



## Annual Report 2018

### *Chair's Introduction*

Lancashire Youth Challenge (LYC) is a registered charity who nurture, support and challenge young people living in North Lancashire to overcome barriers and obstacles to achieve personal success.

At the heart of our ethos is the belief in that everybody can achieve personal success and gain new skills when given an equitable opportunity, meaningful encouragement and high-quality training.

The young people we work with are dealing with significant personal challenges, whether these relate to managing their own mental health, dealing with trauma, family loss, housing poverty and/or family pressures. Our programme of regular physical fitness training, cultural and creative activity and our ambitious annual Challenge is designed to ensure that every one of our participants can gain new skills, build confidence and achieve their own personal goals - which is key to building resilience and confidence.

2018 has been another bumper year for our charity as we increased our turnover, expanded our delivery programme and raised the ambition of our annual Challenge. It has also been a year of change as our Project Coordinator, Amy Selant, welcomed the arrival of her baby daughter and began a period of maternity leave. We employed Sana Patel, to cover maternity leave, who did an excellent job of coordinating the programme

Earlier this year, we welcomed Sam Harding from Lancashire CAMHS to the Board of Trustees. Sam has brought vitality and a wealth of knowledge and experience in supporting young people's mental health and wellbeing. I would like to personally thank Sam and all our Board members for their continued commitment and hard work this last year. They are simply the hardest working team of Trustees I have ever had the opportunity and luck to work with, and Lancashire Youth Challenge is indebted to them for their unwavering support.

Thanks to financial support from Comic Relief, the Board of Trustees were able to commission Pamela Ball, FRSA as an external business development expert to assist us in defining our 2019-21 Strategic Plan. As we look positively to the future, we recognise the need to recruit a CEO who will lead on the realisation of this plan ensuring the sustainability and development of our charity.

We have ensured excellent working relationships with our funders who have generously supported our charity and we continue to play a meaningful role in the voluntary and charitable sector of Lancaster.

As we leave the third and enter the fourth year since the founding of this wonderful charity, I am heartened to present our Annual Report for 2018 and to share a summary of our successes and achievements.

Guy Christiansen  
Chair of Trustees

## **Summary of Activity in 2018**

Thanks to funding from local and national charitable trusts and foundations, we have been able to offer a variety of services at no cost to young people in the Lancaster district.

We have provided young people with; 1-1 Personal Development sessions, professionally led weekly fitness training sessions, monthly youth group sessions, a team-building residential and our big annual Challenge. In addition to the core programme, we have also provided cultural, creative and educational experiences, as detailed below.

### **Youth Social Action Fund - Food Bank Documentary**

We recognised that young people across the North West are becoming increasingly reliant on food banks to ensure their survival. We were aware that there is a common misperception that the use of food banks is restricted to hard-up working families or older unemployed people. The reality, however, is that many young people are using food banks as a necessity to eke out a modest survival existence. Some of the neediest of young people are disadvantaged by lack of work, erratic employment, zero-hour contracts, domestic problems, poor or non-existent housing and, consequently, low expectations.

We discussed these issues with our young people and they were angered by the fact that one of the richest countries in the world is not effectively supporting and enabling the most vulnerable people, equally that some people in power were ignorant of this reality.

Thanks to financial support from the Lancashire Social Impact fund we commissioned a young emerging film company, *Irregular Galaxies*, to train our young people to become documentary filmmakers. The team met monthly to define a narrative, create a storyboard and to interview staff and young people at food banks in Lancaster, Morecambe and Liverpool. The film is now complete and will be used as a stimulus for a public debate in early spring 2019, thereby raising awareness of these issues.

### **Cooking and Nutrition workshops**

Delivered by our community partners at the Cornerstone Cafe, our young people were taught how to make a variety of healthy and nutritious meals on a budget. At each session the young people were shown how to budget for a meal, safely prepare and handle the food, and using herbs and spices make a tasty and satisfying meal. This six-month project culminated in the young people completing their Level 1 Food Hygiene Certification

### **Cultural Visit to Liverpool**

On Friday 21st September ten of our young people travelled to Liverpool to watch a theatre production by *20 Stories High Theatre Company*. The production of 'Black' told the real-life story of a Zimbabwean family moving into a white community in the north end of Liverpool; who experience racial violence and death threats. The story is told through the eyes of a young white woman who becomes friends with the family only to begin to suspect that her own father is involved in the violence against the family. This hard hitting and challenging piece was told through monologue, spoken word, live DJing and hip hop. The production was electric and was followed by a live debate at which local community leaders, city council staff and politicians discussed how they can work together to tackle the rise in racial tension and violence in the area.

Our young people found the evening to be particularly informative and challenged their own behaviours and preconceptions.

<http://www.20storieshigh.org.uk/show/black-2018-2/>

## Wakeboarding and Water Safety

In preparation for the Caledonian Canal Challenge and to ensure our young people felt confident being in and around open water we arranged a trip to Blackpool Wake Park. The team were given instruction on how to stay safe in the water, how to float and tread water in case of falling in. They gained experience of paddling kayaks and having some fun on the wakeboards. We recognise the importance of allowing the young people to experience being in the water in a controlled safe space with experts on standby, where they can challenge their fears. Through this they gained the confidence to be able to complete such an epic canoe challenge as the Caledonian Canal, which includes three large lochs.

## Employment support

We facilitated several employment preparation workshops and interview technique training sessions for our older members who are currently seeking and securing paid employment. We supported them to produce accurate CVs and assisted them in writing job applications. Thanks to support from our supporters at MOTO in the Community, some of our young people were invited to interview and offered employment at the Forton Motorway Services. Another young person who attended interview rehearsals successfully secured an apprenticeship with a Lancaster based factory. *The BIG Challenge*



Our annual Challenge lays at heart of LYC. It is the young people themselves who come up with the ideas for the Challenge each year, it is then up the Board of Trustees and our Project Coordinator to ensure the Challenge is made a reality. The 2018 Challenge was particularly ambitious - a six day, 100km canoeing expedition across the width of Scotland, starting in Fort William and ending in Inverness!

On Sunday 12 August 2018 our team of 11 young participants, the Project Coordinator, 3 Board members and 5 volunteers set off on the long journey from the Cornerstone Building in Lancaster to Tulloch Station Lodge in the Highlands of Scotland.

The Station Lodge was to be our home for the next 6 days and upon arrival we set about bedding in. We shared a homecooked meal, followed by a group discussion about how we were all feeling – addressing our hopes and fears about the days ahead.

Thanks to the amazing support of our expedition leaders, Phil and his team from Ormside Mill, we were confident that we could achieve this epic Challenge safely without putting any of our young people, staff and volunteers in danger. They were able to join us at our accommodation on Sunday evening to talk through the itinerary for the week and brief us on Health & Safety. Every stretch of the journey was expertly planned and the young people felt reassured that they were in safe hands.

Each day of the Challenge brought its own unique blend of trials and triumphs, as individually people faced their emotions and barriers about being way from home, living in a shared unfamiliar space, being wet and tired after a day canoeing in the rain etc. We witnessed each of the 11 young people hit a wall of fatigue and despondency at different intervals but the common theme is that they all

overcome these spells, coming out the other side with a renewed determination to complete the Challenge with the rest of the team.

Each evening the group enjoyed a hot, nutritious, meal together where we would discuss the day's events, play games, have dance offs and listen to music.

The staff/Board members/volunteers worked hard to ensure that there were plenty of opportunities for fun, relaxation and downtime for the young people. And towards the end of the stay our accommodation base had the feeling of a happy family home, in which the young people felt comfortable to talk freely about whatever was currently concerning them, their home lives and their hopes for the future. The contents of these ad-hoc conversations has since enabled our LYC staff team to better understand the young people we are working with and therefore tailor our offer and provide bespoke support.

### **Statistics**

We facilitated **127** weekly participatory sessions including: fitness training, filmmaking workshops, creative group sessions, 1-1 personal development sessions, cooking and nutrition workshops, employment advice sessions and cultural trips.

We have delivered a **3**-day Residential and **6**-day annual Challenge

**564** participation opportunities have been provided for young people in the Lancashire district by Lancashire Youth Challenge

### **Photos**



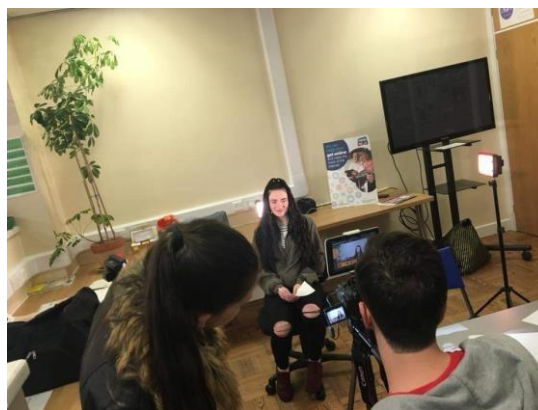
***Making a splash at Blackpool Wake Park***



***Team building Residential***



***Learning about interview technique***



***Making our film about food banks in Lancaster & Morecambe***





*Cooking classes*



*Day one of the Caledonian Canal Challenge*



*Paddling across Loch Lochy*



*Day six, our last day on the canal*

### *Special Thanks*

We would like to say a massive thank you to our wonderful funders without whom our programme would not be possible:

- Francis C Scott Charitable Trust
- Orsted - Grantscape/Walney Extension Fund
- The Areti Charitable Foundation
- Cash for Kids
- Moto in the Community
- Community Foundation for Lancashire
- Youth Social Action Fund
- Comic Relief

We would also like to say a special thank you to Handstand who made a phenomenal documentary film of our 2018 Caledonian Canal Challenge

## *Trustees*

Guy Christiansen (Chair)

Yak Patel (Secretary)

Julie Brown (Treasurer)

George Harris (Trustee)

Rachael Holden (Trustee)

Sam Harding (Trustee)

**Lancashire Youth Challenge**

**Accounts For The Year Ended**

**31 March 2018**

Lancashire Youth Challenge

Contents

Officers and advisers.....	1
Accountant's report.....	2
Approval of financial information.....	3
Profit and loss account.....	4
Balance sheet.....	5
Notes to the accounts.....	6



**Lancashire Youth Challenge**

**Officers and advisers**

**Management Committee**

Guy Christiansen - Chairman  
Rachael Holden  
Yakub Patel - Secretary  
George Harris  
Julie Brown - Treasurer  
Samantha Harding - appointed 7 March 2018  
Andrew Fairburn - resigned 7 March 2018

**Accountants**

GMR Accountants Ltd  
1st Floor  
8 - 12 London Street  
Southport  
Merseyside  
PR9 0UE

**Registered Charity**

Charity Number 1163469

**Lancashire Youth Challenge**

**Accountant's Report**

**Accountant's Report to the Management Committee:-**

You have approved the financial statements for the year ended 31 March 2018 and have acknowledged your responsibility for them, particularly for the appropriateness of the accounting basis and for providing all information and explanations necessary for their compilation.

We have not carried out an audit and have relied on the records, information and explanations you have given us to enable us to prepare these financial statements.

GMR Accountants Ltd

1st Floor  
8-12 London Street  
Southport  
Merseyside  
PR9 0UE

30 June 2018


**Lancashire Youth Challenge**

**Approval of Financial Information**

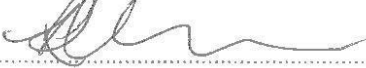
We hereby approve the financial statements for the year ended 31 March 2018 and acknowledge our responsibility for them, particularly for the appropriateness of the accounting basis and for providing all information and explanations necessary to the accountants for their compilation.

The Management Committee:

Guy Christiansen - Chairman

  
.....

Rachael Holder

  
.....


Yakub Patel - Secretary

  
.....

George Harris

  
.....

Julie Brown - Treasurer

  
.....

Samantha Harding

  
.....

Dated 7 Sept. 2018

**Lancashire Youth Challenge**

**Profit & Loss Account**

**For the year ended 31 March 2018**

	<b><u>Restricted Funds</u></b>		<b><u>Unrestricted Funds</u></b>		<b><u>Total Funds</u></b>
	<b>2018</b>		<b>2018</b>		<b>2018</b>
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
<b>Income</b>					
Donations	140.00		1,137.92		1,277.92
Bag Pack	-		487.17		487.17
Grant	40,797.00				40,797.00
Bank interest received					-
		<u>40,937.00</u>		<u>1,625.09</u>	<u>42,562.09</u>
<b>Expenses</b>					
Wages	15,766.70		-		15,766.70
Rent	1,070.00		-		1,070.00
Membership	342.48		-		342.48
Project Costs - Creative Programme	3,312.00		160.00		3,472.00
Project Costs - Physical Programme	6,150.00		-		6,150.00
Project Costs - Meals Allowance and Healthy Eating Project	2,146.46		6.00		2,152.46
Staff Training	156.07		-		156.07
Insurance	486.35		-		486.35
Equipment and Materials	343.38		149.54		492.92
Marketing	879.20		-		879.20
Telecommunications and IT	216.00				216.00
Volunteer, Staff and Trustee Expenses	580.93		557.15		1,138.08
Travel and Project Travel Costs	1,576.01		210.86		1,786.87
Consultancy	1,920.00		-		1,920.00
Payroll Bureau	379.25		-		379.25
Accountancy Charges	1,200.00		-		1,200.00
Depreciation	171.00		-		171.00
		<u>(36,695.83)</u>		<u>(1,083.55)</u>	<u>(37,779.38)</u>
Net Surplus	£	<u>4,241.17</u>	£	<u>541.54</u>	<u>4,782.71</u>

**Lancashire Youth Challenge**

**Balance Sheet**

**As at 31 March 2018**

	2018	
	£	£
<b>Fixed assets</b>		
Tangible assets		342
<b>Current assets</b>		
National Westminster Account	19,791	
Cash Account	38	
	<u>19,829</u>	<u>20,171</u>
<b>Current liabilities</b>		
Accruals	<u>(1,200)</u>	
<b>Net current assets</b>		18,971
<b>Net assets</b>		<u>£ 18,971</u>
<b>Financed by:</b>		
<b>Capital accounts</b>		
Balance as at 1 April 2017		14,188
Surplus for year		4,783
		<u>£ 18,971</u>

**Lancashire Youth Challenge**

**Notes to the Accounts**

**For the year ended 31 March 2018**

	33% st	
<b><u>Tangible Fixed Assets Unrestricted</u></b>	<b>Office Equipment</b>	<b>Total £</b>
<b>Cost</b>		
At 1 April 2017		-
Additions during the year	513	513
At 31 March 2018	<u>513</u>	<u>513</u>
<b>Depreciation</b>		
At 1 April 2017		-
Charge for the year	(171)	(171)
At 31 March 2018	<u>(171)</u>	<u>(171)</u>
<b>Net book value</b>		
At 31 March 2018	<u>342</u>	<u>342</u>
At 31 March 2017	<u>-</u>	<u>-</u>