



ANNUAL REPORT SOUTH Challenge 2022 Registered Charity: 1163469

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INTRODUCTION

As I come towards the end of my term as a Trustee and Chair of this wonderful charity, it would be only too easy and cosy to reflect on the outstanding achievements of this remarkable charity.

Over the past 6 years of my tenure with LYC, so many young lives have been changed in a positive and joyous way. Team LYC and our quite brilliant and dynamic CEO, Guy, have not simply led our charity – they have been inspired and inspiring in equal degrees. And the progress and development was, of course, recognised by the charity winning the prestigious Queen's Award for Voluntary Service 2021.

It was with understandable pride, then, that the LYC Board enjoyed seeing Guy, accompanied by Josh Lightbown, Trustee, Peer Mentor and Volunteer, celebrating the award in May this year at Buckingham Palace for a spring garden party, which was held in honour of volunteers from across the UK.

In fact, pride is an ever-present state for the LYC trustees as we are constantly struck by the drive, energy, commitment, and achievements of our young people too. How could we not be? Just look at what they have accomplished this year - 470 of them engaged in the Our Place in the World Creative & Cultural Education Programme, 30 local young people were supported to complete three significant physical challenges, including a two day 70 mile cycle from Walney Island to

Morecambe Promenade, a Cross Bay Hike and an epic 8 mile swim, and another group completed our annual challenge by mountain climbing & hiking, abseiling, canoeing and paddleboarding to success in Anglesey.

So far, so cosy then? Indeed, but there are very real dangers in basking in the good feelings and warm glow associated with such achievements. It is the task of the Board, though, to look forward and attempt to plot a steady course for what are sure to be choppy waters ahead. No one needs reminding that the future is going to be a major challenge financially. We see it in our own circumstances and the lives of our families, friends, and community. As a parting note in my role as Chair, I would urge all of us to consider how best we are going to plan ahead to ensure that LYC is as successful in the future as it is today.

Maybe the answer is simply to follow the rationale of our charity itself: To focus on overcoming obstacles, building resilience and continuing to celebrate our achievements. After all, our intrepid team of Guy, Sam and Josh set the tone in August by completing an epic 260-mile sponsored cycle ride in aid of the charity. The team cycled from Chepstow to Anglesey over five days and raised over £1600 for LYC. Let's all get on our bikes to make the future for LYC rather than letting it happen to us.

George Harris (Chair of Trustees)

PURPOSE, VALUES & APPROACH

PURPOSE

To nurture, support, challenge and empower young people to achieve personal success.

VALUES

<u>Unique</u>

Recognising individual uniqueness and cultural identity

whilst celebrating our collective, common humanity.

Providing each young person with bespoke support to enable them to identify their place in the world and make positive and meaningful change in their lives and the wider community.

Collaborative Embedding collaborative practices into the work of

Lancashire Youth Challenge; to ensure high quality delivery of our purpose with young people, communities, and

stakeholders.

Achieving Empowering young people to identify their personal goals,

develop their confidence, self- efficacy and achieve their

full potential.

Equitable Equal and equitable provision defined to meet the

needs of the young people we serve.

APPROACH

Lancashire Youth Challenge believes in a strength and asset-based approach to our work with young people and we encourage the celebration of achievement, youth empowerment, collaborative working and youth led practices.

Our focus as a charity is to enable young people to overcome their personal obstacles, build resilience and to be celebrated and recognised for their achievements.

To this end, when discussing or promoting our work, we adopt asset-based language and focus on achievements and successes.

We ensure that young people are intrinsically involved in shaping our strategic vision and informing our operational decision making. We do this via the following mediums:

Youth Advisory Sessions - Co-designing projects and the annual delivery programme

Peer Mentoring Programme - Conduit for information sharing and programme evaluation

Young Trustees & Young Associates - Informing strategic development, policy, and practice

Project Evaluations - Creative conversations capturing feedback and review Personal Development Programme - Monthly communication with our Youth Support Workers & Project Coordinator

OUR PLACE IN THE WORLD PROGRAMME

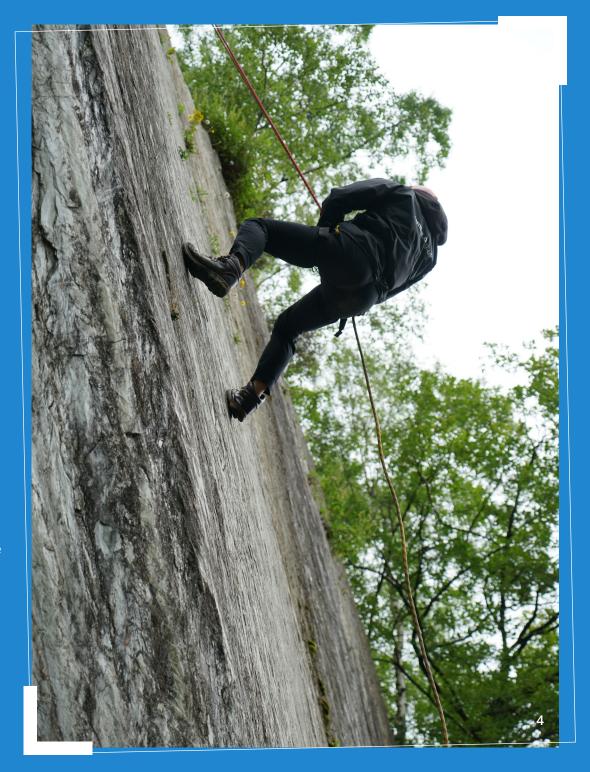
The Our Place in the World Programme provides a platform for young people to develop their personal confidence, self-esteem, and self-efficacy though participation in physical and emotional wellbeing activities, life skills workshops, bespoke outdoor activities, and expeditions. The programme also encourages young people to explore their place in the world and make meaningful, positive changes in their lives and the wider community via 1-1 personal development workshops, creative learning activities and community impact projects.

Our annual programme is delivered in partnership with professional wellbeing practitioners, sports and fitness instructors, outdoor activity leaders, artists, creative educationalists and youth and community practitioners; enabling LYC to provide an accessible and quality offer to our young people.

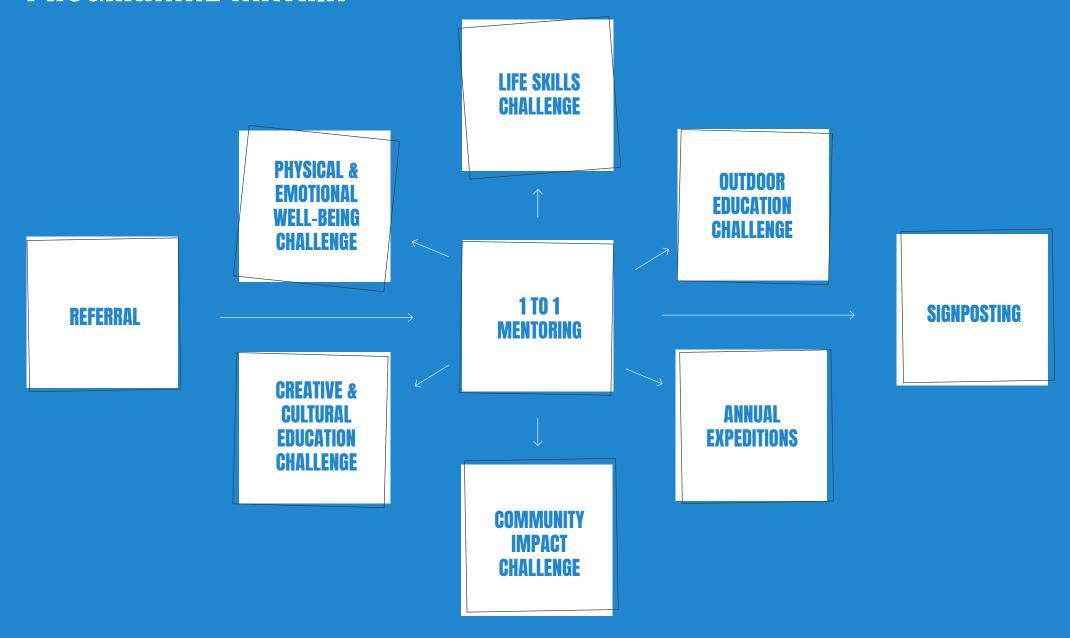
As a targeted youth provision, young people are referred to our programme by local statutory and voluntary organisations including Lancaster & Morecambe Children and Adolescent Mental Health Services (CAMHS), A.C.E Counselling Services, Lancashire Constabulary, ADHD support services, schools, and colleges. We also receive referrals directly from parents and guardians.

Once a young person is referred to LYC, they can access a 12-month programme of activity, after which they graduate our programme and are signposted to other relevant services were required. Some young people complete a second year with LYC if they feel the programme has been particularly beneficial for them and we also encourage a small number of young people to train as Peer Mentors, who remain with the programme for a maximum of three years.

The Our Place in the World programme provides a targeted, youth provision of at least **365** participatory sessions per year which is **FREE** for young people to access.



PROGRAMME MATRIX



THEORY OF CHANGE

OUTPUTS

Fitness & Well-being Challenges

Life Skills Challenges Community Impact Challenges OPITW
Cultural &
Creative
Education
Challenges

Outdoor Challenges & Annual Expedition

Work
Preparation
Programme

1 to 1 Mentoring Peer Mentoring

MECHANISMS OF CHANGE

Young people are equipped with the skills to manage their physical and mental well-being

Young people feel safe and supported Young people feel listened to and respected

Young people feel they are positively contributing to their community Young people feel confident to express themselves Young people develop confidence to try new things Young people feel a sense of purpose and achievement, and contribute to society

INTERMEDIATE OUTCOMES

Increased respect for themselves and others

Increased empathy and compassion

A greater commitment to equality and diversity Increased motivation Increased
aspirations
and a clear
plan to achieve
personal
ambitions

Improved social
interaction and Increased
communication independence
skills

A greater sense of personal responsibility and maturity

LONG TERM OUTCOMES

Young people will have a greater understanding of their place in the world and how they can enable and facilitate positive, meaningful change in their lives and the wider community.

Long term improvements to physical and mental health and well-being Positive
long-term A developed
relationships sense of self
with peers and others

A developed sense of self

Educational attainment

Enhanced life skills

2022 DELIVERY PROGRAMME

PHYSICAL WELL-BEING CHALLENGES

Working in partnership with the amazing team at **BayFit PT Gym** we provided weekly core strength training, cardio workouts and sports activities designed to enable young people to increase confidence, support mental and physical wellbeing, reduce stress, and develop their teamwork and communication skills.

Thanks to support from our partners at **Lancaster University**, we delivered a three-month indoor climbing project, equipping the team with the skills to safely climb, abseil, and belay. These skills were then tested in the natural world on several outdoor rock-climbing trips.

Following requests about the possibility of delivery a martial arts project, we partnered with **Krav Maga and Kapap Heysham** to deliver a twelve-week defence-based programme of Krav Maga. The instructors equipped young people with the skills, knowledge and techniques needed to defend themselves from attacks and to de-escalate possible confrontations, safely and efficiently.





EMOTIONAL WELL-BEING & LIFE SKILLS CHALLENGES

Devised and delivered in partnership with the **Marsh Community Centre**, the Reflections project was a bi-weekly workshop led by professional mental health workers, wellbeing practitioners, outdoor activity facilitators and youth workers. The project equipped the young people with the tools and techniques they need be better manage their emotional health and wellbeing, whilst also providing them with tangible and transferable life skills.

Earlier this year we launched the **RESTORE** programme at two secondary schools in Leyland, South Ribble, providing a platform for their students to restore their confidence, curiosity, resilience, and emotional wellbeing.

Thanks to investment from the National Lottery Reaching Communities Fund and the Areti Charitable Trust we delivered the **Time to Breathe** project which included outdoor wellbeing activities, workshops, trips and two emotional wellbeing residentials.

To find out more about the Time to Breathe project click here.





CREATIVE & CULTURAL EDUCATION CHALLENGES

In June we concluded the OPITW Creative and Cultural Education Programme, funded by **Curious Minds** and **Lancaster University**. Over the two-year life of the programme, we commissioned **7** professional projects and supported over **700** local young people to produce **100** pieces of visual art, poetry, theatre, spoken word and film that explored the concepts of identity, place and citizenship, whilst also empowering young people to use art and creative practice as a tool for social change.

To learn more about the OPITW Cultural and Creative Education Programme, click here.

Working in partnership with **Omar Khan** and his team at **Preston United Youth Development Forum**, we supported a team of young Muslim men from Preston to engage in an intergenerational heritage project.

Omar wanted to develop this work to educate and inform young Muslim men about the history of their ancestral homeland and the migration of people from the Indian sub-continent to the UK, following the partition of India and Pakistan in 1947.

This was a perfect project for the Our Place in the World programme, as it encouraged the young people to explore their individual journeys and the collective history of their community. We assisted the lads in producing a short, filmed interview with Yasmin, a community leader who had migrated to the UK in the early 1960s. Watch the film here.

We will continue to work with Omar and his team in 2023, enabling and supporting the young men to produce their own short films and interviews with their community members. The completed films will then be disseminated to community groups and shared with Lancashire Archives.





COMMUNITY IMPACT CHALLENGES

Thanks to investment from **Active Lancashire**, we have been sharing our learning and expertise with four youth and community charities across Lancashire to support them in planning and realising their own Community Impact projects.

We are working with **Strive2Thrive** in **Preston**, to re-wild and refurbish a community allotment and growing space in Ribbleton and supporting **Community Network and Outreach Service in Leyland** to build a community Garden in Moss Side.

OUTDOOR CHALLENGES & EXHIBITIONS

Outdoor challenges and expeditions have been the foundation of our work since our inception in 2015, and in 2022 we delivered two very ambitious projects.

Between March and August, we worked in partnership with **Stanleys Community Centre** and **Bay Leadership Academy** to facilitate the first ever Morecambe Bay Youth Triathlon. Together we supported 30 local young people to complete three significant physical challenges, including a two-day, 70 mile cycle from Walney Island to Morecambe Promenade, a Cross Bay Hike and an epic 8 mile swim.

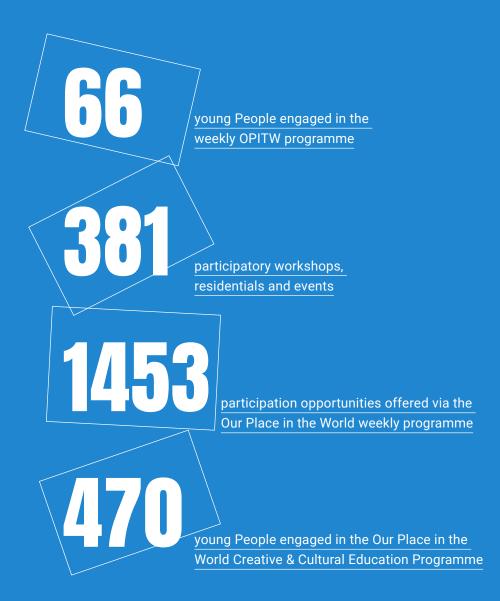
For more information about the Morecambe Bay Youth Triathlon, click <u>here.</u>

Just weeks after the Triathlon, our team travelled to the island of Anglesey to complete the **Island Challenge**, a week-long expedition designed by our young people and peer mentors. The team traversed across and around the island, by Coasteering, Mountain Climbing & Hiking, Abseiling, Canoeing and Paddle boarding. Watch the Islands Challenge documentary film **here**.





FEEDBACK & STATISTICS



'LYC is a highly effective and successful provision both in terms of supporting young people to achieve positive outcomes and delivering long lasting impact for the participants, families, and communities whilst empowering young people to develop self-efficacy and increase their skills and knowledge to take advantage of opportunities available to them.'

- Referral Partner

"To have the trust and responsibility that LYC put into us is an amazing feeling. Feeling proud and people looking up to you as a role model is a bit mad and a new thing for me. I think showing other young people that they can go through what I have and be a success is something to be proud of and I just want to help them to feel good"

- Peer Mentor

'Taking part in this intervention has given our students an opportunity to find their voice and express themselves in ways they wouldn't believe they were capable of. They have been pushed out of their comfort zones but felt confident throughout due to the patience and kindness of all the staff involved. It has been great to have a variety of activities tackling both physical and emotional challenges. The outdoor adventure day was fantastic and provided a unique experience for our pupils that they will never forget.'

- Kate Green, Worden Academy

'Honestly, LYC has been amazing in making me think about jobs, work, and my future. Like most of my friends I didn't really know much about working, I feel like because of doing LYC most of all the pressure has been taken away when I'm thinking about it all.'

Young Person

STAFF & VOLUNTEERS

This year we were thrilled to welcome three new members of staff to the charity, lan Scholefield, and Emer-Jay Van-Gills, in the role of Youth Support Workers, and Anthony Briggs as Creative Producer. Ian and Emer-Jay attend our weekly programme and provide guidance, pastoral support, and encouragement to our young people. Anthony produces our creative learning programme and manages our external communications.

LYC would not exist without our team of hard-working and dynamic volunteers and the charity was honoured to receive the prestigious Queen's Award for Voluntary Service in 2021 which recognised and celebrated the commitment and dedication of our volunteers, trustees, and peer mentors.

In May 2022, our Chief Executive, Guy accompanied Josh Lightbown, Trustee, Peer Mentor and Volunteer to Buckingham Palace for a garden party, which was held in honour of volunteers from across the UK.



FUNDRAISING

Thanks to support from two of our amazing Trustees, Sam Harding, and Phil Longbottom we delivered our first corporate fundraising event. The Windermere Canoe Challenge was a great success and raised over £1000 for the charity. We plan to facilitate at least one canoe challenge per year, with the next one booked for Saturday 4th March 2023. For more information visit our website here.

In August, Sam, Guy, Josh, and their friend Bill completed an epic 260-mile sponsored cycle ride in aid of the charity. The team cycled from Chepstow to Anglesey over five days and raised over £1600 for LYC!



THANKS

We would like to say a huge thank you to the freelances, creative practitioners, youth workers, volunteers, trustees, and partners who supported the delivery of our 2022 programme.

We would also like to express our gratitude and thanks to our wonderful funders and donors who make our work possible:

The National Lottery Community Fund

Francis C Scott Charitable Trust

The Areti Charitable Foundation

Arts Council England

The Banks Lyon Memorial Trust

The COOP Local Community Fund

Lancaster University

Curious Minds

Lancaster Community Fund

Lancashire County Council

Active Lancashire

Newby Trust

Lancaster District Community Wellbeing Fund

Sport England

Children in Need (DCMS) Youth Investment Fund

Westminster Foundation via Lancaster District CVS

South Ribble Borough Council

Duchy of Lancaster

Walney Extension Community Fund

The Vera Wolstencroft Children and Animal Charitable Trust

Stoneswood Homes

Intricate Plumbing

The Magdalen Hospital Trust

Hedley Foundation

Primrose Trust

THE ARETI CHARITABLE TRUST

FCSCT

FRANCIS C SCOTT CHARITABLE TRUST



















The Banks Lyon Memorial Trust



Westminster Foundation



Newby Trust

LANCASHIRE YOUTH CHALLENGE ACCOUNTS FOR THE YEAR ENDED 31ST MARCH 2022

Lancashire Youth Challenge

Approval of Financial Information

We hereby approve the financial statements for the year ended 31 March 2022and acknowledge our responsibility for them, particularly for the appropriateness of the accounting basis and for providing all information and explanations necessary to the accounts for their compilation.

The Management Committee:

George Harris – Chairman

Julie Brown – Treasurer

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Guy Christiansen – Secretary

Trustees

Samantha Emma Harding

Rachael Holden

Donna Coleman

Phil Longbottom

James Henry Wooldridge

Joshua Lightbown

Victoria Louise Fletcher

Yak Patel (Resigned December 2021)

Date: 07/12/2022

Lancashire Youth Challenge

Profit & Loss Account

Add : Less :

For the year ended 31 March 2022

Income	Restricted Funds	Unrestricted Funds	Total Funds	Restricted Funds	Unrestricted Funds	Total Funds
	2022			2021		
	£	£	£	£	£	£
Donations	-	3,928.39	3,928.39	-	80.58	80.58
Fundraising	-	-	0.00	-	64.79	64.79
Grants	148,667.75		148,667.75	109,858.95	-	109,858.95
Misc	-		0.00	-	639.90	639.90
Commission & Services		5,946.84	5,946.84	-	-	-
Total Income	148,667.75	9,875.23	158,542.98	109,858.95	785.27	110,644.22

	Current Year Restricted Income	£
1	National Lottery Community Fund	40000.00
2	Lancaster Community Fund	800.00
3	Hedley Foundation	450.00
4	Kickstart Placement	6553.75
5	BBC CiN Youth Investment Fund	11650.00
6	Magdalen Hospital Trust	1500.00
7	Arts Council England	1400.00
8	Coop Community Fund	1626.00
9	Active Lancashire	19875.00
10	Areti Charitable Trust 2022	8100.00
11	Banks Lyon Memorial Trust	7578.00
12	Curious Minds & Lancaster University	32200.00
13	Fire pit Investment (Active Lancashire)	1125.00
		132857.75
	Accrual for 20-21	54867.00
	Accrual for 21-22	-39057.00
		148667.75

Expenses	Restricted Funds	Unrestricted Funds 2022	Total Funds	Restricted Funds	Unrestricted Funds 2021	Total Funds
Wages	-	39,340.04	39,340.04	49,365.04	-	49,365.04
Kick Start Wages	5,278.21	-	5,278.21	-	-	0.00
NIC Contribution	-	8,322.16	8,322.16	457.81	-	457.81
Pension Contribution	-	2,739.53	2,739.53	1,106.55	-	1,106.55
Freelance Professionals	2,467.75	-	2,467.75	-	-	0.00
Office Expenses	-	2,207.41	2,207.41	726.93	-	726.93
Fundraising Expenses	-	1,018.00	1,018.00	-	-	0.00
Marketing & Advertising	-	1,217.00	1,217.00	1,118.72	-	1,118.72
Printing + Postage	-	917.82	917.82	476.40	-	476.40
Evaluation	700.00	-	700.00	-	-	0.00
Membership / Subscription	-	298.00	298.00	76.00	180.00	256.00
Insurances	-	551.68	551.68	505.10	-	505.10
Laptop	513.00	-	513.00	-	-	0.00
Governance	-	518.67	518.67	-	-	0.00
Depreciation	-	580.50	580.50	-	-	0.00
DBS	-	356.00	356.00	593.36	-	593.36
Bank Charges	-	109.65	109.65	69.00	-	69.00
Creative & Caltural Education Partnership	23,931.56	-	23,931.56	-	-	0.00
Project Costs - Outdoor Expedition	16,801.72	-	16,801.72	-	-	0.00
Morecambe Bay Triathlon	11,649.42	-	11,649.42	-	-	0.00
Arts Award Programme	7,767.05	-	7,767.05	-	-	0.00
Work Preparation	7,732.12	-	7,732.12	-	-	0.00
Past Journeys Programme	5,531.98	-	5,531.98	-	-	0.00
Community Impact Programme	2,988.79	-	2,988.79	-	-	0.00
Emotional Wellbeing Programme	1,573.18	-	1,573.18	-	-	0.00
Project Costs - Physical Programme	1,360.00	-	1,360.00	9,219.96	490.07	9,710.03
Project Costs - Creative Programme	-	-	0.00	33,085.41	200.00	33,285.41
Project Costs - Other	-	-	0.00	1,827.03	-	1,827.03
Payroll Charges	-	340.00	340.00	-	-	0.00
Accountancy Charges	-	1,082.64	1,082.64	1,440.00	-	1,440.00
Payroll Bureau	-	-	0.00	400.56	-	400.56
Travel & Project Travel Cost	-	3,481.43	3,481.43	658.57	-	658.57
Rent	-	1,800.00	1,800.00	1,800.00	-	1,800.00
Telecommunication & IT	-	1,095.98	1,095.98	1,514.52	-	1,514.52
Room Hire	-	741.50	741.50	-	-	0.00
Staff Training	-	749.50	749.50	66.23	-	66.23
One to One Personal Development	200.00	-	200.00	-	-	0.00
Uniform	104.98	-	104.98	-	-	0.00
Misc items	24.57	-	24.57	-	-	0.00
Consultancy	-	-	0.00	436.50	708.75	1,145.25
Legal Expenses	-	-	0.00	29.99	-	29.99
Volunteer, Staff and Trustee Expenses	-	-	0.00	1,671.79	30.00	1,701.79
	-88,624.33	-67,467.51	-156,091.84	-104,943.69	-870.07	-108,254.29
Net Surplus	60,043.42	-57,592.28	2,451.14	4,915.26	-84.80	2,389.93

Lancashire Youth Challenge

Balance Sheet

For the year ended 31 March 2022

		2022			2021	
	£	£	£	£	£	£
Fixed Assets						
Tangible assets			379.95			447.00
Current Assets						
National Westminister Account	55,374.60			68,973.00		
CAF Bank Account	1,382.42			38.00		
Cash Account	-			-		
Total		56,757.02			69,011.00	
Current Liabilities						
Deferred Income	-39,057.00			-54,867.00		
Accruals	-350.00			-420.00		
PAYE	-1,116.85	-40,523.85		-11.00	-55,298.00	
Net Current Assets			16,233.17			13,713.00
			•			,
Net Current Free reserves			16,613			14,161.00
Financed by :						
· maneca by ·						
Capital accounts						
Balance as at 1 April 2021		14,161.93				11,771.00
Surplus for the Year		2,451.14				2,389.93
		16,613				14,161

Accounting Policies

Basis of accounting

The final statements of the charity have been prepared under the historical cost convention and in accordance with applicable United Kingdom accounting standards, the Statement of Recommended Practice "Accounting and Reporting by Charities" issued in March 2005 (SORP 2005) and the Companies Act 2006, and in accordance with the Financial Reporting Standard applicable in the UK (Charities SORP(FRS 102)).

Incoming Resources

Grants Receivable

Grants, including grants for the purchase of fixed assets are recognised in full in the Statement of Financial Activities in the period in which they are receivable, except for those grants which are for a future specific period, in which case the relevant amount is deferred to that period.

Other Income

Other income is recognised in full in the Statement of Financial Activities in the year in which it is receivable.

Resources expended

Expenditure is recognised on an accrual basis as a liability when it is incurred. Expenditure includes any relevant VAT.

Allocation of Costs

All costs are allocated between the expenditure categories of the SOFA on a basis designed to reflect the use of the resource. Some costs relating to a particular activity are allocated directly, others are apportioned on an appropriate basis.

Employee benefits

The costs of employee benefits are recognised as a liability and an expense. Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to provide termination benefits.

Operating Leases

Rentals applicable to operating leases where substantially all the benefits and risks of ownership remain with the lessor are charged to the SOFA in the year in which they accrue.

Fund Accounting

Unrestricted funds comprise those funds which the Trustees are free to use in accordance with charitable objects.

Restricted funds are funds which have been given for particular purposes and projects.

Depreciation of tangible fixed assets

Depreciation is provided on all tangible fixed assets at a rate calculated to write off the full cost of the asset over its estimated useful life.

Equipment, fixtures and fittings 15% reducing balance.

Independent examiner's report to the trustees of

Lancashire Youth Challenge

Charity No. 1163469

I report on the accounts for the year 1st April 2021 – 31st March 2022

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

It is my responsibility to:

- · examine the accounts under section 145 of the 2011 Act;
- to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- · to state whether particular matters have come to my attention

Basis of independent examiner's report

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect the requirements:

- to keep accounting records in accordance with section 130 of the 2011 Act; and
- to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act

have not been met; or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



C/o Lancaster District CVS, The Cornerstone Sulyard Street Lancaster LA1 1PX 1st Nov 2022



A DYNAMIC CHARITY THAT PRODUCES LIFE ENHANCING AND AT TIMES LIFE CHANGING OPPORTUNITIES FOR YOUNG PEOPLE.

Cornerstone Building, Sulyard Street, Lancaster, LA1 1PX
Office 01524 956046 / Participation Phone 07885974782
lancashireyouthchallenge.co.uk

- (t) @LancashireYouth
- **f** LancashireYouthChallenge

Registered Charity: 1163469