,918</u>		<u>1,717,556</u>
Funds of the Charity					
Unrestricted Funds	14,15		460,529		301,989
Designated Funds					
Functional fixed asset fund	14,15		562,086		580,293
IT development fund	14,15		100,000		100,000
Therapeutic services fund	14,15		295,000		295,000
Strategic fund	14,15		412,558		337,655
Revaluation reserve	8,14,15		45,948		35,948
Restricted Funds	14,15		69,797		66,671
Total Funds			<u>1,945,918</u>		<u>1,717,556</u>

The financial statements were prepared in accordance with the provisions applicable to companies' subject to the small companies' regime within part 15 of the Companies Act 2006. The financial statements have been approved and authorised for issue by the Board on 31 October 2018.

Signed on behalf of the board of trustees:

Trustee



31 October 2018

The notes on pages 21 to 39 form part of these financial statements.

Company registration number: 4183173

No Limits (South)

Statement of Cash Flows for the Year Ended 31 March 2018

	Note	2018 £	2017 £
Cash flow from operating activities	19	63,862	1,016,260
Net cash flow from operating activities		<u>63,862</u>	<u>1,016,260</u>
Cash flow from investing activities			
Payments to acquire tangible fixed assets		(18,677)	(5,230)
Interest receivable		3,454	2,384
Net cash flow from investing activities		<u>(15,223)</u>	<u>(2,846)</u>
Net increase in cash and cash equivalents		<u>48,639</u>	<u>1,013,414</u>
Cash and cash equivalents at 1 April 2017		<u>1,615,638</u>	<u>602,224</u>
Cash and cash equivalents at 31 March 2018		<u>1,664,277</u>	<u>1,615,638</u>
Cash and cash equivalents consists of:			
Cash at bank and in hand		<u>1,664,277</u>	<u>1,615,638</u>
Cash and cash equivalents at 31 March 2018		<u>1,664,277</u>	<u>1,615,638</u>

No Limits (South)

Notes (forming part of the financial statements) for the Year Ended 31 March 2018

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 (as updated through Update Bulletin 1 published on 2 February 2016), 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.

Fund Accounting

General funds are unrestricted funds which are available for use at the discretion of Trustees in furtherance of the general objectives of the charity and have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by the donor or which have been raised by the charity for specific purposes. Expenditure which meets either of 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, in which case recognition will be when that criteria has been met.

Income from grants receivable are classified as 'Voluntary Income' when they are general in nature in support of the charity's objectives, 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.

(Note 1 continued)

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.

'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.

No amount is included in the financial statements for the volunteer time, in line with SORP (FRS 102). Further information is provided in the Trustee's Report.

Income from rental of parking spaces at the charity's main offices is recognised in the period to which it relates.

Investment income from property is recognised on receipt.

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 Limited. 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:

(Note 1 continued)

Furniture and Equipment	Straight line basis over 4 years
Computer Equipment	Straight line basis over 3 years
Freehold Property	Straight line basis over 25 years with no depreciation charged in the year of acquisition
Leasehold Property Improvements	Over the remaining life of the lease

Investment Properties

Investment properties for which fair value can be measured reliably without undue cost or effort are measured at fair value at each reporting date with changes in fair value recognised in 'net gains/(losses) on investments' in the SOFA.

Impairment

At each reporting period end date, the Trustees review the carrying amounts of the Charity's tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. Indicators of impairment may include significant declines in an asset's market value, evidence of physical damage, significant reorganisation of the Charity or changes in the statutory or political environment in which the Charity operates. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

Leases

Rentals payable and receivable under operating leases are charged to the SOFA on a straight-line basis over the period of the lease.

Cash and cash equivalents

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.

Financial Instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic Financial Assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

(Note 1 continued)

Impairment of Financial Assets

Financial assets, other than those held at fair value through profit and loss, are assessed for indicators of impairment at each reporting end date.

Financial assets are impaired where there is objective evidence that, as a result of one or more events that occurred after the initial recognition of the financial asset, the estimated future cash flows have been affected.

If an asset is impaired, the impairment loss is the difference between the carrying amount and the present value of the estimated cash flows discounted at the asset's original effective interest rate. The impairment loss is recognised in profit or loss.

If there is a decrease in the impairment loss arising from an event occurring after the impairment was recognised, the impairment is reversed. The reversal is such that the current carrying amount does not exceed what the carrying amount would have been, had the impairment not previously been recognised. The impairment reversal is recognised in profit or loss.

Derecognition of Financial Assets

Financial assets are derecognised only when the contractual rights to the cash flows from the asset expire or are settled, or when the company transfers the financial asset and substantially all the risks and rewards of ownership to another entity, or if some significant risks and rewards of ownership are retained but control of the asset has transferred to another party that is able to sell the asset in its entirety to an unrelated third party.

Classification of Financial Liabilities

Financial liabilities and equity instruments are classified according to the substance of the contractual arrangements entered into. An equity instrument is any contract that evidences a residual interest in the assets of the company after deducting all of its liabilities.

Basic Financial Liabilities

Basic financial liabilities, including creditors, bank loans, loans from fellow group companies and preference shares that are classified as debt, are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of Financial Liabilities

Financial liabilities are derecognised when the company's contractual obligations expire or are discharged or cancelled.

Equity Instruments

Equity instruments issued by the company are recorded at the proceeds received, net of direct issue costs. Dividends payable on equity instruments are recognised as liabilities once they are no longer at the discretion of the company.

2 Judgements and Key Sources of Estimation Uncertainty

The trustees consider that there are no material areas of judgement or estimation uncertainty.

3 Incoming Resources

3a Donations and legacies

	Unrestricted Funds 2018 £	Restricted Funds 2018 £	Total Funds 2018 £	Total Funds 2017 £
Grants	104,627	545,676	650,303	864,933
Donations & Similar Incoming Resources	27,016	-	27,016	22,062
Donated Services & Facilities	4,500	-	4,500	2,808
	136,143	575,676	681,819	889,803

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 3a continued)

	Unrestricted Funds 2018 £	Restricted Funds 2018 £	Total Funds 2018 £	Total Funds 2017 £
<i>Grants</i>				
Big Lottery Fund – Reaching Communities – Next Steps	-	170,855	170,855	13,632
Youth Access – Make Our Rights Reality	71,949	-	71,949	18,111
Big Lottery Fund – Help Through Crisis	-	68,863	68,863	47,250
Big Lottery Fund – Reaching Communities Supporting People	-	63,182	63,182	62,377
Southampton City Council (Other)	-	55,543	55,543	179,468
Children & Adolescent Mental Health Service	-	54,057	54,057	64,868
Children in Need – Stay Safe	-	41,538	41,538	-
RBS/NatWest	-	30,702	30,702	30,551
Big Lottery Fund – Healthy Transitions	-	23,103	23,103	7,701
Youth Access – Money Matters	20,849	-	20,849	-
Southampton City Council – Short Breaks	-	15,371	15,371	15,878
Scottish Power	5,079	-	5,079	1,016
SASA – Citizens Advice Bureau	4,750	-	4,750	-
Southern Water	1,000	-	1,000	-
Co-Op	1,000	-	1,000	-
Big Lottery Fund - Youth in Focus (Next Steps)	-	-	-	160,938
Hampshire County Council (CSI Counselling)	-	-	-	135,000
Big Lottery Fund – HeadStart Southampton Partnership	-	-	-	57,501
Hampshire County Council – Youth Support Services	-	-	-	22,000
Southampton Social Services	-	-	-	10,000
MIND – Peer Support for All	-	-	-	6,148
The Schuh Trust	-	-	-	4,150
Southampton City Council Welfare Reform Advice Grant	-	-	-	3,000
MIND	-	-	-	2,000
GlaxoSmithKline – Fiona Phillips Trust 2000	-	-	-	1,000
				1,000
	104,627	545,676	650,303	864,933
For the year ended 31 March 2017	30,277	834,656		864,933

(Note 3a continued)

	Unrestricted Funds 2018 £	Restricted Funds 2018 £	Total Funds 2018 £	Total Funds 2017 £
<i>Donations and Similar Incoming Resources</i>				
Miscellaneous	19,557	-	19,557	14,643
AJ Dance Academy	2,585	-	2,585	-
White Stuff Foundation	2,470	-	2,470	3,143
Charities Trust	2,404	-	2,404	3,103
Solent University	-	-	-	1,173
	27,016	-	27,016	22,062
For the year ended 31 March 2017	<u>22,062</u>	<u>-</u>	<u>22,062</u>	<u>22,062</u>

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 2018 £	Restricted Funds 2018 £	Total Funds 2018 £	Total Funds 2017 £
<i>Donated Services & Facilities</i>				
Training	4,500	-	4,500	2,808
	4,500	-	4,500	2,808
For the year ended 31 March 2017	<u>2,808</u>	<u>-</u>	<u>2,808</u>	<u>2,808</u>

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.

3b Charitable activities

	Unrestricted Funds 2018 £	Restricted Funds 2018 £	Total Funds 2018 £	Total Funds 2017 £
Hampshire CCG Counselling	808,080	-	808,080	794,580
Solent NHS Trust	454,022	-	454,022	264,452
Southampton City Council - DASH	422,376	-	422,376	
Child & Adolescent Mental Health Services	79,491	-	79,491	39,491
Southampton City Council – ESAP DASH	116,025	-	116,025	469,100
Breakout Youth	97,007	-	97,007	34,147
The Moving on Project	83,007	-	83,007	81,912
Children & Adolescent Mental Health Services (Sussex)	60,000	-	60,000	44,240
Southampton City Council (Advocacy)	54,940	-	54,940	78,660
Southampton CCG Counselling	44,964	-	44,964	62,152
Southampton City Council (Health & Wellbeing Drop Ins)	42,977	-	42,977	53,721
YMCA (Housing Related Support)	42,144	-	42,144	-
Solent NHS - DASH Substance Misuse	40,154	-	40,154	166,861
Portsmouth City Council (Just 4 U)	36,530	-	36,530	73,057
Services to schools and other voluntary organisations	25,712	-	25,712	15,714
Citizens Advice Bureau (Advice, Information & Guidance)	22,859	-	22,859	-
Yellow Door (formerly Southampton Rape Crisis)	20,000	-	20,000	20,000
NHS Southampton City (Public Health)	18,000	-	18,000	18,000
Southampton City Council – Teen Safehouse	15,170	-	15,170	-
Southampton City Council – Personal Budgeting Support	12,350	-	12,350	-
Income from providing student placements	7,665	-	7,665	10,641
Southampton City Council (Other)	7,607	-	7,607	5,945
Eastleigh Borough Council	6,059	-	6,059	-
Lease of parking spaces	4,548	-	4,548	14,400
Surrey County Council	2,774	-	2,774	-
Other	2,115	-	2,115	1,316
Hampshire County Council (Public Health)	1,077	-	1,077	-
Hampshire County Council (Just 4 U)	-	-	-	38,450
University of Southampton	-	-	-	2,529
Woolston Youth Club	-	-	-	-
Solent University	-	-	-	1,100
	2,527,653	-	2,527,653	2,290,468
For the year ended 31 March 2017	2,290,468	-		2,290,468

3c Investment Income

Rent receivable	12,500	-	12,500	6,586
Bank interest receivable	3,454	-	3,454	2,384
Income from managing agents	911	-	911	740
	16,865	-	16,865	9,710
For the year ended 31 March 2017	9,710	-		9,710

4 Analysis of expenditure on charitable activities

	Unrestricted Funds 2018 £	Restricted Funds 2018 £	Total Funds 2018 £	Total Funds 2017 £
<i>Charitable Activities*</i>				
Activities undertaken directly	2,057,373	489,804	2,547,177	2,186,576
Support costs	301,548	53,371	354,919	294,322
	2,358,921	543,175	2,902,096	2,480,898
For the year ended 31 March 2017	1,602,390	878,508		2,480,898

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

5 Allocation of Support Costs

	Fundraising 2018 £	Charitable Activities 2018 £	Total 2018 £	Total 2017 £
<i>Support costs</i>				
Governance (note 6)	-	30,681	30,681	35,783
Finance	-	81,037	81,037	67,103
Information technology	-	95,934	95,934	81,161
Human resources	-	21,182	21,182	10,786
Depreciation	-	36,884	36,884	24,468
Office costs	-	89,201	89,201	75,021
Fundraising	103,729	-	103,729	101,251
Other	2,150	-	2,150	3,070
	105,879	354,919	460,798	398,643
For the year ended 31 March 2017				
Unrestricted				327,048
Restricted				71,595
				398,643

6 Governance Costs

	2018 £	2017 £
<i>Governance costs</i>		
Auditor's remuneration	5,400	5,400
Legal fees	10,094	14,412
Insurance	10,951	12,463
Other	4,236	3,508
	30,681	35,783
For the year ended 31 March 2017		
Unrestricted		31,822
Restricted		3,961
		35,783

7 Operating Charges

	2018 £	2017 £
Net income for the year is stated after charging:		
Auditor's remuneration	5,400	5,400
Depreciation of tangible fixed assets	36,884	24,468
Operating lease rentals – land & buildings	37,600	30,000
Operating lease rentals - other	14,395	-
	<u>14,395</u>	<u>-</u>

8 Fixed Assets

Tangible fixed assets	Freehold Property £	Leasehold Improvements £	Furniture & Equipment £	Computer Equipment £	Total £
Cost or Valuation					
At 1 April 2017	467,240	61,563	13,134	27,745	569,682
Additions	-	2,460	3,326	12,891	18,677
Disposals	-	-	-	(10,960)	(10,960)
At 31 March 2018	467,240	64,023	16,460	29,676	577,399
Depreciation and diminution in value					
At 1 April 2017	18,650	12,311	9,191	23,289	63,441
Charge for the year	18,690	6,402	4,115	7,677	36,884
Disposals	-	-	-	(10,960)	(10,960)
At 31 March 2018	37,340	18,713	13,306	20,006	89,365
Net Book Value					
At 31 March 2018	429,900	45,310	3,154	9,670	488,034
At 31 March 2017	448,590	49,252	3,943	4,456	506,241

8 Fixed Assets (continued)

Investments	Investment Properties £	Total £
Cost or Valuation		
At 1 April 2017	110,000	110,000
Revaluation	10,000	10,000
At 31 March 2018	120,000	120,000
Depreciation and diminution in value		
At 1 April 2017	-	-
Impairment	-	-
At 31 March 2018	-	-
At 31 March 2018	120,000	120,000
At 31 March 2017	110,000	110,000

Investment properties include freehold property of £120,000 stated at fair value.

9 Revaluation of Investment Property

The Charity's freehold investment property located in Shirley, was revalued at 22 March 2018 by Mr Robert Primmer BSc FRICS of Primmer Olds UK Limited, Chartered Surveyors. The valuation was prepared in accordance with the RICS Valuation – Global Standards as published by the Royal Institution of Chartered Surveyors, July 2017. The property was valued on an open market basis at £120,000. At the date of the revaluation, the freehold investment property carried a historical cost of £100,000.

10 Debtors

	2018 £	2017 £
Grants receivable	-	-
Pre-payments and accrued income	74,758	37,258
Other debtors	540,376	190,719
	615,134	227,977

11 Creditors: Amounts falling due within one year

	2018 £	2017 £
Payroll liabilities	535,555	445,710
Deferred income (see note 12)	78,999	135,113
Accruals	115,959	41,416
Other creditors	211,014	120,061
	941,527	742,300

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

12 Deferred Incoming Resources

	Unrestricted Funds 2018 £	Unrestricted Funds 2017 £
Balance at 1 April	135,113	81,637
Incoming resources deferred during the year	78,999	120,723
Amounts released from previous years	(135,113)	(67,247)
Balance at 31 March	78,999	135,113

Incoming resources deferred during the year relate to grants and income from charitable activities from Southampton City Council, Big Lottery Fund, Sholing Technology College and Royal Bank of Scotland (RBS) which apply to a future period.

13 Financial Instruments

	2018 £	2017 £
Carrying amount of financial assets Debt instruments measured at amortised cost	<u>2,223,815</u>	<u>1,819,428</u>
Carrying amount of financial liabilities Measured at amortised cost	<u>862,528</u>	<u>607,187</u>

14 Funds

		Balance at 1 April 2017	Income/ Gains	Expenditure/ Losses	Transfers	Balance at 31 March 2018
Restricted Funds						
i	Big Lottery Fund – Healthy Transitions	12,348	22,462	21,836	-	12,974
ii	Big Lottery Fund – Help Through Crisis	26,146	68,863	64,197	-	30,812
iii	Big Lottery Fund – Reaching Communities	6,531	63,182	69,383	(330)	-
iv	Big Lottery Fund – Reaching Communities – Next Steps	6,792	170,855	160,886	-	16,761
v	Children in Need – Stay Safe	2,378	30,702	29,556	-	3,524
vi	Emergency Accommodation	100	-	222	122	-
vii	JP Getty Junior	7,328	-	5,684	-	1,644
viii	RBS Skills and Opportunities Fund	4,023	23,103	27,165	-	(39)
ix	Southampton City Council Annual Grant	1,736	54,057	55,892	99	-
x	Southampton City Council – Children & Adolescent Mental Health Service	-	41,538	43,277	-	(1,739)
xi	Southampton City Council – Short Breaks	-	15,371	9,511	-	5,860
xii	Supporting People	(711)	55,543	55,566	734	-
		66,671	545,676	543,175	625	69,797
Unrestricted Funds						
	Designated functional fixed assets	580,293	-	36,884	18,677	562,086
	Designated IT development fund	100,000	-	-	-	100,000
	Designated therapeutic services fund	295,000	-	-	-	295,000
	Designated strategic fund	337,655	-	-	74,903	412,558
	Revaluation reserve	35,948	10,000	-	-	45,948
	General purposes fund	301,989	2,680,661	2,427,916	(94,205)	460,529
		1,650,885	2,690,661	2,464,800	(625)	1,876,121

Note 14 (continued)

	Balance at 1 April 2016	Income/ Gains	Expenditure/ Losses	Transfers	Balance at 31 March 2017
Restricted Funds					
Big Lottery Fund – Healthy Transitions	3,921	21,344	12,917	-	12,348
Big Lottery Fund – Help Through Crisis	-	47,250	21,104	-	26,146
Big Lottery Fund – HeadStart Southampton Partnership	(1,865)	57,501	57,434	1,798	-
Big Lottery Fund – Next Steps	29,370	160,938	190,260	(48)	-
Big Lottery Fund – Reaching Communities	8,084	62,377	63,930	-	6,531
Big Lottery Fund – Reaching Communities – Next Steps	-	13,632	6,840	-	6,792
Big Lottery Fund – Awards for All	522	-	550	28	-
Citizens Advice Bureau – SASA	(131)	-	-	131	-
Children in Need – Stay Safe	-	30,551	28,173	-	2,378
Emergency Accommodation	150	-	50	-	100
Hampshire County Council – YSS	-	22,000	21,979	(21)	-
Hampshire County Council – CSI	12,703	135,000	147,745	42	-
Hampshire & Isle of Wight Community Foundation – Apprenticeship	841	-	775	(66)	-
Hampshire & Isle of Wight Community Foundation – Ford	6,000	-	5,991	(9)	-
JP Getty Junior	37,030	-	29,702	-	7,328
MIND – Peer Support for All	5,856	6,148	11,962	(42)	-
RBS Skills and Opportunities Fund	-	7,701	3,678	-	4,023
Safehouses	-	10,000	9,917	(83)	-
Southampton City Council Annual Grant	6,888	64,868	70,020	-	1,736
Southampton City Council – Short Breaks	-	15,878	15,954	76	-
Supporting People	(652)	179,468	179,527	-	(711)
	<u>108,717</u>	<u>834,656</u>	<u>878,508</u>	<u>1,806</u>	<u>66,671</u>
Unrestricted Funds					
Designated functional fixed assets	600,150	-	25,087	5,230	580,293
Designated IT development fund	-	-	-	100,000	100,000
Designated therapeutic services fund	-	-	-	295,000	295,000
Designated strategic fund	230,000	-	-	107,655	337,655
Revaluation reserve	29,348	6,600	-	-	35,948
General purposes fund	137,979	2,355,325	1,681,624	(509,691)	301,989
	<u>997,477</u>	<u>2,361,925</u>	<u>1,706,711</u>	<u>(1,806)</u>	<u>1,650,885</u>

Note 14 (continued)

- 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 (South) is one of seven partners delivering this project.
- ii The Big Lottery Fund Help Through Crisis project is a five-year project delivering advice and advocacy to young adults in crisis in west Hampshire. The project is delivered through four youth information, advice and counselling services of which No Limits (South) is the lead.
- iii 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.
- iv The Big Lottery Fund Reaching Communities (Next Steps) project provides three years of funding to continue the Big Lottery Fund Youth in Focus work that finished in 16/17 helping young people in the run up to and after they leave prison.
- v The Children in Need funding is a 3-year project to provide support to young people with multiple vulnerabilities. This is a continuation of the previous project.
- vi 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.
- vii Funding received for a project to help young offenders break the cycle of re-offending, working with them both in prison and through resettlement.
- viii Funding provided by Royal Bank of Scotland Opportunities and Skills fund to fund the No Limits Money Club. Money Club will provide 1-2-1 and group-based financial education to disadvantaged young people, supporting their journey into adult life, helping achieve sustained housing and employment.
- ix This is a three-year grant from Southampton City Council to help fund the advice centre run by No Limits (South). The grant has now finished.
- x Funding provided by Southampton City Council for three projects;
 - working with children and young people who are experiencing bullying, and those who are bullies including therapeutic work, group work and 1:1 work.
 - A bereavement counselling project for young people aged 11-16.
 - A pilot providing individual counselling to 100 children aged 4-10 years.
- xi Funding to provide a new membership youth group to young people (aged 11-18) who are on the autistic spectrum, have learning difficulties or display challenging behaviour.
- xii Supporting People is a five-year contract to provide a floating housing support service to young people at risk and young parents in Southampton. The project ended during the year.

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

15 Analysis of Funds

	Net Current Assets	Tangible Fixed Assets	Total Net Assets
	2018 £	2018 £	2018 £
Restricted Funds	69,797	-	69,797
Designated Funds			
Functional fixed asset fund	-	562,086	562,086
IT development fund	100,000	-	100,000
Therapeutic services fund	295,000	-	295,000
Strategic fund	412,558	-	412,558
Revaluation reserve	-	45,948	45,948
Unrestricted Funds	460,529	-	460,529
	1,337,884	608,034	1,945,918

	Net Current Assets	Tangible Fixed Assets	Total Net Assets
	2017 £	2017 £	2017 £
Restricted Funds	66,671	-	66,671
Designated Funds			
Functional fixed asset fund	-	580,293	580,293
IT development fund	100,000	-	100,000
Therapeutic services fund	295,000	-	295,000
Strategic fund	337,655	-	337,655
Revaluation reserve	-	35,948	35,948
Unrestricted Funds	301,989	-	301,989
	1,101,315	616,241	1,717,556

16 Staff Costs and Employee Benefits

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

	2018 Number	2018 FTE	2017 Number	2017 FTE
Raising funds	8	3	8	2
Charitable activities	99	76	90	67
Governance	7	1	7	1
	<u>114</u>	<u>80</u>	<u>105</u>	<u>70</u>

The total staff costs and employee benefits was as follows:

	2018 £	2017 £
Wages and salaries	1,877,115	1,598,064
Employer's National Insurance contributions	141,984	119,694
Employer's pension contributions (defined contribution scheme)	48,969	50,442
	<u>2,068,068</u>	<u>1,768,200</u>

Total redundancy payments amount to £838 (2017: £Nil).

There was 1 employee whose total employee benefits (excluding employer pension costs) fell within £60,000 to £70,000 (2017: Nil).

There were outstanding contributions to the pension scheme at the balance sheet date of £6,823 (2017: £6,985)

17 Trustees' and Key Management Personnel Remuneration and Expenses

The Trustees neither received nor waived any remuneration (2017: None) during the year.

The Trustees did not have any expenses reimbursed during the year (2017: None).

No trustee has any pension arrangements accruing (2017: 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 £206,513 (2017: £170,875).

Professional indemnity insurance in respect of Trustees and staff was held during the year at a cost of £3,025 (2017: £3,011). This includes Trustee indemnity insurance premiums of £1,338 (2017: £1,332).

18 Lease Commitments

Lessee

Operating leases payments represent rentals payable by the company for a property from which it operates and for photocopier and printers which it uses. The property lease has been negotiated for a term of ten years and the equipment lease for five years. Amounts recognised in the Statement of Financial Activities as an expense during the period in respect of operating lease arrangements are £51,995 (2017: £30,000).

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

	2018 Land & Buildings £	2018 Other £	2017 Land & Buildings £	2017 Other £
Payments due:				
Not later than one year	31,250	14,395	30,000	-
Later than one and not later than five years	129,000	43,185	126,000	-
Later than five years	66,000	-	99,000	-
	226,250	57,580	255,000	-

Lessor

The operating leases represent leases of property to a third party. The lease has been negotiated over terms of five years and rentals are fixed. The lease includes a provision for three-yearly upward rent reviews according to prevailing market conditions.

At the reporting end date, the Charity had contracted with tenants for the following minimum lease payments:

Amounts receivable in respect of non-cancellable operating leases:

	2018 Land & Buildings £	2017 Land & Buildings £
Payments due:		
Not later than one year	10,000	10,000
Later than one and not later than five years	20,000	30,000
	30,000	40,000

19 Reconciliation of net income to net cash flow from operating activities

	2018 £	2017 £
Net income for year	228,362	611,362
Interest receivable	(3,454)	(2,384)
Depreciation and impairment of tangible fixed assets	36,884	24,468
Loss on the sale of tangible fixed assets	-	619
(Gain) / loss on revaluation	(10,000)	(6,600)
Decrease / (Increase) in debtors	(387,157)	236,063
Increase in creditors	199,227	152,732
Net cash flow from operating activities	<u>63,862</u>	<u>1,016,260</u>

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 31 March 2017 Youth Access awarded No Limits (South) a grant of £217,909 in respect of the Make Our Rights Reality project of which £71,949 was received during the year ended 31 March 2018. No Limits (South) also received £20,849 from Youth Access in relation to the Money Matters project.

Sarah Anderson and Martin Roscoe are Trustees for both No Limits (South) and The Moving On Project (MOP). No Limits (South) provides back office and fundraising support for this charity. No Limits (South) has received income in respect of charitable activities from MOP totalling £83,007 (2017: £81,912). At the year end there was £83,007 due to the charity (2017: £40,340) and £41,472 (2017: £Nil) owed by the charity to MOP.

21 Subsidiary Undertaking

The charitable company owns the whole of the issued ordinary share capital of No Limits Trading Limited, a company incorporated on 24 January 2018 and registered in England (company number 11167244). The subsidiary will be used for non-primary purpose trading activities. The total taxable profits will be gifted to the charitable company. The company began trading on 1 April 2018 and there are therefore no results to include in these accounts.

No Limits Trading Ltd has been set up to provide counselling, training and education. No Limits (South) has agreed to provide a loan of up to £50,000 to No Limits Trading Ltd to fund financing capital and revenue expenditure in relation to its trading operations.

22 Events After the Balance Sheet Date

Since the year end No Limits (South) has purchased 34 The Avenue, Southampton which is currently being refurbished and converted into office space. Administration, group work and counselling will all operate from these new premises.

Additionally, 35 The Avenue is being extended to provide additional work, training and counselling space.