



# Inspire Suffolk

## 2018 Report and Accounts

Registered Company No: 04881803  
Registered Charity No: 1101519

# Introduction

The Trustees submit their annual report and accounts for the year ended 31 December 2018. The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standards applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015).

Since the charitable company qualifies as small under section 383, the strategic report required of medium and large companies under The Companies Act 2006 (Strategic Report and Director's Report) Regulations 2013 is not required.

## Objectives, activities, achievements, performance and public benefit

The Charity's core objectives, as set out in the governing document, are currently to:

- Promote and assist in advancing education
- Promote, or assist in promoting, community participation in healthy recreation
- Provide, or assist in the provision of, recreational facilities for other organisations, in the interests of social welfare and with the objective of improving the condition of life for those for whom the facilities are provided
- Relieve sickness and disability and to preserve and protect health; and
- Promote any other purpose that is charitable in English law.

### Board of Trustees

Prof. David Muller, Chair  
Mr Nigel Smith, Vice Chair  
Mr Mahbub Alam Shamim  
Ms Amanda Ankin  
Ms Liz Brownsell (appointed 10 Jan 2019)  
Ms Lisa Collen (resigned 21 Jun 2019)  
Mr Stephen Flory (resigned 10 Jan 2019)  
Mr Max Harnden (resigned 3 Oct 2018)  
Mr Julian Herbert  
Mr Terry Hunt  
Ms Harriet Johnson (appointed 10 Jan 2019)  
Mr Craig McCartney  
Mr Neil Prentice (resigned 23 Feb 2018)  
Mr Dennis Tennial (appointed 10 Jan 2019)  
Mrs Christine Walters (appointed 11 Apr 2018)

### Board Sub-Committees Include

Finance and Employment  
Programme and Outcomes  
Nomination Committee

### Senior Management Team

Terry Baxter, Chief Executive  
Andrew Crump, Chief Operating Officer  
Sam Burman  
Garry Mills  
Rachel Reddington  
Sarah Rowe  
Karina Scrivener  
Naomi Thompson  
Caro Thornton  
Steph Ward

### Patrons

Miss Georgina Bingham  
Mr Peter Dawes  
Mr Steve Flory  
Mrs Alicia Garrad  
Mr Matt Holland  
Mr John Howard  
Mr Simon Jay  
Mr Pat Lewis  
Mr Tom McGarry  
Mr Peter Osborne  
Mr Andy Perrin  
Miss Katy Sealy  
Mr Bill Tancred MBE  
Mr Dave Ward OBE  
Mr Shaun Whiter

### External Auditors

Scrutton Bland LLP  
Fitzroy House  
Crown Street  
Ipswich IP1 3LG

### Bankers

Barclays Bank  
1 Princes Street  
Ipswich IP1 1PB

### Lawyers

Birketts LLP  
24-26 Museum Street  
Ipswich IP1 1HZ

### 2018 Funders

The National Lottery Community Fund  
Football Foundation  
The Ganzoni Charitable Trust  
Groundwork UK  
Hope House & Gippeswyk Educational Trust  
Councillor Keith Robinson  
The Frank Jackson Foundation  
The Mrs LD Rope Third Charitable Settlement  
SSE Wildcats  
The Annie Tranmer Charitable Trust  
New Anglia LEP (Suffolk Community Foundation)  
RJB Fund (Suffolk Community Foundation)  
Stimulus Fund (Suffolk Community Foundation)  
Suffolk FA

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# Chair's Statement

This has been an excellent year for Inspire Suffolk. The Charity made a small surplus whilst at the same time expanding the provision and activities offered. As part of this, Inspire Suffolk has taken over a community centre - Colville House in Lowestoft - which is currently being refurbished, which will allow us to expand our offering in Waveney, an area of high need.

Our very focused statement of purpose has helped support this expansion resulting in an increase in funding. We have been successful, in partnership with Volunteering Matters, in securing significant funding from the Ipswich Opportunities Area Fund to help raise aspiration and improve social mobility among our young people in the Ipswich area. Our focus remains on 'young people experiencing severe disadvantage and social instability' and helping their 'reintegration into society'.

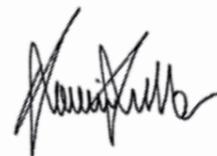
We remain grateful to our funding partners and the continued support in particular of the Colleges of Further Education, Easton & Otley College, East Coast College and Suffolk New College.

The Board of Trustees met on four occasions, the Finance and Employment Committee met five times and the Programmes and Outcomes Committee met four times. Trustees play a critical role in working with the Chief Executive to set the strategic direction, to ensure financial stability and to monitor the quality of our provision.

One Trustee, Max Harnden, resigned after many years service as Company Secretary. Max has played a major role in steering the Charity into a secure well governed organisation. During 2018, we are delighted to have welcomed the following new Trustees: Liz Brownsell, Harriet Johnson and Dennis Tennial.

The Charity relaunched the Inspire Suffolk 30 Club in which businesses commit £2,500 for each year for two years. This amount funds one residential activity trip away from home on our transformational courses for young adults.

I would also like to acknowledge and thank our Business Patrons: Georgie Bingham, Peter Dawes, Alicia Garrad, Steve Flory, Matt Holland, John Howard, Simon Jay, Pat Lewis, Peter Osborne, Andy Perrin, Katy Sealy, Bill Tancred, MBE, Dave Ward, OBE and Shaun Whiter.



**Professor Dave Muller, Chair**

*"Our focus remains on 'young people experiencing severe disadvantage and social instability' and helping their 'reintegration into society'."*



# Chief Executive's Statement

2018 saw another solid year for our charity. Not only did we end the year posting a positive cash position, we also developed new education programmes to support our existing portfolio; worked with almost 400 children on our Turn Up and Play courses, funded by the National Lottery Community Fund (previously the Big Lottery Fund); and, at the year end, in line with our strategy for growth, took over Colville House in Lowestoft, which will enable further expansion of our services in North East Suffolk and surrounding areas in the years ahead.

We continue to run our flagship Prince's Trust Team programmes from six venues, with each centre hosting three programmes per calendar year. In fact, Inspire Suffolk is one of the biggest delivery partners for the Prince's Trust in Central England, with almost eight out of ten young people who attend our courses moving on to a positive progression into work or employment.

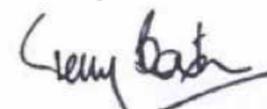
One additional benefit from our Team programme and NCS courses is the wider support to the communities in which we operate. In 2018, over 2,500 hours were spent on 26 individual projects, including community gardens, refurbishment of rooms at a local museum and producing care packages for sick children in one of Suffolk's hospital childrens' wards.

Our 'Step-Up' programme has developed and is now providing a positive solution to young adults who have a better understanding of where they would like their working lives to progress but lack the experience or opportunity to make the next step. In particular, the Construction 'Step-Up' programme has proved popular and we have worked with several employers in this sector to see the students get the very most they can from their time with us.

Our 'Turn Up and Play' programmes have started to make a significant improvement in increasing the physical activity being undertaken by young people we engage with. In fact, nine out of ten children taking part would have been inactive without the programmes we provide. In addition, there are extensive benefits in terms of self-esteem, confidence, attitude and behaviour.

I'd like to thank the National Lottery Community Fund for providing the resource to allow us to develop part of our Ipswich base. Not only have we created more valuable classroom space to deliver our programmes from, but we have also gained a performance studio that can be used for performance, dance and fitness activities by the charity and the wider community.

Finally, I'd like to express my thanks for the hard work and dedication of my colleagues throughout 2018 and beyond. Although our charity was formed in 2003, this last year saw us mark our 5th anniversary under the Inspire Suffolk name. We are all committed to ensuring that our invaluable work engaging with young people and equipping them with the skills, confidence and direction to make great decisions, continues to grow in the years ahead.



**Terry Baxter, CEO**

*"We are all committed to ensuring that our invaluable work, engaging with young people and equipping them with the skills, confidence and direction to make great decisions, continues to grow in the years ahead."*



**“I believe the confidence attained through participation of such programmes delivered by Inspire Suffolk is invaluable!”**

ANDY PERRIN, PATRON & INSPIRE 30 CLUB MEMBER



# Our aims

## Supporting young people onto a positive future.

Inspire Suffolk is a charity dedicated to supporting young people onto a positive future. Each day, we work at the forefront of helping young people to overcome challenges and make positive next steps in their lives, back into employment and further training. We offer life changing personal development programmes, motivational education courses and engaging sport activities that local young people need and may not have access to.

Our programmes change young lives, tackling a range of issues that they are facing. Students learn many new skills and qualities to enable them to work as a team, build confidence, self-esteem and key skills for work and life, all which play a key part in helping to find positive sustainable outcomes.

**“A charity recognised and valued for the work undertaken with young people experiencing severe disadvantage and social instability, who have lost their way and need opportunities for purposeful reintegration into society.”**



# 2018: Achievements and performance

Find out about the main areas of our work in Suffolk during 2018

# Inspiring education projects



Inspire Suffolk has progressed successfully during 2018 with our mission of working with young people experiencing severe disadvantage and social instability, who have lost their way and need opportunities for purposeful reintegration into society.

### Introduction of new programmes

In line with our strategy and assessing the need for a wider range of courses, we have introduced two new education programmes that support young people to become much closer to the job market. Working closely with Youth and Employment Services across the county we have introduced:

**Step Up:** a 2-week industry focussed course, funded by the New Anglia LEP's Community Challenge Fund, that aims to provide young people with the opportunity to gain industry-related training and the qualifications required to enter employment.

**Fast Forward:** a shorter programme running for 3-weeks, focusses on boosting confidence in applying for and keeping meaningful employment and actively supports young people applying for live job opportunities.



### Team Programme leads the way

Our Prince's Trust Team 12-week programme remains one of our leading charitable programmes, supporting young people to overcome challenges to find their next step and move into education, employment, volunteering or training. This course is delivered in partnership with The Prince's Trust and the county's FE Colleges. At the end of 2018, we had supported over 600 young people through this programme since our inception. This year, over 7 out of 10 participants moved onto 'positive' progression.

Many local young people that we engage with are at a dead end, unsure of where to go next, and this programme guides them toward positive and sustainable outcomes. Challenges our participants can face include mental health, underachieving at school or difficulty with mainstream education, and struggles with homelessness, to name a few. Over 40% of our young people in 2018 expressed that they had experienced issues with their mental health and 65% noticed a positive change to their confidence and ability to manage feelings through completing of programme, both important elements of improving wellbeing.



### Team supporting young people

Through various elements of the course including an outward bound residential trip, mentoring, useful work experience and a community project, students learn many new skills and qualities to enable them to work as a team, build up confidence and self-esteem and develop key skills for work and life, all which play a key part in helping them to find positive sustainable outcomes.

These programmes run across Suffolk and into North Essex with 18 programmes running throughout the year. We have two static centres in Ipswich & Lowestoft, and our peripatetic centres, which are dependent on need, move between Stowmarket, Sudbury, Haverhill, Felixstowe, Colchester, Leiston, and Newmarket.

Suffolk County Council statistics (06/12/18) highlight over 1,400 current 16-17-year-old NEETS across Suffolk, emphasising the continued importance of our work across Suffolk and Essex. In 2019, we aim to deliver our provision in Forest Heath for the first time, with over 150 young people eligible for the support of our programmes.



### Achieve: Working with local schools

The Opportunity Area programme is a Department for Education programme aiming to tackle social mobility cold spots. Inspire Suffolk has been awarded a NEET Prevention contract, supporting schools to address challenges around attendance, attainment and motivation. In partnership with Volunteering Matters, we aim to support 150 young people through the programme in 2018/19 and help them to develop the skills and confidence they need to reach goals through relevant, engaging and informal learning.

### NCS

We had another successful year delivering NCS in Spring, Summer and Autumn to over 140 young people. NCS is an experience for 15-17 year olds to embark on exhilarating challenges, make their mark through social action and build valuable skills for work and life.



**“Inspire Suffolk made me realise that your problems shouldn't stop you from doing what you want to do”**

ANNABELLE, LOWESTOFT



**Annabelle's story**

Before meeting Inspire Suffolk, Annabelle had attended college for just one day when her anxiety got the better of her. She experienced panic attacks every day and wouldn't leave the house alone.

She joined our Prince's Trust Team programme, quickly settled into the group and started to come out of her shell. Annabelle surprised herself by finding that she was enjoying activities which involved team building, helping in the community and talking to the public, something she would never have done before.

Annabelle knew that she wanted to go back to college to pursue her passion of photography and film, but not in a daunting large-sized college environment like before. She gained a place on a Digital Media course, which she is completing to a really high standard.

As a result of this, Annabelle is now applying for University courses. During the 12 weeks with us, she developed from being an incredibly shy person to a confident young lady who is ready to take on any challenge thrown at her.

**“The support from the staff and team here is something different and unique.”**



**Step Up success**

Our Step Up industry programmes aim to improve employment prospects of young people, between 16-25 years, in areas of disadvantage, by equipping them with a start-up qualification, skills and confidence to be ready for work, gain employment and move on with their lives.

In 2018, our programmes focussed on sectors including Construction, Retail and Hospitality, enabling almost 50 participants to achieve qualifications, including CSCS Card Training and Manual Handling. In addition to the 30% of young people who have moved directly into employment on completion, all young people have left with qualifications and experiences that give them the confidence to be work ready.

We have partnered with many local organisations to make these courses possible including Tesco Copdock, Vertas and MSC, with support on providing real life work experience from many employers too.

The positive success in 2018 has enabled Inspire Suffolk to secure two additional contracts to expand delivery with Step Up. A construction focused programme will be delivered to 30 young people in 2018/19 and an additional 150 16-17 year olds will receive support through a pilot schools programme delivered to those in Post 16 Education. The programme will support young people who are at risk of becoming NEET beyond their time in main stream education.

**“The course not only gave me the qualifications to do my work, but also the confidence”**



**A second chance for Dean...**

Before he met Inspire Suffolk, Dean was struggling to integrate back into society after being on the wrong side of the law. He was at a low point with his confidence, which prevented him from moving to a new place to start afresh.

Our Team programme allowed Dean to get away from his current situation and focus all of his energy on something. He gained confidence through the various activities on the course and was a natural leader, always encouraging other team members to join in and checking how everyone was doing.

The course gave Dean opportunities that he otherwise wouldn't have been able to access, including work experience at Hemisphere Freight through our patron and Inspire 30 Club member Andy Perrin, Managing Director, who visited Dean's programme.

During his time on his work experience, Dean had the opportunity to complete his Forklift Training, which has been such a beneficial experience for him. He made such a good impression that he was been offered a full-time job there and is doing really well and establishing himself in the company.

**“We are very proud to have Dean working with us and representing us in such a professional manner and he should be proud of his own achievements!”**

ANDY PERRIN, HEMISPHERE FREIGHT LTD

Since we began in 2014...

# Inspire Suffolk is 5 years old...



In this time we have supported over **1500** young people and **10,000** children



.....  
spent supporting local causes and people on community projects  
.....

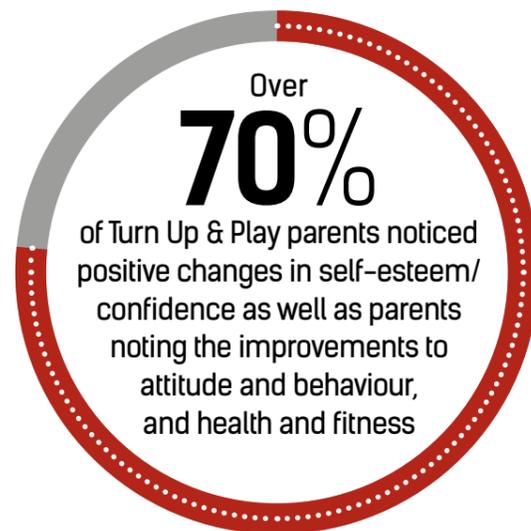


## In 2018...

**400** children have attended our TuP sessions



with **90%** of attendees saying they would have been inactive otherwise



## In the last 12 months...

The Prince's Trust have awarded us with a recognition of excellence and recognised us as one of their top providers in their Central Region.

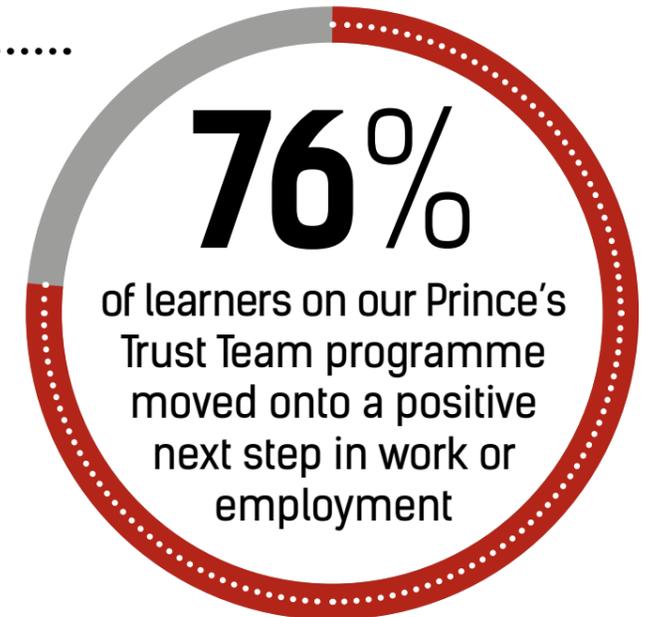


## 10 Apprentices

have successfully completed 1st 4 Sport L3 qualifications supporting them into work



of health kicks football made available, with **100%** of participants stating improvements in wellbeing



**Over 2500 hours spent on 26 projects this year**

benefitting the communities around them, which helps to build skills including confidence, teamwork across Team & NCS



Over **87%** of students would recommend our courses to others

# Motivational sport in Suffolk



## Turn Up & Play

Turn Up & Play aims to transform the lives of hundreds of disadvantaged young people in Ipswich through sport, media and music.

Through significant funding from The National Lottery Community Fund, we have been able to increase youth provision in the Westgate and Priory Heath wards of Ipswich to engage with children and young people through sport to improve levels of confidence, self-esteem and well-being.



90% of attendees would have been inactive otherwise



Almost 400 children attended these sessions in 2018



Over 70% expressed a positive change in self-esteem and confidence



## Sport in Schools

We are in our 12th year delivering our PE Development Programme in partnership with Primary Schools, providing specialist Sports Teaching to support both school provision and Continuing Personal Development (CPD) of staff teaching Curriculum PE.

Our qualified and multi-skilled team support schools in the development and delivery of breakfast, lunchtime and after-school clubs encouraging children to become more active in a positive and inclusive environment.

Delivering sport in schools allows us to engage with children from across the county, promoting the benefits of sport to health and wellbeing. School sport gives the opportunity for signposting to our programmes such as After School Clubs and Turn Up & Play, providing safe, structured environments for children to play sport.

**'I really value the team at Inspire Suffolk. They make a really positive and important impact on the sporting choices on offer for the children at St Mary's'**

Liz Clark, St Mary's C of E Primary School, Woodbridge



## Holiday Clubs

Our Holiday clubs saw over 4,500 children attend these sessions across Suffolk in 2018. Delivered by our trained sports coaches, these clubs provide an opportunity for children to stay active during the school holidays through sport.

We strive to ensure that there is something for everyone at these clubs with our crafts activities at all venues and Ipswich School of Dancing providing dance sessions at our Ipswich & Woodbridge clubs. Reacting to parent feedback, we have successfully implemented options for extended days in Ipswich and Woodbridge to ensure these clubs support local children and parent's needs.

Any financial surplus that this project creates goes back into supporting identified projects within the charity to help even more local young people and children.

In 2018, we ran Holiday Clubs across the county in locations including Ipswich, Lowestoft, Bury St Edmunds, Hadleigh, Kesgrave, Woodbridge and Felixstowe. We plan to make these even more accessible in 2019 by working towards accepting childcare vouchers.



## Disability & Inclusion

Inspire Suffolk has continued to positively engage with children, young people and adults through delivery of three successful football programmes that include Health Kicks, DSAActive and Ability Counts, all delivered from our headquarters in Ipswich.

Health Kicks has enabled us to work with over 50 Adults from across Suffolk in 2018, using football as the common interest to support adult mental health service users as part of their rehabilitation. The group creates a supportive environment, improvement in health, and opportunities to socialise.

**"I look forward to coming every week. I always feel calm after I've been to Inspire Suffolk and know I will sleep well."**

Health Kicks Participant

**Turn Up & Play**

Our Turn Up & Play sessions have a fun and relaxed atmosphere to play sport and experiment with music and media. The aim of these sessions is to ensure local young people are engaged in positive activity, building confidence and skills that can be put into practice elsewhere. In 2018, we had almost 400 children attend in Ipswich.

**The National Lottery Community Fund**

In early 2017, we received significant funding from The National Lottery Community Fund (previously Big Lottery Fund) to provide new and targeted Open Access Youth activities to young people in Ipswich. This was a momentous occasion for our charity to receive such reputable funding.

We partner with Ipswich Community Media to offer free Sport and Media activities to young people from locations in Ipswich, as well as delivering a pre-NEET intervention programme, 'Achieve', in local Ipswich secondary schools in partnership with The Prince's Trust, which supports schools with challenges around attendance, attainment and motivation through engaging and informal learning.



**Malachi loves Turn Up & Play**

Malachi who is 8 years old has been attending Inspire Suffolk's Turn Up & Play sessions for two years, since the very first tennis sessions!

"His confidence has really grown since starting these sessions, especially to join in with new activities and to give things a try, even if he isn't sure how to do it. He loves coming every week and always says the sessions are so much fun!"



Photo: Suffolk Community Foundation



Thanks to the Stimulus Fund & Tesco's Bags of Help scheme, we've been able to resurface our outdoor courts so local children and people can use them and stay active!



**“It has been a pleasure working with Inspire Suffolk to take over Colville House to ensure that present users continue, but also to bring about a sustainable and enhanced position for the future”**

BRIAN HUNTER, CHAIR OF COLVILLE HOUSE TRUST

**Venue hire supporting charity**

External hire of our venues in Ipswich and Lowestoft are a key source of income for our charity. We have a range of facilities including event space, rooms for meetings and sports facilities which are accessed by members of the community including groups and companies.

We have seen our income from hire of our venues increase year on year since taking over our site on Lindbergh Road in 2014 (previously Holywells High School). From 2018, the income generated by the hire of our venues has meant that we are a cost neutral site, providing a base for our charity team, facilities to deliver our education programmes from and a venue to host our many sport activities for local children and young people. This also now gives us the opportunity for any profit made on top of this to go directly to our work with local young people.

With support from The National Lottery Community Fund awarded in 2017, construction work has been carried out in 2018 to convert our gymnasium space into a purpose-built classroom and performance studio, which has given us more space to deliver our education programmes, as well as support the local community with even more affordable venue space.



Conversion of gymnasium space by Source One Consulting

**We are supporting Lowestoft**

In line with our strategy, we are excited to have taken over Colville House in Lowestoft following extensive talks and negotiations with the Colville House Trust. This will allow us to build upon the delivery of the Prince's Trust Team programme that we have run in Lowestoft for the previous 8 years. For some time, we have delivered our programme at Colville House and during our time at the venue it had become clear that we were a charity that could help take on the legacy of the Colville House Trust and its trustees. Thus, ensuring the continued provision of a community hub for the local area and beyond.

Brian Hunter, Chair of Colville House Trust says: "We wish Inspire Suffolk every success and sincerely thank everyone involved in their support for Colville House which will provide an exciting future for our local community."

One of the key services provided by the trust is the Youth Club running since the 1950s. Inspire Suffolk has taken this into its portfolio of services and added a boxing fitness session and has plans to add other activities to enhance the experience for the young people who use it.

We are bringing a wider range of education, work readiness and sports activities to our new home, including a 'Turn Up & Play' programme engaging with even more young people to help avoid anti-social behaviour issues that have at times been present in the local area. We'd like to thank our staff, suppliers and the local business community for their support with helping us to tidy up the centre. We want the local community to be proud of the venue and help us to make sure it remains at the heart of the work we do in Lowestoft and the surrounding areas.



**"I feel like we have a duty to be a role model to many children, which is a big task but one I very much enjoy doing."**

KIEREN BEDFORD

**Apprenticeships providing opportunities**

In 2018, we offered 10 Sports Coaching Apprenticeship to 16-18 year olds who are interested in developing a career in Sports Coaching whilst gaining practical experience in the coaching industry.

Young people who take part in our apprenticeship have the opportunity to work alongside our experienced Sports Development Coaches to gain hands on experience in the Sports industry. This includes supporting the delivery of our high-quality PE provision in Suffolk Primary Schools, our free to access Turn Up & Play sports clubs, Holiday Clubs and disability sport.

Across 12 months, our apprentices gain a Level 2 or 3 qualification in PE & School Sport as well as a LI/L2 National Governing Body coaching qualification.

**"Inspire Suffolk has increased my desire to teach"**

Kieren joined our apprenticeship scheme in 2017 because he wanted a taste of what it would be like to physically teach sport. Kieren says: "I have found coaching in schools incredibly beneficial. It's great to build a relationship with the staff and students and it has increased my confidence and my desire to go into teaching even more.

"I love seeing children enjoy themselves and develop in my lessons. There's a real big feel good factor about this job, especially when the children are thoroughly engaged within your lesson."

Kieren is progressing his passion for sport and teaching and is now in the second year of his apprenticeship, with hopes to move up the career ladder in the sports industry.



**"The residential really helped all of us, especially the ones with mental health issues! It made us all more positive and relaxed."**

INSPIRE SUFFOLK STUDENT

**Inspire 30 Club**

Our Inspire 30 Club is a group of thirty supporters of Inspire Suffolk who support our charity by donating £2,500 per year, initially for two years. Each supporter specifically funds one of our life-changing residential programmes as part of our development courses for young people 16-25 years old. These residential trips away from home are not funded but they make such a big impact to our young people.

We piloted this initiative in 2018 and received support from property developer John Howard, Hemisphere Freight Services, Vertas and University of Suffolk, with members of these organisations immersing themselves in the residential experience and seeing the benefits first hand. We plan to expand this scheme in 2019, aiming to secure even more supporters of this lifechanging work.

The scheme gives a unique opportunity for donors to see the benefit of their support. Inspire 30 Club donors may also visit our programmes at a later stage of our student's journey and are invited to our presentation events to witness the progress individual young people have made.



Inspire 30 Club member, Vertas, visiting a residential trip

# Snapshots of 2018



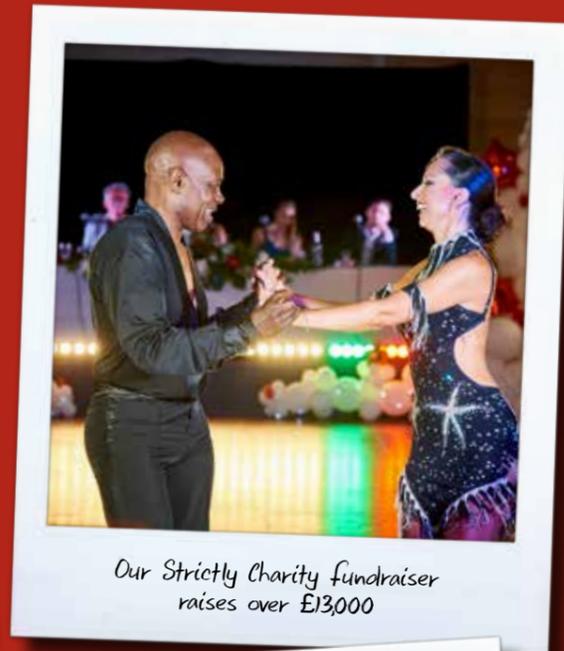
The very first Inspire Suffolk Awards for students and staff



Step Up industry courses partnering with businesses including Vertas and MSC



Over 400 young people engaged with our programmes



Our Strictly Charity fundraiser raises over £13,000



Another unforgettable Summer NCS programme



Our very first London Marathon runner raised over £2,000



HRH Prince Edward visits Ipswich & meets two of our young people



Free clubs for those affected by severe snow and school closures



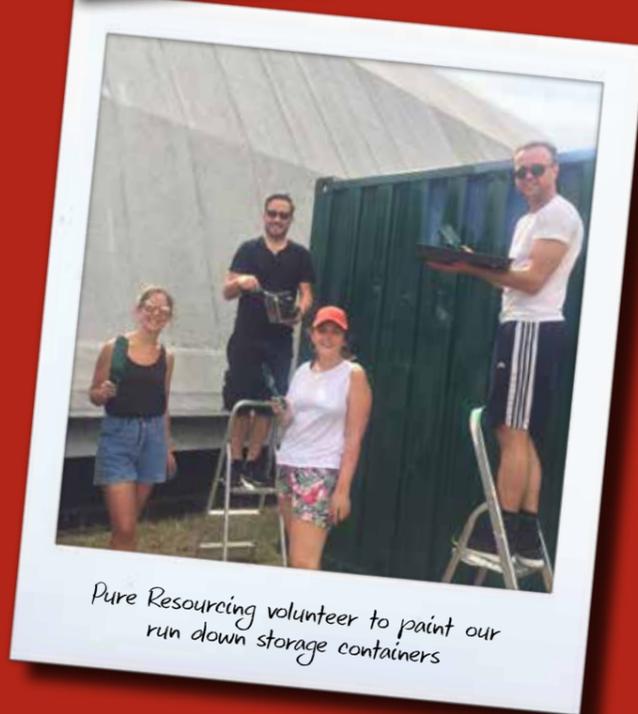
Ipswich Buses supports our young people with their travel to our courses



We took over Colville House in Lowestoft as our second base!



Over 4,000 attend Holiday Clubs across Suffolk!



Pure Resourcing volunteer to paint our run down storage containers

# Our plans for 2019

## In line with our strategy – in 2019 Inspire Suffolk will:

- Develop a clear strategy for growth into Essex, Norfolk and potentially Cambridgeshire.
- Deliver a full range of charity led services from our Lowestoft base (Colville House).
- Increase school coaching provision and income by 10%.
- Evaluate the effectiveness and need for the NEET prevention programme 'Achieve' and develop plan for future.
- Explore need for a full range of charity led services from a permanent base in West Suffolk.
- Develop plans for the renovation of the Lindbergh Road Sports Dome.
- Work to increase business and employer engagement across all the charity's programmes.
- Identify potential partner charities who share Inspire Suffolk's shared interests, aims and values for partnership opportunities.



### Prince Edward meets Suffolk youth charities

In May 2018, HRH Prince Edward, the Earl of Wessex visited the new Birketts building in Ipswich. He has a keen interest in youth work through his involvement with the Duke of Edinburgh Award, and so invited many local organisations for young people to discuss charitable initiatives and the issues that face them. Two young people who have come through our programmes, Jodie and Anthony, represented Inspire Suffolk and spoke about their journeys and how the charity has helped them. It was a significant moment for Inspire Suffolk to be recognised and invited for the opportunity.

# Financial review

The Charity has experienced a healthy financial year with net income of £42k. Income for the year grew at a steady rate of 5% to reach £1.34m, of which £1.26m was spent on charitable activities and £42k on fundraising. Income comes from a variety of different projects and funders, such that there is no one principal funding source. One of the largest sources is Team Programme funding which is accessed through the local Further Education Colleges. The Charity hosts an annual ball which would be considered the key fundraising event of the year, this generated a surplus of circa £15k. In May 2017 the Charity was awarded a 3-year grant from the Big Lottery Fund, income for which was £218k in the current financial year which included £50k in relation to a capital project.

The balance sheet shows a healthy position both in terms of reserves and cash, providing a secure base for the Charity.

The trustees have considered the forecasts prepared and the 3-year business plan which together with the healthy balance sheet position and diverse range of income streams, provides the trustees with confidence that the charity is a going concern.

## Reserves policy

Reserves are held in order to provide for continuity of service in the event of the loss of a major funder or project, or a dramatic change in the Charity's operating environment. The Charity aims to keep within unrestricted reserves an amount of around £180k for this eventuality. Unrestricted reserves are ahead of this at £203k (excluding fixed assets) due to the healthy surplus made during the year.

The Board reviews the reserves policy and requirements annually. Once reserves have exceeded the amount that the Trustees deem to be appropriate for the above purpose, the Trustees wish to increase the balance of reserves for the funding of capital projects – either for capital replacement or enhancement or to provide funding for future projects. In summary there are three elements of the reserves policy, prioritising as follows: Operational Reserves, Capital Replacement Reserves, and Project Development Reserves. It is a priority of the charity to build reserves for the latter two purposes.

## Investment policy

The Charity does not have significant resources to invest, cash balances are held in current and deposit bank accounts with the Charity's main banker. This policy is reviewed annually.



# Governance and administration

The persons who were Trustees as at the date of the approval of accounts and those who have served as trustees during the year are detailed on the Company Information page. For the purpose of this report the Director/Trustees are referred to as Trustees. The Trustees' Report incorporates the requirement of the directors' report under company law.

Inspire Suffolk Ltd (the "Charity" or the "Company") is a sole member company that has been registered as a charity (1101519). The Charity's governing documents are the Memorandum and Articles of Association dated 17th January 2013. The member is the Trustee Professor D Muller.

Under the terms of these Articles of Association, the member may appoint a representative as a director, who is also a Trustee. Further Trustees are appointed by the board. No other person or external body is entitled to appoint one or more of the Charity's Trustees. The Trustees are responsible for the actions and activities of the Charity. All Trustees are appointed for a fixed term, and can then be re-appointed.

## Trustee Board

The board of Trustees has ultimate legal responsibility for our organisation and works to ensure good governance with the help of its sub-committees (Finance and Employment Committee and Programmes and Outcomes Committee). The board agrees the overall strategic direction and is our highest decision-making body. Its members are volunteers. They work alongside the CEO and the senior management team, who are responsible for the implementation of policy and for the management of the day-to-day running of the organisation.

A sub committee of the Board exists to determine the remuneration of the Chief Executive through a review of performance and consideration of market data. The remuneration of the senior management team is set by the Chief Executive.

During the year the charity paid for Trustee Indemnity Insurance amounting to £271 (2017: £1,375) on behalf of the trustees.

## Trustee induction, recruitment and training

Recommendations for Trustees are put before the Nominations Committee for approval. Once the recommendation has been approved, it is then agreed by the Board.

The Charity continues to develop its procedure to ensure that the Trustee is aware of his or her responsibilities, has a good understanding of the Charity, understands its future strategy, is provided with relevant information from the Charity Commission and is offered ongoing training and information to ensure they are brought up to date with developments in law. Trustees are invited and encouraged to attend presentations and events which include the young people we work with.

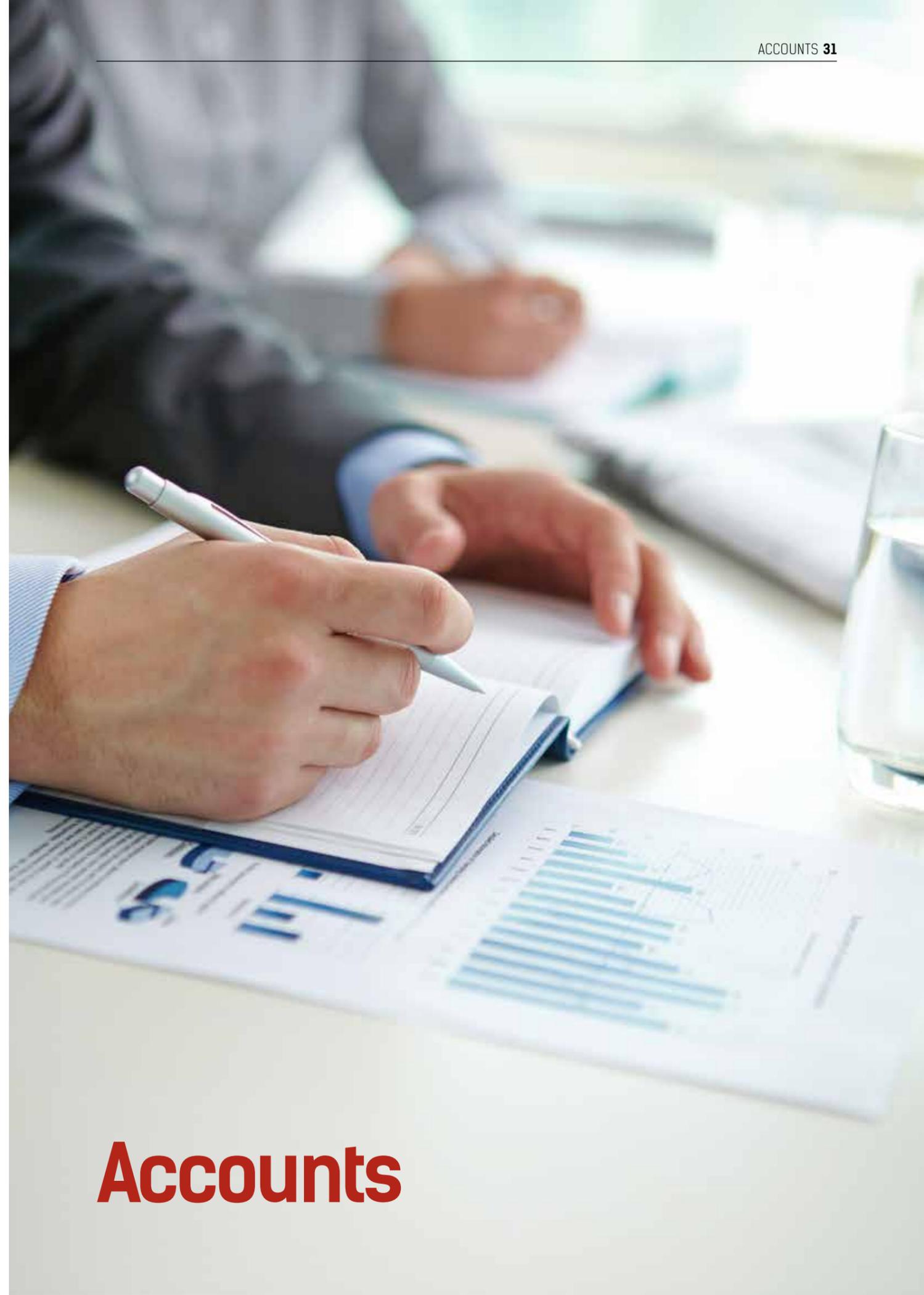
Trustees' terms of office last for three years, and they can serve up to three consecutive three-year terms, after which they may be invited to serve additional years at the invitation of the board, before standing down.

## Operational Management

The Chief Executive Officer oversees a senior management team that includes, Chief Operating Officer; Finance Manager; Education Programme Manager; Grants & Development Manager; Centre Operational Manager, Marketing and Communications Manager and Executive Assistant to CEO. The board meets monthly to ensure that the organisation is meeting its strategic objectives, working to budget, assessing charitable impact and identifying opportunities. It also has responsibility to identify and manage risk.

## Risk

The senior management team review of the risk register takes place at their monthly meetings. In addition, this document is considered by the Trustees in detail at least once every year, and is tabled at every Trustee Board Meeting. Any major risks, to which the Charity is exposed, which include a loss of a major funder, and the effects of an unpredictable financial climate, as identified by the Trustees and management team, have been reviewed by the management team, and systems or procedures have been established to manage those risks.



# Accounts

## Independent Auditors' report to the member of Inspire Suffolk Ltd

### Opinion

We have audited the financial statements of Inspire Suffolk Ltd (the 'charitable company') for the year ended 31st December 2018 which comprise the Statement of Financial Activities incorporating Income and Expenditure Account, the Balance Sheet, the Statement of Cash Flows and the related notes, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable charity's affairs as at 31st December 2018 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

### Basis for opinion

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

### Conclusions relating to ongoing concern

We have nothing to report in respect of the following matters in relation to which the ISAs (UK) require us to report to you where:

- the trustees' use of the going concern basis of accounting in the preparation of the financial statements is not appropriate; or
- the trustees have not disclosed in the financial statements any identified material uncertainties that may cast significant doubt about the company's ability to continue to adopt the going concern basis of accounting for a period of at least twelve months from the date when the financial statements are authorised for issue.

### Other information

The trustees are responsible for the other information. The other information comprises the information included in the Annual Report, other than the financial statements and our

auditor's report thereon. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon. In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

### Opinion on other matter prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- 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
- the trustees' report has been prepared in accordance with applicable legal requirements.

### Matters on which we are required to report by exception

In the light of our knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the Trustee's Report.

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 take advantage of the small companies' exemption from the requirement to prepare a strategic report.

### Responsibilities of Trustees

As explained more fully in the trustees' responsibilities statement the trustees (who are also the directors of the charitable company 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, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

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

### Auditors responsibilities for the audit of the financial statements

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

## Trustees' responsibilities statement

The Trustees (who also act as directors for the purposes of company law) are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and regulations.

Company law requires the Trustees to prepare financial statements for each financial year in accordance with UK Accounting Standards and applicable law (UK Generally Accepted Accounting Practice).

The financial statements are required by law to give a true and fair view of the state of affairs of the charitable Company and of the excess of income over expenditure 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;
- 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;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable Company will continue its activities.

statements.

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

### Use of our report

This report is made solely to the charitable company's member, 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 member those matters we are required to state to the member 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 member as a body, for our audit work, for this report, or for the opinions we have formed.



### Sharon Gravener (Senior Statutory Auditor)

For and on behalf of Scrutton Bland LLP, Statutory Auditor  
Fitzroy House, Crown Street, Ipswich, IP1 3LG  
17 July 2019

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that its financial statements comply with the Companies Act 2006. They have general responsibility for taking such steps as are reasonably open to them to safeguard the assets of the charitable company and to prevent and detect fraud and other irregularities.

### Disclosure of information to auditor

Each of the persons who are Trustees, at the time when this Trustees' Report is approved has confirmed that:

- so far as that Trustee is aware, there is no relevant audit information of which the Company's auditors are 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 auditors are aware of that information.

This report was approved by the Trustees on 17 July 2019 and signed on its behalf by:



### Professor David Muller, Trustee

# Accounts for the year ended 31<sup>st</sup> December 2018

Our fantastic supporters have gone above and beyond to support us during 2018. From our annual Inspire Suffolk Ball, Strictly Charity dancing fundraiser, Golf Days, quiz nights, dinners, sponsored runs and a whole lot more.

Picture: Michael J Fitch wowing guests with his magic at our 2018 Inspire Suffolk Ball at The Hangar, Milsoms Kesgrave Hall.



# Statement of financial activities

(Incorporating an income and expenditure account)  
For the year ended 31st December 2018

	Notes	31/12/2018 Unrestricted funds (£)	31/12/2018 Restricted funds (£)	31/12/2018 Total funds (£)	31/12/2017 Total funds (£)
<b>Income</b>					
Donations & legacies	2	83,623	261,520	345,143	298,978
Charitable activities	2	944,982	-	944,982	926,501
Other trading activities (fundraising)	2	53,758	-	53,758	58,622
Investments	2	504	-	504	236
<b>TOTAL INCOME</b>		<b>1,082,867</b>	<b>261,520</b>	<b>1,344,387</b>	<b>1,284,337</b>
<b>Expenditure on:</b>					
Raising funds	3	(41,824)	-	(41,824)	(45,479)
Charitable activities	3	(1,020,414)	(239,671)	(1,260,085)	(1,153,134)
<b>TOTAL EXPENDITURE</b>		<b>(1,062,238)</b>	<b>(239,671)</b>	<b>(1,301,909)</b>	<b>(1,198,613)</b>
<b>Net income and expenditure and net movement in funds</b>	<b>10</b>	<b>20,629</b>	<b>21,849</b>	<b>42,478</b>	<b>85,724</b>
<b>Reconciliation of funds</b>					
Total funds brought forward		250,692	136,658	387,350	301,626
Transfers between funds		52,883	(52,883)	-	-
<b>TOTAL FUNDS CARRIED FORWARD</b>		<b>324,204</b>	<b>105,624</b>	<b>429,828</b>	<b>387,350</b>

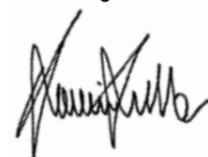
- The above results arose wholly from continuing operations.
- There were no gains or losses in either year other than the surplus for the year and accordingly, no statement of total recognised gains or losses is presented.
- The notes on pages 21 to 29 form part of these financial statements.

# Balance sheet

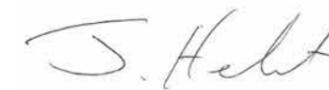
As at 31st December 2018

	Notes	31/12/2018 Total funds (£)	31/12/2017 Total funds (£)
<b>Fixed assets</b>			
Tangible Assets	6	121,128	75,411
Investments	7	1	1
<b>NET FIXED ASSETS</b>		<b>121,129</b>	<b>75,412</b>
<b>Current assets</b>			
Debtors	8	286,623	249,738
Cash at bank and in hand		270,321	202,297
<b>TOTAL CURRENT ASSETS</b>		<b>556,944</b>	<b>452,035</b>
<b>Liabilities</b>			
Creditors: amounts falling due within one year	9	(248,245)	(140,097)
<b>NET CURRENT ASSETS</b>		<b>308,699</b>	<b>311,938</b>
<b>NET ASSETS</b>		<b>429,828</b>	<b>387,350</b>
<b>The funds of the charity</b>			
Restricted income funds	10	105,624	136,658
Unrestricted income funds	10	324,204	250,692
<b>TOTAL CHARITY FUNDS</b>		<b>429,828</b>	<b>387,350</b>

These financial statements are prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies and were approved by the Board of Trustees and authorised for issue on 17 July 2019 and were signed on its behalf by:



**Professor David Muller**  
Trustee



**Julian Herbert**  
Trustee

Company registration No. 04881803. The notes on pages 38 to 46 form part of these financial statements. Under Companies Act 2006 s454, on a voluntary basis, the trustees can amend the financial statements if they subsequently prove to be defective.

# Statement of cash flows

As at 31st December 2018

	Notes	2018 (£)	2017 (£)
<b>Cash flows from operating activities</b>			
Net cash provided by (used in) operating activities	18	129,261	108,586
<b>Cash flows from investing activities</b>			
Net interest received		504	236
Purchase of tangible assets		(61,741)	(43,266)
<b>Net cash (used in) financing activities</b>		<b>(61,237)</b>	<b>(43,030)</b>
<b>Change in cash and cash equivalents in the reporting period</b>		<b>68,024</b>	<b>65,556</b>
<b>Cash and cash equivalents at 1 January</b>		<b>202,297</b>	<b>136,741</b>
<b>Cash and cash equivalents at 31 December</b>	19	<b>270,321</b>	<b>202,297</b>

## Notes

(Forming part of the financial statements)

### 1. Accounting Policies

#### Basis of accounting

The annual report and accounts for the year ended 31 December 2018 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 (FRS102)(effective 1 January 2015) – (Charities SORP (FRS102)) Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) and to the Companies Act 2006.

Inspire Suffolk is an incorporated Charity domiciled and registered in England, which constitutes a public benefit

entity as defined by FRS102. Assets and liabilities are initially assigned at cost or transaction value unless otherwise stated in the relevant accounting policy notes. The accounts have been reported in Sterling and rounded to the nearest £1 in both the current and previous accounting periods.

#### Funds

Restricted funds are funds that have restrictions imposed by donors and can only be applied for the particular purposes specified by donors. Designated reserves are those that, although not restricted, have been reserved by

the Charity for a specific project alone. Unrestricted funds are funds that have no restriction as to how they are to be applied. There are no Endowment funds.

#### Going Concern

The Trustees have a reasonable expectation that the charity will continue in operational existence for the foreseeable future and is well placed to manage its business risks successfully despite the current uncertain economic outlook. The charity has adequate reserves and accordingly the Trustees continue to adopt the going concern basis.

#### Financial Instruments

The charity only has financial assets and financial liabilities of a kind that qualify as a basic financial instrument. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

The following accounting policies have been applied consistently in dealing with items that are considered material in relation to the Company's financial statements.

#### Tangible Fixed Assets and Depreciation

Tangible Fixed Assets costing more than £500 are capitalised at cost including any incidental costs of acquisition. Depreciation is calculated on the cost of the fixed asset on a straight line basis over the following expected useful life:

Leasehold Improvements – between 10 and 25 years  
Plant and Machinery – Computer Equipment – 3 years  
Plant and Machinery – Equipment – 10 years  
Plant and Machinery – Vehicles – 5 Years

#### Income

All incoming resources are included in the Statement of Financial Activities (SOFA) when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy. Income is generally recognised on a receivable basis and is reported gross of related expenditure. The specific bases for recognition are:

- Voluntary income includes donations, gifts and general funding and is recognised when receipt is probable.
- Gifts in kind are treated as donations in the period the gift is received.
- Charitable activity includes subscriptions raised on the activity and is accounted for when earned. Activity income earned in advance is deferred until entitlement

to the income has arisen, at which time it is credited to the Statement of Financial Activities ('SOFA').

- All fees and other services receivable in respect of courses taking place in subsequent financial years are deferred to the year in question.

#### Expenditure

All expenditure is accounted for on an accruals basis as a liability is incurred. Expenditure includes any VAT that cannot be recovered and is reported as part of the expenditure to which it relates. Expenditure is recognised when it is incurred and is reported gross of related income on the following bases:

- Costs of raising funds comprise the costs associated with attracting voluntary income.
- Charitable expenditure comprises direct expenditure including direct staff costs attributable to the Charity's activities. Where costs cannot be directly attributed, they have been allocated to activities on a basis consistent with the use of the resource as described below.
- Support costs and governance costs have been allocated to activity cost categories on a basis consistent with the use of the resources, e.g. allocating staff costs by the time spent on a project/activity and other costs by usage.

#### Operating leases

Rentals paid under operating leases are charged to the Statement of Financial Activities on a straight line basis over the lease term.

#### Pensions

Contributions to defined contribution pension schemes are charged to the income and expenditure account when payable.

#### Taxation

The charity is exempt from corporation tax on its charitable activities.

#### Group accounts

The Charity owns 100% of the share capital of a dormant company and has therefore taken advantage of the exemption to not prepare group accounts.

**2. Analysis of Income**

	Unrestricted Funds	Restricted Funds	31/12/2018 Total (£)	31/12/2017 Total (£)
Grants and donations	83,623	261,520	345,143	298,978
Fundraising	53,758	-	53,758	58,622
Interest received	504	-	504	236
Charitable activities				
- Education programmes	908,710	-	908,710	735,711
- Other activities and events	36,272	-	36,272	190,790
	<b>1,082,867</b>	<b>261,520</b>	<b>1,344,387</b>	<b>1,284,337</b>

**3. Analysis of Expenditure**

	Other Fundraising (£)	Charitable Activities (£)	31/12/2018 Total (£)	31/12/2017 Total (£)
Staff costs	15,305	773,994	789,299	693,831
Direct costs	23,474	336,896	360,370	314,033
Support costs (see note 4)	3,045	149,195	152,240	190,749
	<b>41,824</b>	<b>1,260,085</b>	<b>1,301,909</b>	<b>1,198,613</b>

31st December 2017

45,479 1,153,134

**4. Analysis of Support Costs**

The charity identifies its support costs which can't be directly attributed to an activity. These are then apportioned on an appropriate basis between the main activities of the charity.

	31/12/2018 Total (£)	31/12/2017 Total (£)	Basis of apportionment
Depreciation	16,024	12,380	% of staff costs
Subscriptions and licences	38,175	34,617	% of staff costs
Premises costs	21,896	47,236	% of staff costs
Finance and professional	20,127	49,703	% of staff costs
Governance costs	11,008	11,653	
Office and other costs	45,011	35,160	
	<b>152,240</b>	<b>190,749</b>	

The governance costs shown above includes auditors' remuneration for this Company of £5,748 (31 December 2017: £5,034).

The finance and professional costs shown above includes auditors' remuneration for this Company for Other Services, relating to accountancy support, of £648 (31 December 2017: £10,584).

**5. Staff Numbers and Costs**

The average number of persons (full time equivalent) employed on the Charity's activities during the period was 40 (2017: 35). The average headcount was 48 (2017: 43).

	31/12/2018 Total (£)	31/12/2017 Total (£)
Wages and salaries	721,140	636,288
Social security costs	52,750	44,425
Other pension costs	15,409	13,118
	<b>789,299</b>	<b>693,831</b>

One member of staff received emoluments between £60,000 - £70,000 in the current accounting period (2017: £Nil).

The total employment costs of the Executive Team which is comprised of the Chief Executive and 6 other staff members was £251,783 (2017 - Chief Executive and 5 other staff members £177,003). No Trustees received any remuneration or reimbursement of any expenses from the Charity. During the period £271 (2017: £1,375) was paid for Trustee Indemnity insurance.

The average head count and full time equivalent staff of the Charity is split across the following roles:

	FTE		Headcount	
	31/12/2018	31/12/2017	31/12/2018	31/12/2017
Governance	1	1	1	1
Management	6	5	6	5
Admin	4	3	5	3
Delivery	30	26	36	34
	<b>41</b>	<b>35</b>	<b>48</b>	<b>43</b>

**6. Tangible Assets**

	Leasehold (£)	Computer Equipment (£)	Equipment (£)	Vehicles (£)	Total (£)
<b>Cost</b>					
As at 1 January 2018	35,354	48,109	59,225	23,838	166,526
Additions	51,469	5,522	4,750	-	61,741
Disposals	-	-	-	-	-
<b>As at 31 December 2018</b>	<b>86,823</b>	<b>53,631</b>	<b>63,975</b>	<b>23,838</b>	<b>228,267</b>
<b>Depreciation</b>					
As at 1 January 2018	600	37,306	29,371	23,838	91,115
Charge for the Period	1,712	9,246	5,066	-	16,024
On Disposals	-	-	-	-	-
<b>As at 31 December 2018</b>	<b>2,312</b>	<b>46,552</b>	<b>34,437</b>	<b>23,838</b>	<b>107,139</b>
<b>Net Book Value</b>					
As at 31 December 2017	34,754	10,803	29,854	-	75,411
As at 31 December 2018	84,511	7,079	29,538	-	121,128

## 7. Investments

In 2014 the Charity acquired 100% of the £1 ordinary share capital of a limited company called Healthy Ambitions Trading Limited (07810625), a company registered in England and Wales. The company is dormant and the investment is recorded at cost.

## 8. Debtors

	31/12/2018 Total (£)	31/12/2017 Total (£)
Trade debtors	97,232	66,647
Prepayments and accrued income	189,391	183,091
	<b>286,623</b>	<b>249,738</b>

## 9. Creditors: Amounts Falling Due within One Year

	31/12/2018 Total (£)	31/12/2017 Total (£)
Trade creditors	81,383	20,836
Other tax and social security	37,830	19,861
Other creditors	7,492	9,497
Accruals and deferred income	121,540	89,903
	<b>248,245</b>	<b>140,097</b>
Deferred income brought forward	34,266	4,060
Deferred income released	(34,266)	(4,060)
Deferred income adjustment	52,828	34,266
Deferred income carried forward	52,828	34,266

The deferred income arises from income received in advance of contracted services being delivered.

## 10. Movement in Funds

a) Unrestricted funds – movement in period.	Balance 01/01/2018 (£)	Income (£)	Expended (£)	Transferred (£)	Balance 31/12/2018 (£)
General Unrestricted funds	175,280	1,082,867	(1,062,238)	7,166	203,075
Unrestricted Fixed Assets	75,412	-	-	45,717	121,129
<b>Total Unrestricted Funds</b>	<b>250,692</b>	<b>1,082,867</b>	<b>(1,062,238)</b>	<b>52,883</b>	<b>324,204</b>
b) Restricted funds – movement in period.	Balance 01/01/2018 (£)	Income (£)	Expended (£)	Transferred (£)	Balance 31/12/2018 (£)
The Balcombe Charitable Trust	15,594	-	(15,594)	-	-
National Lottery Community Fund	53,036	217,513	(147,672)	(49,544)	73,333
Capital grants	4,998	-	-	-	4,998
The Peter Cruddas Foundation	10,725	-	(10,725)	-	-
Football Foundation	-	850	-	(850)	-
Ganzoni Charitable Trust	-	2,000	-	-	2,000
Groundwork UK	-	1,989	-	(1,989)	-
Peter Harrison Foundation	2,207	-	(2,207)	-	-
Hope House & Gippeswyk Educational Trust	-	657	-	-	657
National Lottery Awards For All	-	9,988	-	-	9,988
Aubrey Orchard	4,041	-	(4,041)	-	-
Councillor Keith Robinson	-	998	(998)	-	-
Mrs L D Rope's Third Charitable Settlement	-	3,000	(1,500)	-	1,500
Henry Smith Charity	900	-	(900)	-	-
SSE Wildcats	-	900	(900)	-	-
St James Place Foundation	10,000	-	(10,000)	-	-
Funding from Suffolk Community Foundation through New Anglia LEP Community Challenge Fund	13,353	20,000	(21,705)	-	11,648
Funding from Suffolk Community Foundation through Port Community Fund	2,000	-	(2,000)	-	-
Funding from Suffolk Community Foundation through RJB Fund	-	635	(635)	-	-
Funding from Suffolk Community Foundation through Stimulus Fund	-	990	(990)	-	-
Funding from Suffolk Community Foundation through Suffolk Giving Fund	2,000	-	(2,000)	-	-
Suffolk FA	-	500	-	(500)	-
Annie Tranmer Charitable Trust	1,000	-	(1,000)	-	-
Annie Tranmer Charitable Trust	-	1,500	-	-	1,500
Turn up and Play Project	1,804	-	(1,804)	-	-
Willis Group	15,000	-	(15,000)	-	-
	<b>136,658</b>	<b>261,520</b>	<b>(239,671)</b>	<b>(52,883)</b>	<b>105,624</b>

### The funds are as follows:

During the year grants and donations were received that were restricted to certain projects as set out above. The balances unspent at year end will be spent during 2019/20. The transfer between funds relate to capital spend.

**11. Analysis of NET Assets between funds**

	Unrestricted funds (£)	Restricted funds (£)	Total funds Dec 2018 (£)	Funds Dec 2017 (£)
Fund balances at 31 December 2018 are represented by:				
Tangible fixed assets	121,128	-	121,128	75,411
Investments	1	-	1	1
Current assets	451,320	105,624	556,944	452,035
Current liabilities	(248,245)	-	(248,245)	(140,097)
<b>Total net assets</b>	<b>324,204</b>	<b>105,624</b>	<b>429,828</b>	<b>387,350</b>

**12. Member's Guarantee**

The Company has no share capital but is limited by guarantee. The member of the Company is a Guarantor and undertakes to contribute to the assets of the Company in the event of it being wound up, such amount as may be required. The member's liability is limited to £1.

**13. Operating Lease Commitments**

In 2013 the charity entered into a 10 year lease agreement with a peppercorn rent for the Ipswich site.

In 2018 the charity entered into a 99 year lease agreement with a peppercorn rent for the Lowestoft site.

**14. Capital Commitments**

The Charity had no capital commitments at 31 December 2018 (2017: £Nil)

**15. Contingent Liabilities**

In the opinion of the trustees there were no contingent liabilities at 31 December 2018 (2017: £Nil)

**16. Related Party Disclosures**

Flagship Homes Limited is treated as a related party, as the Trustee, Lisa Collen, is an employee of the company. The following balances and transactions are therefore disclosed:

**Income and Expenditure Account:**

Administration costs	
HR services	£2,160 (2017: £2,448)

Birketts LLP is treated as a related party, as the Trustee, Liz Brownsell, is a Senior Associate of the partnership. The following balances and transactions are therefore disclosed:

**Income and Expenditure Account:**

Administration costs	
Legal and professional fees	£2,489 (2017: £Nil)

**17. Financial Instruments**

The carrying amount of financial instruments at 31 December 2018 were:	2018	2017
Fund balances at 31 December 2018 are represented by:		
<b>Financial assets measured at amortised cost:</b>		
Trade debtors	<b>97,232</b>	<b>66,647</b>
<b>Financial liabilities measured at amortised cost:</b>		
Trade creditors	81,383	20,836
Other creditors	7,492	9,497
	<b>88,875</b>	<b>30,333</b>

**18. Reconciliation of NET income/(expenditure) to NET cash flow from operating activities**

	2018	2017
<b>Net income/(expenditure) for the reporting period (as per the statement of financial activities)</b>	<b>42,478</b>	<b>85,724</b>
Adjustments for:		
Depreciation charges	16,024	12,380
Interest receivable	(504)	(236)
(Increase)/decrease in debtors	(36,885)	(45,514)
Increase/(decrease) in creditors	108,148	56,232
<b>Net cash provided by (used in) operating activities</b>	<b>129,261</b>	<b>108,586</b>

**19. Analysis of cash and cash equivalents**

	2018	2017
Cash in hand	270,321	202,297
<b>Total cash and cash equivalents</b>	<b>270,321</b>	<b>202,297</b>

**20. Prior period SOFA**

	31/12/2017 Unrestricted funds (£)	31/12/2017 Restricted funds (£)	31/12/2017 Total funds (£)
<b>Income</b>			
Donations and legacies	41,524	257,454	298,978
Charitable activities	926,501	-	926,501
Other trading activities (fundraising)	58,622	-	58,622
Investments	236	-	236
<b>Total income</b>	<b>1,026,883</b>	<b>257,454</b>	<b>1,284,337</b>
<b>Expenditure</b>			
Fundraising activity	(45,479)	-	(45,479)
Charitable activities	(955,356)	(197,778)	(1,153,134)
<b>Total expenditure</b>	<b>(1,000,835)</b>	<b>(197,778)</b>	<b>(1,198,613)</b>
<b>Net movement in funds</b>	<b>26,048</b>	<b>59,676</b>	<b>85,724</b>
<b>Reconciliation of funds</b>			
Total funds brought forward	192,006	109,620	301,626
Transfers between funds	32,638	(32,638)	-
<b>Total funds carried forward</b>	<b>250,692</b>	<b>136,658</b>	<b>387,350</b>

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