

Lancashire
Youth
Challenge

ANNUAL REPORT 2023

Registered Charity: 1163469

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INTRODUCTION

It gives me great pleasure to welcome you to the Lancashire Youth Challenge 2023 Annual Report, as the new Chair of this wonderful, innovative, and impactful charity. 2023 has been another year of growth and success for the charity, as we have increased our turnover, grown our staff team and expanded our reach.

As you are aware George Harris has stepped down as Chair of Trustees as of August 2023; along with Julie Brown (Treasurer) and Rae Holden (Governance Lead).

I am delighted that both George and Julie will continue to support the charity as Associate Members and I would like to take the opportunity to thank all three of them for the wonderful contribution they have made over the years. Lancashire Youth Challenge (LYC) would not be the charity it is now without their support. The charity has recruited three new Trustees during the year: Stephen Thomas (Chair), Tom Drake (Vice Chair) and Alaric Best who bring significant expertise and experience from both the business and charitable sectors.

I also would like to thank Guy Christiansen and his superb team for their commitment and the support they have provided to all young people engaged in our various programmes.

I commend you to the 'Impact Report 22-23' which highlights all the achievements of the charity over the year and the progress made on our Theory of Change model. LYC have a clear delivery strategy encompassing our 'Restore', 'Time to Breathe' and 'Rise to the Challenge' programmes.

We have during the year strengthened our financial governance by commissioning external accountancy support and implementing several new policies. The major challenge for the Board is to continue to strengthen the financial structure at LYC despite the strong cost of living headwind. Despite this we have managed to improve the financial resilience of LYC.

With the clear future strategy, I have every confidence that Lancashire Youth Challenge will continue to grow and support more young people across Lancashire in the coming years.

Stephen Thomas (Chair of Trustees)



VISION, MISSION, VALUES & APPROACH

VISION

To be recognised as a regional leader in providing life enhancing and positive life changing experiences for young people.

MISSION

To nurture, support, and challenge young people to become more resilient and to achieve personal success.

VALUES

Unique	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. 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 young people are intrinsically involved in shaping our strategic vision and informing our operational practices, in the following ways:

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.

THEORY OF CHANGE

DELIVERY OUTPUTS

RESTORE

Physical wellbeing workshops
Emotional wellbeing workshops
Creative art projects
Outdoor challenge events

Time to Breathe

Life skills workshops
Outdoor learning events
Bushcraft
Green exercises and workshops

Rise to the Challenge

Cycle challenges
Residential challenges
Summer expedition
Mindful hill walking challenges

MECHANISMS OF CHANGE

Safe & supportive spaces

Platforms to express, be heard
and make comment on the
world

High quality provision by
experienced practitioners

Diverse participation
opportunities

Understanding our common
humanity and celebrating
diversity

Encouraging young people to
engage in their learning journey

Asset & strength-based
approaches

INTERMEDIATE OUTCOMES

Better able to manage their
physical, emotional, and mental
wellbeing

Increased sense of self-esteem
and confidence

Motivation and commitment to
personal development

Care and compassion for
themselves and others

Improved communication and
social interactions skills

Personal resilience,
responsibility, and maturity

LONG TERM OUTCOMES

Improvements in physical/
emotional/mental health and
wellbeing

Significant increase in self
belief and self efficacy

The confidence to 'dare to
dream'

Eagerness to explore other
cultures and places

Competency and resilience to
deal with life's challenges

Making meaningful change in
themselves and the world

Personal aspiration to craft the
life they wish to lead

RESTORE [COMMUNITY]

Thanks to financial support from StreetGames and the Ministry of Justice we facilitated a three-month pilot of the RESTORE/DIVERT programme with young people in Morecambe, through our partnership with Stanleys Community Centre. The programme consisted of weekly fitness and self-defence workshops, emotional wellbeing and mental health awareness workshops and culminated in a wellbeing residential at Ormside Mill, Cumbria. The programme was a great success with the following, significant outcomes:

- 80% demonstrated an enhanced ability to manage their emotions and behaviours.
- 70% demonstrated an increase in their confidence and ability to interact socially with others.
- 80% demonstrated feelings of achievement and personal success by completing mini goals.
- 75% demonstrated an increased ability and confidence in expressing their thoughts, ideas, and feelings in a mature manner.

Building on our experience and expertise at supporting resettled refugees, we delivered a three month RESTORE programme with twelve Ukrainian young people in Preston. The young people engaged in a range of personal development activities and produced a powerful and moving film, which you can watch [here](#).

Thanks to ongoing support from our colleagues at Active Lancashire, we are now a licensed provider of the Empire Fighting Chance (EFC) programme. EFC is a non-contact boxing and psychology informed mentoring practice, that we are now attaching to our RESTORE programme. In November, we launched our first RESTORE programme – inclusive of EFC practice - at Lancaster's BayFit gym and we will be delivering a programme with the Foxton Centre in Preston in 2024.





RESTORE [SCHOOLS]

Since April 2023, we have been delivering a series of ten-week RESTORE programmes with Year 8 & 9 students at Bay Leadership Academy in Morecambe.

Our first programme (April-June) explored themes of identity, confidence building, and personal aspirations. Watch the highlights film [here](#).

Between September and November, the students explored themes of personal responsibility, teamwork, and communication by competing an epic road-based cycle challenge, starting from their school in Morecambe and finishing at Blackpool Tower! Watch the highlights film [here](#).

We are excited to launch a new RESTORE programme with primary schools in the Lancaster District, focused on empowering Year 6 pupils to develop the personal resilience required to transition to secondary school. In November, we launched the first of three programmes with our colleagues at Ryelands Primary School, Lancaster.





TIME TO BREATHE

We have continued to deliver our Time to Breathe programme every Monday evening and during school holidays and at weekends. Thanks to support from Gathering Fields Retreat & Apothecary, we have accessed sessions about planting, growing, and harvesting, plus bushcraft and survival skills workshops. In late summer, the young people also spent an evening wild camping – which many of them have identified as a highlight of their experience.

Working with the Mandala Yoga & Wellbeing Centre, our young people have engaged in sound bathing, yoga, positive mindfulness, and yogic drumming workshops all hosted in the serenity and beauty of the Forest of Bowland countryside.

By working with the team at SafeNet, our team have attended a host of life skills workshops, exploring anger management and conflict resolution, online safety, healthy relationship advice and sexual health education. Given the impact and success of this programme, we are eager to deliver the Time to Breathe programme with youth and community partners across Lancashire.

“Time to Breathe has given me the opportunity to work with young people I wouldn’t normally work with, learn valuable well-being and life skills such as first aid, mindfulness, and coping strategies for helping myself and others with their mental well-being.”





RISE TO THE CHALLENGE [SUMMER EXPEDITION]

During August, we encouraged our team of young people to reconnect, reflect and realign with the natural world, through a weeklong creative and community impact expedition in Cumbria.

The team visited a local 750-acre managed woodland and learned about responsible land management while crafting their own bespoke canoe paddles from freshly felled Ash trees. They then assisted volunteers from the National Trust to build biodegradable tree enclosures for new saplings and engaged in educational workshops about the flora and fauna of Cumbria and the Lake District.

This element of the challenge allowed for discussion and reflection about our collective responsibility to care for the natural world, especially during this time of unparalleled climate change. Watch the expedition documentary film [here](#).

"I really struggled with new people when I started. I'd recently dropped out of school and LYC gave me something to do during the days and a focus towards the big challenge. I felt really under confident when I first started, but I continued with it and I've now met loads of people. I feel a lot more confident now and I've learnt how important it is to connect with peers."





STATISTICS & QUOTES

Between January and November 2023:

158 young people engaged in weekly activity

378 workshops and sessions delivered

2178 participation opportunities provided



“My son has been through a very transitional year, which could have been a far less positive experience had it not been for Lancashire Youth Challenge. We have had my son in numerous programmes and schemes designed to help and support young adults with learning difficulties, and none have been successful in the way that LYC has. He has either been unable to cope academically or practically or emotionally in these environments, but at LYC he has flourished, and his confidence has grown immeasurably, enabling him to cope with difficulties in his own life. I can’t say enough positive things about Lancashire Youth Challenge and their team of amazing staff. I honestly don’t know where my son would be at this point without them.”

– Parent



“My ability to approach challenges has changed since I started LYC. I didn’t do much before and I couldn’t be mentally bothered to do stuff, but with this ace team I’ve been able to push myself in ways I never thought. Having these opportunities has helped me not to be afraid of challenges and shown me that I am able to persevere in difficult situations.”

- Participant



STATISTICS & QUOTES

100% of participants stated that the programme had increased their understanding of emotional wellbeing and felt better equipped to understand and manage their emotions by an average of 33%

81% of young people agreed that the programme had helped them to develop their self-efficacy and enabled them to feel better able to communicate their thoughts and needs

100% of young people felt more confident and had a heightened sense of self-esteem after completing a programme at LYC; stating that on average their confidence had increased by 46%

88% of young people commented on how the programme had supported their physical development, increasing their physical strength and fitness by an average of 36%

94% of young people felt an increased sense of personal and social responsibility and commented on how they felt more mature thanks to engaging in the programme

100% of young people stated that they had learned more about themselves and the wider world thanks to participating on our programme



"I cannot thank Lancashire Youth Challenge enough for all the opportunities they have given my son. From the peer support, activities, challenges and the residentials to the one-to-one support from the team to help build up his confidence and to help him believe in himself. Thank you again for everything!"

- Parent

"Being involved in the programme at LYC has impacted my life. For example, I never used to put my hand up in class before, I always felt too shy. Since I've pushed myself to do things, like abseiling (which I was terrified of!), It's made me think - If I can do that, I can do this. Challenges come in many forms and now when I'm faced with one, I think okay I'll give it a go, as before I might not have tried it at all."

- Participant



FUNDRAISING, DONATIONS & SPONSORSHIP

For a second year running, Sam, Guy, Josh, Bill, and Alaric completed an epic cycle challenge, traversing England via the Way of the Roses (Morecambe to Bridlington), raising a respectable £1,427 for our charity.

We were thrilled to receive a generous donation of £500 from Caddick Construction towards our core programme.

We would like to thank our Silver Sponsors for their monthly commitments and our Gold Sponsor, Stoneswood Homes for their generous and continued support.

To discover more about our Sponsorship programme or to register as a Sponsor please visit our website [here](#).



TRUSTEES

This year has been one of significant change for our Board of Trustees, as several of our long-standing Trustees stepped down, in line with LYC's constitution, having completed two full terms of three years. In August, we offered our sincerest thanks to Rae Holden and Julie Brown who had both worked tirelessly as Governance Lead and Treasurer respectively, and to our phenomenal Chair, George Harris who played a significant role at LYC since our inception in 2015.

In December 2022, Sam Harding stepped down as Trustee to take up post as a freelance wellbeing practitioner and we recruited Tom Drake, Stephen Thomas and Alaric Best to the Board. We are thrilled to welcome Stephen as our new Chair and Tom as Vice Chair.



THANKS

We would like to say a huge thanks to the youth workers, fitness and sports practitioners, wellbeing experts, creative practitioners, volunteers, trustees, and partners who supported the delivery of our 2023 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 Scott Trust

Garfield Weston Foundation

Areti Charitable Foundation

Banks Lyon Memorial Trust

Westminster Foundation via Lancaster District CVS

Opening School Facilities Fund (Department for Education)

Lancashire County Council (Education Improvement) & (Homes for Ukraine)

Preston City Council

Active Lancashire

Sport England

Walney Extension Community Fund

Forrester Family Trust

Stoneswood Homes

Lancaster Health Champions Fund via Lancaster District CVS



Francis Scott
Trust



Garfield Weston
FOUNDATION



Westminster
Foundation



THE ARETI
CHARITABLE TRUST

The Banks Lyon Memorial Trust



**LANCASHIRE YOUTH CHALLENGE
ACCOUNTS FOR THE YEAR ENDED
31ST MARCH 2023**

Approval of Financial Information

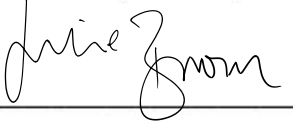
We hereby approve the financial statements for the year ended 31 March 2023 and acknowledge our responsibility for them, particularly for the appropriateness of the accounting basis and for providing all information and explanations necessary to the accounts for their compilation.

The Management Committee:

George Harris (Chair)



Julie Brown (Treasurer)



Guy Christiansen (Secretary)



Trustees:

James Henry Wooldridge (resigned May 2022)

Samantha Emma Harding (resigned December 2022)

Rachael Holden

Donna Coleman

Phil Longbottom

Victoria Louise Fletcher

Joshua Lightbown

Amanda Obiajulu Nwadukwe

Thomas Drake (appointed December 2022)

Kenneth Alaric Best (appointed December 2022)

Stephen Thomas (appointed December 2022)

Date : /12/2023

Expenses	Restricted Funds	Unrestricted Funds	Total Funds	Restricted Funds	Unrestricted Funds	Total Funds
	2023	2023		2022	2022	
Governance	0.00	-359.24	-359.24	0.00	-518.67	-518.67
Office Expenses	0.00	-3,528.09	-3,528.09	0.00	-2,207.41	-2,207.41
Fundraising Expenses	0.00	-1,050.02	-1,050.02	0.00	-1,018.00	-1,018.00
Marketing & Advertising	0.00	-677.54	-677.54	0.00	-1,217.00	-1,217.00
Membership / Subscription	0.00	-316.00	-316.00	0.00	-298.00	-298.00
Travel & Project Travel Cost	0.00	-5,125.62	-5,125.62	0.00	-3,481.43	-3,481.43
Room Hire	0.00	-257.75	-257.75	0.00	-741.50	-741.50
Staff Training	0.00	-1,892.00	-1,892.00	0.00	-749.50	-749.50
Salaries	-48,956.58	0.00	-48,956.58	0.00	-39,340.04	-39,340.04
Kick Start Wages	0.00	0.00	0.00	-5,278.21	0.00	-5,278.21
NIC Contribution	-3,914.10	0.00	-3,914.10	0.00	-8,322.16	-8,322.16
Pension Contribution	-2,939.03	0.00	-2,939.03	0.00	-2,739.53	-2,739.53
Freelance Professionals	-6,179.50	0.00	-6,179.50	-2,467.75	0.00	-2,467.75
Insurances	-1,592.16	0.00	-1,592.16	0.00	-551.68	-551.68
IT / Equipment purchase	0.00	-5,629.30	-5,629.30	-513.00	0.00	-513.00
Depreciation	0.00	-56.99	-56.99	0.00	-580.50	-580.50
Bank Charges	-232.13	0.00	-232.13	0.00	-109.65	-109.65
Morecambe Bay Triathlon	-11,839.78	0.00	-11,839.78	-11,649.42	0.00	-11,649.42
ACORNS - Restore	-4,712.67	0.00	-4,712.67	0.00	0.00	0.00
Annual Expedition Programme	-17,141.30	0.00	-17,141.30	0.00	0.00	0.00
Coaching & Mentoring & Portfolio	-556.68	0.00	-556.68	0.00	0.00	0.00
Creative Producer	-11,820.00	0.00	-11,820.00	0.00	0.00	0.00
Culture COOp	-11,315.09	0.00	-11,315.09	0.00	0.00	0.00
Find your purpose	-4,017.43	0.00	-4,017.43	0.00	0.00	0.00
Kickstart	-2,603.47	0.00	-2,603.47	0.00	0.00	0.00
Physical Wellbeing Challenge	-2,594.87	0.00	-2,594.87	0.00	0.00	0.00
South Ribble Council - Restore	-4,394.63	0.00	-4,394.63	0.00	0.00	0.00
Street Games - MOJ	-14,057.19	0.00	-14,057.19	0.00	0.00	0.00
Website	-336.00	0.00	-336.00	0.00	0.00	0.00
Westminster Foundation	-4,233.03	0.00	-4,233.03	0.00	0.00	0.00
Pop and WF	-1,596.02	0.00	-1,596.02	0.00	0.00	0.00
Arts Award Programme	0.00	0.00	0.00	-7,767.05	0.00	-7,767.05
Work Preparation	0.00	0.00	0.00	-7,732.12	0.00	-7,732.12
Past Journeys Programme	0.00	0.00	0.00	-5,531.98	0.00	-5,531.98
Community Impact Programme	-9,208.01	0.00	-9,208.01	-2,988.79	0.00	-2,988.79
Emotional Wellbeing Programme	-2,339.83	0.00	-2,339.83	-1,573.18	0.00	-1,573.18
Project Costs - Physical Programme	0.00	0.00	0.00	-1,360.00	0.00	-1,360.00
Payroll Charges	-285.00	0.00	-285.00	0.00	-340.00	-340.00
Accountancy Charges	-350.00	0.00	-350.00	0.00	-1,082.64	-1,082.64
Rent	-2,750.00	0.00	-2,750.00	0.00	-1,800.00	-1,800.00
Telecommunication & IT	-529.99	0.00	-529.99	0.00	-1,095.98	-1,095.98
One to One Personal						
Development	0.00	0.00	0.00	-200.00	0.00	-200.00
Uniform	0.00	0.00	0.00	-104.98	0.00	-104.98
Misc items	0.00	71.00	71.00	-24.57	0.00	-24.57
Printing + Postage	0.00	0.00	0.00	0.00	-917.82	-917.82
Evaluation	0.00	0.00	0.00	-700.00	0.00	-700.00
DBS	0.00	0.00	0.00	0.00	-356.00	-356.00
Creative & Cultural Education						
Partnership	0.00	0.00	0.00	-23,931.56	0.00	-23,931.56
Project Costs - Outdoor Expedition	0.00	0.00	0.00	-16,801.72	0.00	-16,801.72
	-170,494.49	-18,821.55	-189,316.04	-88,624.33	-67,467.51	-156,091.84
Net Surplus	<u>-506.14</u>	<u>10,173.78</u>	<u>9,667.64</u>	<u>60,043.42</u>	<u>-57,592.28</u>	<u>2,451.14</u>

Lancashire Youth Challenge

Balance Sheet

For the year ended 31 March 2023

		2023			2022	
	£	£	£	£	£	£
Fixed Assets						
Tangible assets			322.96			379.95
Current Assets						
National Westminster Account	72,946.91			55,374.60		
CAF Bank Account	164.69			1,382.42		
Cash Account	-			-		
Total	<u>-</u>	73,111.60		<u>-</u>	56,757.02	
Current Liabilities						
Deferred Income	-45,769.00			-39,057.00		
Accruals	-350.00			-350.00		
PAYE	<u>-1,034.83</u>	<u>-47,153.83</u>		<u>-1,116.85</u>	<u>-40,523.85</u>	
Net Current Assets			25,957.77			16,233.17
Net Current Free reserves			<u><u>26,281</u></u>			<u><u>16,613</u></u>
Financed by :						
Capital accounts						
Balance as at 1 April 2022		16,613.07			14,161.93	
Surplus for the Year		<u>9,667.64</u>		<u>2,451.14</u>		
		<u><u>26,281</u></u>		<u><u>16,613</u></u>		

Independent examiner's report to the trustees of

Lancashire Youth Challenge

Charity No. 1163469

I report on the accounts for the year 1st April 2022 – 31st March 2023

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.



Shweta Pankhadiwala

C/o Lancaster District CVS, The Cornerstone Sulyard Street Lancaster LA1 1PX
16th November 2023

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.

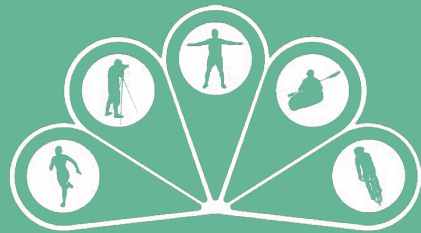
Restricted funds are funds which have been given for particular purposes and projects.

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.

Computer equipment is fully written off in the year of purchase.



Lancashire
Youth
Challenge

**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

 **@LancashireYouth**

 **LancashireYouthChallenge**

Registered Charity: 1163469