

Registered Charity Number 1088835
Company Number 4183173

NO LIMITS (SOUTH)

**TRUSTEES' REPORT AND
FINANCIAL STATEMENTS**

FOR THE YEAR ENDED 31 MARCH 2017

No Limits (South)

Financial Statements

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No Limits (South)

Trustees' Report for the Year Ended 31 March 2017

Charity Reference and Administrative Details

Charity No	1088835	
Company No	4183173	
Trustees	Simon Derrick Pat James Stephen Taylor Martin Roscoe Carol Evans Sarah Anderson Natalie Webb Lorna Fielker Anjelica Finnegan Noel Cato	Chair Vice-Chair Chair of Finance (appointed 25 May 2016) (appointed 14 November 2016) (appointed 14 November 2016) (appointed 14 November 2016) (appointed 20 March 2017)
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 2017

The Trustees present their annual report and the audited financial statements of the Charity for the year ended 31 March 2017.

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. No Limits (South) has recently recruited four new trustees and is not currently seeking to recruit new trustees. No Limits (South) currently has a strong Trustee Board and a core group of Trustees that will remain beyond the November 2017 AGM. If any trustees step down at the November 2017 AGM then No Limits (South) will resume its active search for new trustees. No Limits (South) remains open to trustee applications as it has two vacancies on the board, but is not actively recruiting at least until the November 2017 AGM.

Organisational Structure and Decision Making

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

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

Day to day management of the Charity is delegated to the Charity's Chief Executive, Deputy Chief Executive, Operational and Finance Officers. In addition to the sub groups, No Limits (South) has two consultations a year with 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 **7,054** service users during this year. 1,229 of these individuals' service use regarding Southampton Healthy Ambition project (see below) was recorded on the Solent NHS Foundation Trust recording system "System1", 404 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 6,229 individuals recorded on No Limits (South) database. We recorded **50,808 separate contacts** with these **6,229 individuals** or others concerning their support.

INFORMATION, ADVICE, SUPPORT AND COUNSELLING SERVICE

For the majority of the year this has been delivered 6 days a week through 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 and abuse/neglect; advocacy and young people's rights.
- Access to No Limits Counselling Service.
- Weekly Work Club – National Careers; Steps (City Deal); Wheatsheaf Trust; Enactus Solent University SU help with work club and Learn Direct.
- Access to staff from other local agencies working with young people through our drop-in centres – Southampton Advice Agencies Alliance Welfare Benefits specialist; Citizens Advice Bureau 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.

2,477 service users accessed our drop-in centre on 14,836 occasions over the year. A further 2,184 students were seen through weekly Health and Wellbeing drop-in sessions located in 9 Southampton secondary schools, 4 Eastleigh secondary schools, 3 Southampton and 1 Eastleigh Further Education colleges.

WORK WITH VULNERABLE YOUNG PEOPLE

Of the 6,229 children and young people supported over the year recorded through No Limits (South) database, we were aware that 42% of them were experiencing vulnerabilities beyond that which is normal.

These vulnerabilities included:

- 1,032 who were at risk through **poverty** e.g. NEET, living on benefits, debt.
- 741 who were **homeless** or at risk of homelessness.
- 1,576 who had **mental health** issues.
- 712 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.
- 838 at risk through their **behaviour** e.g. Young Offenders, those with behavioural issues.

- 618 with **substance misuse issues**.
- 679 with some kind of **disability**.
- 370 with **parenting** responsibilities.
- 119 at risk through **hate crime**.
- 251 at risk through **exploitation**, violence or abuse.

1,032 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 are in crisis of some kind – young people who are destitute, have lost their jobs or housing, those in mental health crisis leading to hardship. The advice and support we offer these young people has been supported by our new Help Through Crisis partnership with West Hampshire Youth Information Advice and Counselling Services – It's Your Choice, Youth in Romsey and Alabare. This project started in July 2016, funded by Big Lottery Fund for 5 years.

Specialist Services:

COUNSELLING

In April 2016 we expanded our Southampton counselling service with funding from Hampshire CCG's to develop therapeutic services for children and young people aged 5-17 years across all areas of Hampshire – Hampshire Youth Access (HYA). We have developed a HYA website as part of this offer. We also had funding from Hampshire County Council to deliver counselling to 11-19 year olds. Combined these projects provided:

- 8,478 counselling sessions offered to young people aged 11 and over through 11 existing youth counselling services
- 118 children aged 5-10 years accessed counselling through newly developed service
- 106 young people accessed therapeutic group work through newly developed service
- The development of online counselling and online advice and information services regarding HYA.

Our Southampton Counselling Service is for Southampton young people aged 11-25 years and is delivered:

- through our drop-in centre funded through a Southampton City Council contract started in July 2011, a sub-contract to It's Your Choice (Big Lottery funded) started in January 2016 and charitable funds.
- in 6 secondary schools.

In Southampton, 14,863 counselling appointments were offered during the year. 391 children and young people attended ongoing counselling. Our "Did Not Attend" rate for counselling was 12%. The CORE (Clinical Outcomes for Routine Monitoring) tool was used to establish the outcomes achieved through counselling.

FLOATING SUPPORT and HOUSING ADVICE

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

We were commissioned through Southampton City Council Supporting People to deliver **Floating Support** to young people aged 16-25 at risk of homelessness, to enable them to access, settle in to and sustain appropriate accommodation, and to work with them so that by the end of their support (maximum 2 years) they are able to continue to live independently without housing support. The service works across all tenures and one-to-one housing support is supplemented by the additional support services, facilities and group activities provided at No

Limits (South) drop-in centres and satellite services. At any time 75 to 100 young people are supported in this way. A running costs grant from the Southampton City Council also supports our **housing advice** work with young people.

159 individual young people have had individual support over their housing and homelessness issues through our housing advice case-holding services.

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 the Solent NHS Trust, 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 and a subcontract from Solent NHS Trust. Brief interventions concerning substance misuse were delivered to 2,129 under 26 year olds, 247 under 25 year olds misusing substances (mainly cannabis and alcohol) had contact with our specialist treatment service and 136 went on to receive treatment. Thousands of brief interventions were delivered as part of our early intervention and prevention offer, and 867 children and young people participated in 42 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:

- DASH Odyssey Group – support for young parents with substance misuse issues
- DASH Women's Group
- 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
- Creative Writing and Creative Art
- Harm Reduction groups
- Volunteering and community pay back groups e.g. farming, animal care, and horticulture
- Saints4Sports activity groups

We also ran groups for parents of substance misusers.

Make Our Rights Reality

In January 2017 we began to offer a new 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

GROUPWORK

No Limits (South) delivered a range of groups for children and young people through schools and our centres.

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

Teen Safe House (age 13-18) is a partnership with Solent NHS Children and Adolescent Mental Health services and was supported by Southampton City Council and Southampton Clinical Commissioning Group (CCG). 18 young people attended last year.

Safe House is a weekly **youth group** offering facilitated peer support for young adults aged 16-25. 18 young adults attended.

Anxiety group – 4 week courses
Bereavement and Loss group – drop-in
Anger management – 6 week courses
Self-harm – 4 week courses
Exam stress groups

Time4U – is a new group for young people aged 11-18 with a learning disability and whose parents/carers are registered with **the Buzz network**. 11 children and young people were referred and 5 attended ongoing weekly groups.

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. 39 young people made contact with NLs Xtra and 10 went on to access ongoing support over the year.

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

Funded by Hampshire County Council, Portsmouth City Council and Southampton County Council the **Just 4 U** project provides an Advocacy and Independent Visiting* service for children in care or in Swanwick Lodge secure children's home. Advocates work with children and young people to ensure that their views on matters affecting their futures are heard and that they understand what is being proposed and talked about in meetings affecting them. Independent Visitors are trained and matched with children in care referred by Social Workers and meet with them regularly to engage in activities. During the year 1,303 children were referred to the service with 438 going onto access advocacy and 45 being supported by Independent Visitors.

**Only Independent Visiting was offered in Hampshire.*

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 offered to 210 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 volunteer mentors for vulnerable young parents, targeting those who are pregnant with their first child and who do not have enough support. 18 young parents were in contact with Bright Beginnings with 6 engaging actively with their mentor.

WORK CLUB

Our weekly **Work Club** offers young people a dedicated drop-in session focussing on employability and job seeking. A range of agencies offering training and apprenticeships are present for young people to discuss and apply for opportunities with them, staff support young people to engage in job search, complete application

forms and CV's. Volunteers from Barclays bank offer "mock interviews" and budgeting advice. 150 young jobseekers have attended over the year.

SOUTHAMPTON HEALTHY AMBITION (SHA)

We are subcontracted by Solent NHS Trust to deliver part of their Southampton Public Health School Nursing contract. No Limits (South) role is to work in partnership with schools nurses to support children and young people's emotional health and wellbeing, providing 5 Emotional Health and Wellbeing (EHWB) workers linked with schools and Further Education colleges and 5 Family Navigators linked with GP's. Approximately 771 children and young people have been individually supported by the Emotional Health and Wellbeing workers, 839 children and young people attended group sessions e.g. on anxiety, anger management, self-esteem and exam stress. 5,439 contacts were made with EHWB service by young people and parents / carers.

There were 441 GP referrals to the Family Navigators service and 418 individual children and young people and their parents / carers were supported.

OTHER CHARITIES

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

COMMUNITY and CORPORATE FUNDRAISING

We raised £90,501 as a result of our work with individuals, groups, schools and businesses. Fundraising volunteers and interns have supported our efforts throughout the year.

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

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

- KPMG
- White Stuff
- Junior Chamber of Commerce
- local branches of Barclays Bank
- The Rowing Club, Photo Rooms
- The Quakers
- Grand Harbour Hotel
- Above Bar Cooperative shop
- Sainsbury's
- Southampton Ukulele Jam
- Solent University Criminology Society
- John Lewis
- Waitrose
- Wave 105
- Reed
- Challenge Adventure
- Vegetarian Society

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

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

We also need to give particular thanks to our staff, volunteers and interns who have supported No Limits (South) in a whole variety of ways with their time, talent and skills. A particular thankyou goes to John Lewis for the 7 month secondment of a member of staff 3 days a week to our Homemakers team.

ACHIEVEMENTS

Contracts and Grants

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.

Digital Transformation

We have redeveloped the No Limits (South) website (nolimitshelp.org.uk), created a website for Hampshire Youth Access (hampshireyouthaccess.org.uk) and a bespoke database for use by the 11 HYA partners delivering counselling services.

We have scoped the need to transform our use of digital technologies in order to support our business processes, communications and service delivery and in 2017-2018 will invest in this by:

- Migrating our business network to Office 365 and training staff in new systems
- Moving our client, Human Resources and supporter databases into Salesforce – a Customer Relationship Management system used internationally.
- Enabling access to our services through online delivery:
 - We were part of the successful Youth Access bid to increase young people's access to online counselling and support – DigiTalk. We trained counsellors in online delivery of counselling and will start a pilot of this.
 - We invested in Webchat and have begun delivering online advice and support via No Limits (South) website and the HYA website.
- Scoping the upgrading of our accounts software.
- 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.

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 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.

OTHER

Healthwatch – we represented children and young people's interests on the Healthwatch steering group. We have worked with five other Southampton advice agencies and Southampton Voluntary Services to 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.

Monitoring of Performance

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

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

Statistical reports are formally produced every month for internal use. Statistics are produced externally for funders who request reports and internally, a report based on the statistics (performance monitored against targets) is presented to Trustee meetings. Any underperforming projects that are in danger of not meeting targets set are highlighted to the Trustees on a "traffic light" scale giving an amber warning, before turning red. There were no red warnings given to the Trustees in the year as No Limits (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 £604,762 which is in excess of the target amount set by the Trustees. The target surplus was agreed by the Trustees to contribute to the strategic reserve to protect the charity in the event of future changes as well as allowing for development of services to support children and young people.

The majority of the variation from budget is due to timing issues in respect of several contracts. Income has been received in the financial year, but expenditure will not be incurred until a later accounting period. This sum includes £295,000 which has been designated and earmarked for the further development of the Charity's therapeutic services – development of online support and counselling, development of therapeutic group work and peer support.

A further £100,000 has been designated in respect of strategic investment in the digital infrastructure. This was agreed by the Trustees during the year to ensure that systems and structures are robust and fit for purpose to meet the longer term requirements of the Charity and its new contracts i.e. online chat facilities. Decisions on specific expenditure were deferred until the new financial year pending ongoing discussions on the nature of this investment.

The Charity saw a 32% increase in its total income for the year. This result has come from a number of contracts won at tender. Some of the new contracts have been won with No Limits (South) as lead contract holder and a number of smaller charities as sub-contractors. So whilst income has grown the amount paid to sub-contractors has also risen.

In the year 2017/2018 a number contracts are due for renewal. 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	£794,580
Southampton City Council – ESAP DASH	£469,100
Solent NHS - School Nursing contract	£264,452
Supporting People	£179,468
Solent NHS trust - DASH Substance Misuse	£166,861
Big Lottery Fund Youth in Focus (Next Steps)	£160,938
Hampshire County Council – CSI Counselling	£135,000

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 166 volunteers contributed around 12,948 hours of time during the year. An indicative value of this contribution is £109,411 based on 12,948 hours at the Living Wage rate in place as at June 2017. 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 increased slightly to 1.4% of total expenditure compared to 1.1% in the previous year.

Fundraising Activities

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

Whilst the Fundraising Manager was on maternity leave the CEO along with a fixed term contracted manager oversaw the day to day fundraising activities. The successful fundraising internship reported last year is now a full paid member of the communication and fundraising team. The CEO leads on large tenders and the long term funding strategy as reflected in the Business Plan. The Fundraising Manager and team have expanded the funding sources for No Limits (South) to include events, local businesses and a wider community awareness of the charity and its work.

The Trustees were pleased to see that the fundraising target was reached in 2016/2017 and have set a challenging target for 2017/2018 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.

The Charity has seen a move by funders who sign multi-year contracts coming back to the Charity to ask for efficiency savings and cuts in the grants/contracts after year 1. This is a reflection of the public sector economic environment and is likely to continue in 2017/2018. Indeed a cut to the Solent NHS Trust – DASH Substance Misuse contract has been agreed and came into effect on 1 July 2017.

Future Strategy

Future strategies will seek to ensure that levels of reserves will remain at a level recommended by the Charity Commission. Accordingly the Trustees will keep the reserves policy under review, but have set a target 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.

The Trustee strategy for future funding remains as a plan to broaden the funding base of the Charity into new areas of income such as individual giving and the private business sector. The Trustees will be developing the Investment Strategy in the coming year with potential to invest in a Social Enterprise to further our work. 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.

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 £1,717,556 which includes £66,671 of restricted reserves and £616,241 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 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

Since the year end the Charity has updated the investment policy as follows.

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.

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:

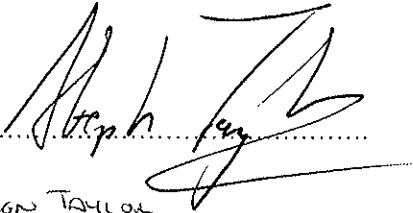
- there is no relevant audit information of which the charitable company's auditor is unaware; and
- the Trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditor is aware of that information.

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.

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:

A handwritten signature in black ink, appearing to read 'Stephen Taylor', is written over a horizontal dotted line. The signature is stylized and cursive.

STEPHEN TAYLOR

18 OCTOBER 2017

Independent Auditors' Report for the Year Ended 31 March 2017 to the Members of No Limits (South)

We have audited the financial statements of No Limits (South) for the year ended 31 March 2017 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.

Respective responsibilities of Trustees and auditor

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

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

Scope of the audit of the accounts

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

Matters on which we are required to report by exception

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

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

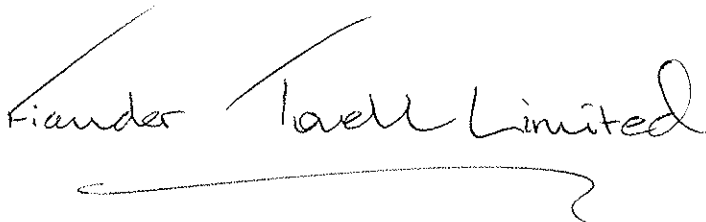
Opinion on financial statements

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2017 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice applicable to smaller entities; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Opinion on other matter prescribed by the Companies Act 2006

In our opinion the information given in the Trustees' Report for the financial year for which the financial statements are prepared is consistent with the financial statements and in accordance with applicable legal requirements.

A handwritten signature in black ink that reads "Andrew Jay" followed by a long horizontal flourish.

**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

9 November 2017

No Limits (South)

Statement of Financial Activities (Incorporating the Income and Expenditure Account) for the Year Ended 31 March 2017

	Note	Unrestricted Funds 2017 £	Restricted Funds 2017 £	Total Funds 2017 £	Total Funds 2016 £
Income from:					
Donations and legacies	3a	55,147	834,656	889,803	1,061,212
Charitable activities	3b	2,290,468	-	2,290,468	1,345,327
Investments	3c	9,710	-	9,710	3,445
Total Income		2,355,325	834,656	3,189,981	2,409,984
Expenditure on:					
Fundraising	5	104,321	-	104,321	99,313
Charitable activities	4	1,602,390	878,508	2,480,898	2,199,440
Total Expenditure		1,706,711	878,508	2,585,219	2,298,753
Net Income/(Expenditure)		648,614	(43,852)	604,762	111,231
Transfers					
Gross transfers between funds	14	(1,806)	1,806	-	-
Net incoming/(outgoing) resources before other recognised gains and losses		646,808	(42,046)	604,762	111,231
Other recognised gains/losses					
Gains on revaluation of fixed assets	9	6,600	-	6,600	-
Net Movement in Funds		653,408	(42,046)	611,362	111,231
Reconciliation of Funds:					
Total Funds brought forward at 1 April 2016		997,477	108,717	1,106,194	994,963
Total Funds carried forward at 31 March 2017	15	1,650,885	66,671	1,717,556	1,106,194

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 2017

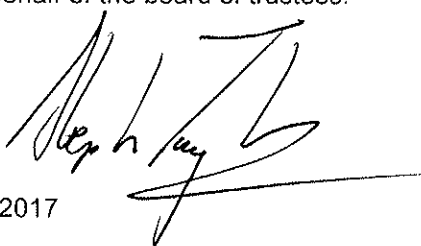
	Note	£	2017 £	£	2016 £
Fixed Assets					
Tangible fixed assets	8		506,241		629,498
Investments			110,000		-
Current Assets					
Debtors	10	227,977		464,040	
Cash at bank and in hand		1,615,638		602,224	
		<u>1,843,615</u>		<u>1,066,264</u>	
Creditors: Amounts falling due within one year	11	<u>(742,300)</u>		<u>(589,568)</u>	
Net Current Assets			<u>1,101,315</u>		<u>476,696</u>
Total Assets less Current Liabilities			1,717,556		1,106,194
Total Net Assets			<u>1,717,556</u>		<u>1,106,194</u>
Funds of the Charity					
Unrestricted Funds	14,15		301,989		137,979
Designated Funds					
Functional fixed asset fund	14,15		580,293		600,150
IT development fund	14,15		100,000		-
Therapeutic services fund	14,15		295,000		-
Strategic fund	14,15		337,655		230,000
Revaluation reserve	9,14,15		35,948		29,348
Restricted Funds	14,15		66,671		108,717
Total Funds			<u>1,717,556</u>		<u>1,106,194</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 18 October 2017.

Signed on behalf of the board of trustees:

Trustee

18 October 2017



The notes on pages 20 to 37 form part of these financial statements.

Company registration number: 4183173

No Limits (South)

Statement of Cash Flows for the Year Ended 31 March 2017

	Note	2017 £	2016 £
Cash flow from operating activities	19	1,018,644	154,482
Net cash flow from operating activities		<u>1,018,644</u>	<u>154,482</u>
Cash flow from investing activities			
Payments to acquire tangible fixed assets		(5,230)	(71,697)
Net cash flow from investing activities		<u>(5,230)</u>	<u>(71,697)</u>
Net increase in cash and cash equivalents		<u>1,013,414</u>	<u>82,785</u>
Cash and cash equivalents at 1 April 2016		<u>602,224</u>	<u>519,439</u>
Cash and cash equivalents at 31 March 2017		<u>1,615,638</u>	<u>602,224</u>
Cash and cash equivalents consists of:			
Cash at bank and in hand		<u>1,615,638</u>	<u>602,224</u>
Cash and cash equivalents at 31 March 2017		<u>1,615,638</u>	<u>602,224</u>

No Limits (South)

Notes (forming part of the financial statements) for the Year Ended 31 March 2017

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.

(Note 1 continued)

Grants receivable are allocated to accounting periods on the basis of which amounts are claimed from funders. This predominantly relates to the incurring of expenditure. Grants are classified as 'Voluntary Income' when they are general in nature in support of the charity's 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.

'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 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.

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 50 years with no depreciation charged in the year of acquisition
Leasehold Property Improvements	Over the remaining life of the lease

Freehold property will be revalued every 5 years.

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 2017 £	Restricted Funds 2017 £	Total Funds 2017 £	Total Funds 2016 £
Grants	30,277	834,656	864,933	1,017,121
Donations & Similar Incoming Resources	22,062	-	22,062	41,751
Donated Services & Facilities	2,808	-	2,808	2,340
	<u>55,147</u>	<u>834,656</u>	<u>889,803</u>	<u>1,061,212</u>

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

(Note 3a continued)

	Unrestricted Funds 2017 £	Restricted Funds 2017 £	Total Funds 2017 £	Total Funds 2016 £
<i>Grants</i>				
Supporting People	-	179,468	179,468	190,965
Big Lottery Fund - Youth in Focus (Next Steps)	-	160,938	160,938	205,646
Hampshire County Council (CSI Counselling)	-	135,000	135,000	196,500
Southampton City Council (Other)	-	64,868	64,868	64,868
Big Lottery Fund – Reaching Communities	-	62,377	62,377	60,208
Big Lottery Fund – HeadStart Southampton Partnership	-	57,501	57,501	82,418
Big Lottery Fund – Help Through Crisis	-	47,250	47,250	-
Children in Need – Stay Safe	-	30,551	30,551	-
Hampshire County Council – Youth Support Services	-	22,000	22,000	22,000
Big Lottery Fund – Healthy Transitions	-	21,344	21,344	5,252
Youth Access – Make Our Rights Reality	18,111	-	18,111	-
Southampton City Council – Short Breaks	-	15,878	15,878	-
Big Lottery Fund – Reaching Communities – Next Steps	-	13,632	13,632	-
Southampton Social Services	-	10,000	10,000	10,000
MIND – Peer Support for All	-	6,148	6,148	6,852
RBS/NatWest	-	7,701	7,701	-
The Schuh Trust	4,150	-	4,150	5,100
Southampton City Council Welfare Reform Advice Grant	3,000	-	3,000	15,000
Scottish Power	1,016	-	1,016	-
MIND	2,000	-	2,000	-
GlaxoSmithKline – Fiona Phillips Trust 2000	1,000	-	1,000	-
Youth Access – Young People in Mind	-	-	-	60,000
Crisis	-	-	-	20,000
Children in Need	-	-	-	10,792
Southampton City Council – Future in Mind	-	-	-	10,000
Big Lottery Fund – Awards for All	-	-	-	9,999
Hampshire & Isle of Wight Community Foundation	-	-	-	9,500
CRASH	-	-	-	9,000
DPS	-	-	-	5,000
Garfield Weston Memorial Trust	-	-	-	5,000
Youth Access – Youth Voice	-	-	-	5,000
Citizens Advice Bureau – SASA	-	-	-	3,521
Hull College – Apprentices	-	-	-	3,000
Catch 22	-	-	-	1,500
	30,277	834,656	864,933	1,017,121
For the year ended 31 March 2016	104,600	912,521		1,017,121

(Note 3a continued)

	Unrestricted Funds 2017 £	Restricted Funds 2017 £	Total Funds 2017 £	Total Funds 2016 £
<i>Donations and Similar Incoming Resources</i>				
Miscellaneous	14,643	-	14,643	14,493
White Stuff Foundation	3,143	-	3,143	4,097
Charities Trust	3,103	-	3,103	6,439
Solent University	1,173	-	1,173	-
Bernard Sunley Charitable Foundation	-	-	-	3,000
Denplan Ltd	-	-	-	3,000
Groathurst Ltd	-	-	-	3,000
Local Giving	-	-	-	2,134
Hilton Hotels	-	-	-	1,500
Gift Aid Tax Receivable	-	-	-	1,080
John Lewis	-	-	-	1,008
Next Communications & Security	-	-	-	1,000
Southampton FC Old Boys Association	-	-	-	1,000
	22,062	-	22,062	41,751
For the year ended 31 March 2016	<u>41,751</u>	<u>-</u>	<u>41,751</u>	<u>41,751</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 2017 £	Restricted Funds 2017 £	Total Funds 2017 £	Total Funds 2016 £
<i>Donated Services & Facilities</i>				
Training	2,808	-	2,808	2,340
	2,808	-	2,808	2,340
For the year ended 31 March 2016	<u>2,340</u>	<u>-</u>	<u>2,340</u>	<u>2,340</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 2017 £	Restricted Funds 2017 £	Total Funds 2017 £	Total Funds 2016 £
Hampshire CCG Counselling	794,580	-	794,580	-
Southampton City Council – ESAP DASH	469,100	-	469,100	464,179
Solent NHS Trust	264,452	-	264,452	272,483
Solent NHS - DASH Substance Misuse	166,861	-	166,861	160,614
The Moving on Project	81,912	-	81,912	80,521
Southampton City Council (Advocacy)	78,660	-	78,660	54,639
Portsmouth City Council (Just 4 U)	73,057	-	73,057	73,061
Southampton CCG Counselling	62,152	-	62,152	-
Southampton City Council (Health & Wellbeing Drop Ins)	53,721	-	53,721	29,233
Children & Adolescent Mental Health Services (Sussex)	44,240	-	44,240	6,608
Child & Adolescent Mental Health Services	39,491	-	39,491	39,491
Hampshire County Council (Just 4 U)	38,450	-	38,450	37,900
Breakout Youth	34,147	-	34,147	28,221
Yellow Door (formerly Southampton Rape Crisis)	20,000	-	20,000	8,333
NHS Southampton City (Public Health)	18,000	-	18,000	18,000
Services to schools and other voluntary organisations	15,714	-	15,714	5,735
Lease of parking spaces	14,400	-	14,400	12,650
Income from providing student placements	10,641	-	10,641	11,458
University of Southampton	2,529	-	2,529	16,162
Southampton City Council (Other)	5,945	-	5,945	11,164
Woolston Youth Club				11,803
Other	1,316	-	1,316	1,522
Solent University	1,100	-	1,100	1,550
	2,290,468	-	2,290,468	1,345,327
For the year ended 31 March 2016	1,345,327	-		1,345,327

3c Investment income

Rent receivable	6,586	-	6,586	-
Bank interest receivable	2,384	-	2,384	2,551
Income from managing agents	740	-	740	894
	9,710	-	9,710	3,445
For the year ended 31 March 2016	3,445	-		3,445

4 Analysis of expenditure on charitable activities

	Unrestricted Funds 2017 £	Restricted Funds 2017 £	Total Funds 2017 £	Total Funds 2016 £
<i>Charitable Activities*</i>				
Activities undertaken directly	1,379,663	806,913	2,186,576	1,920,606
Support costs	222,727	71,595	294,322	278,834
	1,602,390	878,508	2,480,898	2,199,440
For the year ended 31 March 2016	1,267,433	932,007		2,199,440

*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 2017 £	Charitable Activities 2017 £	Total 2017 £	Total 2016 £
<i>Support costs</i>				
Governance (note 6)	-	35,783	35,783	27,064
Finance	-	67,103	67,103	56,627
Information technology	-	81,161	81,161	61,701
Human resources	-	10,786	10,786	10,548
Depreciation	-	24,468	24,468	27,304
Office costs	-	75,021	75,021	95,590
Fundraising	101,251	-	101,251	96,548
Other	3,070	-	3,070	2,765
	104,321	294,322	398,643	378,147
For the year ended 31 March 2016				
Unrestricted				303,593
Restricted				74,554
				378,147

6 Governance Costs

	2017 £	2016 £
<i>Governance costs</i>		
Auditor's remuneration	5,400	5,400
Legal fees	14,412	8,250
Insurance	12,463	10,711
Other	3,508	2,703
	35,783	27,064
For the year ended 31 March 2016		
Unrestricted		21,532
Restricted		5,532
		27,064

7 Operating Charges

	2017 £	2016 £
Net income for the year is stated after charging:		
Auditor's remuneration	5,400	5,400
Depreciation of tangible fixed assets	24,468	27,304
Operating lease rentals – land & buildings	30,000	53,231
	<u>30,000</u>	<u>53,231</u>

8 Fixed Assets

Tangible fixed assets	Freehold Property £	Leasehold Improvements £	Furniture & Equipment £	Computer Equipment £	Total £
Cost or Valuation					
At 1 April 2016	575,240	61,563	14,550	24,515	675,868
Additions	2,000	-	-	3,230	5,230
Disposals	-	-	(1,416)	-	(1,416)
Transfer	(110,000)	-	-	-	(110,000)
At 31 March 2017	<u>467,240</u>	<u>61,563</u>	<u>13,134</u>	<u>27,745</u>	<u>569,682</u>
Depreciation and diminution in value					
At 1 April 2016	15,905	6,155	6,616	17,694	46,370
Charge for the year	9,345	6,156	3,372	5,595	24,468
Disposals	-	-	(797)	-	(797)
Transfer	(6,600)	-	-	-	(6,600)
At 31 March 2017	<u>18,650</u>	<u>12,311</u>	<u>9,191</u>	<u>23,289</u>	<u>63,441</u>
Net Book Value					
At 31 March 2017	<u>448,590</u>	<u>49,252</u>	<u>3,943</u>	<u>4,456</u>	<u>506,241</u>
At 31 March 2016	<u>559,335</u>	<u>55,408</u>	<u>7,934</u>	<u>6,821</u>	<u>629,498</u>

During the year, the Trustees agreed that as the Charity would no longer occupy the freehold property in Shirley, the property would be held for investment purposes, both to receiving a rental income in the short term, and also with a longer term prospect of an increase in the market value of the property. Therefore, the property has been reclassified in the financial statements from freehold property to investment property. The property was transferred out of freehold property at its net book value.

8 Fixed Assets (continued)

Investments	Investment Properties £	Total £
Cost or Valuation		
At 1 April 2016	-	-
Transfer	103,400	103,400
At 31 March 2017	103,400	103,400
Depreciation and diminution in value		
At 1 April 2016	-	-
Revaluation	6,600	6,600
At 31 March 2017	6,600	6,600
At 31 March 2017	110,000	110,000
At 31 March 2016	-	-

Investment properties include freehold property of £110,000 stated at fair value.

9 Revaluation of Freehold Property

The Charity's freehold investment property located in Shirley, was revalued at 25 March 2013 by Mr Duane M Walker BA (Hons) MRICS of Primmer Olds LLP, Chartered Surveyors. The valuation was prepared in accordance with the RICS Valuation – Professional Standards (Red Book) as published by the Royal Institution of Chartered Surveyors, March 2012. The property was valued on an open market basis. At the date of the revaluation, the freehold investment property carried a historical cost of £100,000 and accumulated depreciation of £20,000. The Trustees are not aware of any material changes affecting the valuation of freehold property since the last valuation.

The freehold property located in the Avenue, was purchased in 2015 and has not been revalued as in the opinion of the Trustees, there has been no significant change to the value of the property at this time.

10 Debtors

	2017 £	2016 £
Grants receivable	-	100,492
Pre-payments and accrued income	37,258	37,975
Other debtors	190,719	325,573
	227,977	464,040

11 Creditors: Amounts falling due within one year

	2017 £	2016 £
Payroll liabilities	445,710	371,378
Deferred income (see note 12)	135,113	81,637
Accruals	41,416	91,938
Other creditors	120,061	44,615
	742,300	589,568

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

12 Deferred Incoming Resources

	Unrestricted Funds 2017 £	Unrestricted Funds 2016 £
Balance at 1 April	81,637	17,263
Incoming resources deferred during the year	120,723	81,637
Amounts released from previous years	(67,247)	(17,263)
Balance at 31 March	135,113	81,637

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

13 Financial Instruments

	2017 £	2016 £
Carrying amount of financial assets		
Debt instruments measured at amortised cost	<u>190,719</u>	<u>426,065</u>
Carrying amount of financial liabilities		
Measured at amortised cost	<u>607,187</u>	<u>507,931</u>

14 Funds

		Balance at 1 April 2016	Income/ Gains	Expenditure/ Losses	Transfers	Balance at 31 March 2017
Restricted Funds						
i	Big Lottery Fund – Healthy Transitions	3,921	21,344	12,917	-	12,348
ii	Big Lottery Fund – Help Through Crisis	-	47,250	21,104	-	26,146
iii	Big Lottery Fund – HeadStart Southampton Partnership	(1,865)	57,501	57,434	1,798	-
iv	Big Lottery Fund – Next Steps	29,370	160,938	190,260	(48)	-
v	Big Lottery Fund – Reaching Communities	8,084	62,377	63,930	-	6,531
vi	Big Lottery Fund – Reaching Communities – Next Steps	-	13,632	6,840	-	6,792
vii	Big Lottery Fund – Awards for All	522	-	550	28	-
viii	Citizens Advice Bureau – SASA	(131)	-	-	131	-
ix	Children in Need – Stay Safe	-	30,551	28,173	-	2,378
x	Emergency Accommodation	150	-	50	-	100
xi	Hampshire County Council – YSS	-	22,000	21,979	(21)	-
xii	Hampshire County Council – CSI	12,703	135,000	147,745	42	-
xiii	Hampshire & Isle of Wight Community Foundation – Apprenticeship	841	-	775	(66)	-
xiv	Hampshire & Isle of Wight Community Foundation – Ford	6,000	-	5,991	(9)	-
xv	JP Getty Junior	37,030	-	29,702	-	7,328
xvi	MIND – Peer Support for All	5,856	6,148	11,962	(42)	-
xvii	RBS Skills and Opportunities Fund	-	7,701	3,678	-	4,023
xviii	Safehouses	-	10,000	9,917	(83)	-
xix	Southampton City Council Annual Grant	6,888	64,868	70,020	-	1,736
xx	Southampton City Council – Short Breaks	-	15,878	15,954	76	-
xxi	Supporting People	(652)	179,468	179,527	-	(711)
		108,717	834,656	878,508	1,806	66,671
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
		997,477	2,361,925	1,706,711	(1,806)	1,650,885

(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 Fund HeadStart project is providing funding for partnership working in schools, with families and with community groups and charities so that young people can benefit from joined up support. No Limits (South) is part of the HeadStart Southampton Partnership and are the key partner for the delivery of the Secondary Schools Counselling service component of the Southampton programme. This project has now ended.
- iv The Big Lottery Fund Youth in Focus (Next Steps) is a partnership project with Southampton Voluntary Services and Youth Options. This is a 5 year project helping young people in the run up to and after they leave prison. This project has now ended and has been replaced by Reaching Communities – Next Steps (see vi).
- v 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.
- vi The Big Lottery Fund Reaching Communities (Next Steps) project provides three years of funding to continue the Big Lottery Fund Youth in Focus work as noted in iv above.
- vii Big Lottery Awards for All funding to run a support group for 13-19 year olds in Southampton to help with mental health, confidence or anxiety issues.
- viii This is a partnership between 8 local not-for-profit advice providers (led by Southampton Citizens Advice Bureau) who have won funding from the Advice Services Transition Fund to identify new ways of delivering and funding their services in the future.
- xi 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.
- x Donations were received in previous years to help towards the emergency accommodation needs of clients experiencing homelessness. Small donations of this nature will be added to the fund and utilised on an ad hoc basis in future years.
- xi Grant received from Hampshire County Council to provide lesbian, gay, bisexual and transgender youth groups in Basingstoke, Eastleigh, Winchester and Fareham. The funding also covers the provision of “drop in” services in schools, colleges and a youth club in Eastleigh.
- xii Funding provided for “drop-in” advice sessions in various locations in the Eastleigh area of Hampshire that surrounds Southampton.
- xiii Part funding for an apprentice.
- xiv Grant received to cover the costs relating to training and achieving CSCS cards, health and safety training, asbestos awareness training and the initial purchase of personal protective equipment for 20 young people who are not in education, employment or training.

(Note 14 continued)

- xv Funding received for a project to help young offenders break the cycle of re-offending, working with them both in prison and through resettlement.
- xvi Funding to develop a weekly peer support group in Southampton for 18-25 year olds with mental health problems.
- xvii 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.
- xviii The 'Teen Safehouse' project, working with clients with mental health issues, was funded in the year by Southampton Social Services.
- xix This is a three year grant from Southampton City Council to help fund the advice centre run by No Limits (South).
- xx Funding 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.
- xxi Supporting People is a five year contract. The restricted balance represents funding received in advance and personalisation funding restricted to the project and to the individual, yet to be spent.

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 £
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:

	2017 Number	2017 FTE	2016 Number	2016 FTE
Raising funds	8	2	8	4
Charitable activities	90	67	87	58
Governance	7	1	4	1
	<u>105</u>	<u>70</u>	<u>99</u>	<u>63</u>

The total staff costs and employee benefits was as follows:

	2017 £	2016 £
Wages and salaries	1,598,064	1,446,279
Employer's National Insurance contributions	119,694	106,087
Employer's pension contributions (defined contribution scheme)	50,442	49,630
	<u>1,768,200</u>	<u>1,601,996</u>

Total redundancy payments amount to £Nil (2016: £5,125).

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

There were outstanding contributions to the pension scheme at the balance sheet date of £6,985 (2016: £8,255)

17 Trustees' and Key Management Personnel Remuneration and Expenses

The Trustees neither received nor waived any remuneration (2016: None) during the year.

The Trustees did not have any expenses reimbursed during the year (2016: None).

No trustee has any pension arrangements accruing (2016: 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 £170,875 (2016: £186,627).

Professional indemnity insurance in respect of Trustees and staff was held during the year at a cost of £3,011 (2016: £2,915). This includes Trustee Indemnity insurance premiums of £1,332 (2016: £1,290).

18 Lease Commitments

Lessee

Operating leases payments represent rentals payable by the company for a property from which it operates. The property lease has been negotiated for a term of ten years. Amounts recognised in the Statement of Financial Activities as an expense during the period in respect of operating lease arrangements are £30,000 (2016: £30,000).

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

	2017 Land & Buildings £	2016 Land & Buildings £
Payments due:		
Not later than one year	30,000	30,000
Later than one and not later than five years	126,000	123,000
Later than five years	99,000	132,000
	255,000	285,000

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:

	2017 Land & Buildings £	2016 Land & Buildings £
Payments due:		
Not later than one year	10,000	-
Later than one and not later than five years	30,000	-
	40,000	-

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

	2017	2016
	£	£
Net income for year	602,378	107,786
Interest receivable	2,384	3,445
Depreciation and impairment of tangible fixed assets	24,468	27,304
Loss on the sale of tangible fixed assets	619	-
Decrease / (Increase) in debtors	236,063	(51,252)
Increase in creditors	152,732	67,199
Net cash flow from operating activities	<u>1,018,644</u>	<u>154,482</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. During the year ended 31 March 2016 Youth Access awarded grants of £5,000 and £60,000 for the Youth Voice and Young People in Mind projects respectively.

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 £81,912 (2016: £80,521). At the year end there was £40,340 due to the charity (2016: £37,399).