

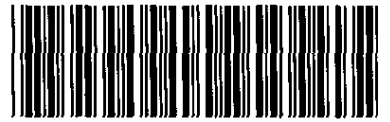
Free 2 Talk Community Interest Company

Company Registration Number: 06620303 (England & Wales)

Report of the Directors and Unaudited Financial Statements

01 / 07 / 2017 – 30 / 06 / 2018

TUESDAY



A82JVH1N

A16

02/04/2019

#234

COMPANIES HOUSE

Free 2 Talk Community Interest Company

Company Information

Directors:

Jodie Low	Kevin Jane
Genna Whitlock	Susan Jane

Non- Executive Directors

David Burke
Stuart Gates

Company Secretary:

Genna Whitlock

Registered Office:

BGN Family Centre And Nursery
Blackthorn Bridge Court,
Blackthorn,
Northampton,
NN3 8QH

Company Registration:

06620303

Free 2 Talk Community Interest Company

Directors Report

Principal Activities

The principal activity of the company in the period under review was the provision professional training, youth and community work, counselling and individual support, parenting and parent support.

Directors

All directors shown have held office during the whole of the period from 1st July 2017 to the 30th June 2018.

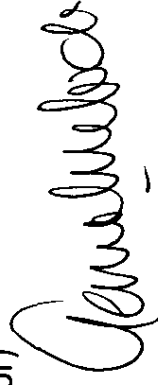
Company policy on the employment of disabled persons

Free 2 Talk CIC is an equal opportunities employer and delivery service.

The above report has been prepared in accordance with the special provisions in part 15 of the Companies Act 2006
The report was approved by the board of directors on 21st November 2018

And signed on behalf of the board by:

Genna Whitlock (Director)



21/11/2018

Free 2 Talk Community Interest Company

Profit & Loss Account for the year ending 30th June 2018

	Notes	2018 £	2017 £
Income		91,055	80,675
Direct Expenditure		83,053	78,370
Gross Surplus / (Deficit)		8,002	2,305
Administrative Expenses		7,309	8,479
Surplus / (Deficit) for the financial year		692	(6,174)

The Notes form part of the financial statements

Free 2 Talk Community Interest Company

Statement of Total Recognised Gains and Losses for the year ending 30th June 2018

Statement of Total Recognised Gains and Losses

The company does not have any gains and losses other than Profit and Loss for the period to report.

Free 2 Talk Community Interest Company

Balance Sheet as at 30th June 2018

	Notes	2018 £	2017 £
Current Assets			
Cash at bank and in hand		10,585	15,094
Accounts Receivable		2,531	1,440
Prepayments		-10,241	-14,656
Total Current Assets		<u>2,875</u>	<u>1,878</u>
Creditors			
Accrued Liabilities (amounts falling due within one year)		400	95
Total Net Assets / (Liabilities)		<u>2,475</u>	<u>1,783</u>
Capital and Reserves			
Profit and Loss Account		2,475	1,783
Total Shareholders Funds		<u>2,475</u>	<u>1,783</u>

The Notes form part of the financial statements

Free 2 Talk Community Interest Company

Balance Sheet as at 30th June 2018 Continued

For the year ending 30th June 2018 the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies

The members have not required the company to obtain an audit for the year ending 30th June 2018 in accordance with section 476 of the Companies Act 2006

The directors acknowledge their responsibility for complying with the requirements of the Act with respect to accounting records and preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime and in accordance with the Financial Reporting Standard for Smaller Entities (effective 2008)

The report was approved by the board of directors on 21st November 2018

And signed on behalf of the board by:

Genna Whitlock(Director)

Genna Whitlock 21/11/2018

Free 2 Talk Community Interest Company

Notes to the Financial Statements for the year ending 30th June 2018

1. Accounting Policies

Basis of measurement and preparation of accounts

The financial statements have been prepared in accordance with the Financial Reporting Standard for Smaller Entities (effective 2008)

CIC 34

Community Interest Company Report

For official use
(Please leave blank)

--

Please
complete in
typescript, or
in bold black
capitals.

Company Name in
full

Free 2 Talk CIC

Company Number

6620303

Year Ending

2018

This template illustrates what the Regulator of Community Interest Companies considers to be best practice for completing a simplified community interest company report. All such reports must be delivered in accordance with section 34 of the Companies (Audit, Investigations and Community Enterprise) Act 2004 and contain the information required by Part 7 of the Community Interest Company Regulations 2005. For further guidance see chapter 8 of the Regulator's guidance notes and the alternate example provided for a more complex company with more detailed notes.

(N.B. A Filing Fee of £15 is payable on this document. Please enclose a cheque or postal order payable to Companies House)

PART 1 - GENERAL DESCRIPTION OF THE COMPANY'S ACTIVITIES AND IMPACT

In the space provided below, please insert a general account of the company's activities in the financial year to which the report relates, including a description of how they have benefited the community.

Free 2 Talk have consistently delivered Youth and Community Work in Northamptonshire, with a focus on disadvantaged communities in Northampton East. The organisation has supported 304 young people and 57 adults. Communities have benefitted through developing community cohesion; increased understanding of social issues and communication between different parts of the community. The organisation has advocated the perspective of the communities in which it works with authorities such as the police and Borough Council. This has supported the strategic direction for which other services can be delivered to meet needs and strengths.

(If applicable, please just state "A social audit report covering these points is attached").

(Please continue on separate continuation sheet if necessary.)

PART 2 – CONSULTATION WITH STAKEHOLDERS – Please indicate who the company's stakeholders are; how the stakeholders have been consulted and what action, if any, has the

company taken in response to feedback from its consultations? If there has been no consultation, this should be made clear.

Young people – they are consulted with on every session delivered through understanding their strengths and needs; how they see their communities, issues which affect them and their plans for involvement and contribution js to making a difference in their own communities. There is a clear plan for the active involvement of young people as part of the journey of support with us.

Parents and carers – they are consulted with through contact when they are collecting or dropping off young people to sessions. They are involved in the consent for membership and any external visits ajnd trips. They are consulted with in community events.

Communities – they are consulted with at every opportunity through development projects or events which are delivered.

Other organisations and authorities – they are consulted with when meeting to work on issues faced by young people and their communities.

(If applicable, please just state “A social audit report covering these points is attached”).

PART 3 – DIRECTORS’ REMUNERATION – if you have provided full details in your accounts you need not reproduce it here. Please clearly identify the information within the accounts and confirm that, “There were no other transactions or arrangements in connection with the remuneration of directors, or compensation for director’s loss of office, which require to be disclosed” (See example with full notes). If no remuneration was received you must state that “no remuneration was received” below.

The aggregate amount of emoluments paid to or receivable by directors in respect of qualifying services was £26,620. Emolument to directors has been made in payment of service delivery as a practitioner, no emolument is made in consideration of their role of a director.

There were no other transactions or arrangements in connection with the remuneration if directors or compensation for director’s loss of office which require to be disclosed.

PART 4 – TRANSFERS OF ASSETS OTHER THAN FOR FULL CONSIDERATION –

Please insert full details of any transfers of assets other than for full consideration e.g. Donations to outside bodies. If this does not apply you must state that “no transfer of assets other than for full consideration has been made” below.

No transfer of assets other than for full consideration has been made

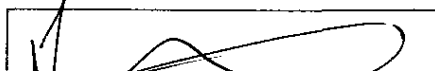
(Please continue on separate continuation sheet if necessary.)

PART 5 – SIGNATORY

The original report must be signed by a director or secretary of the company

You do not have to give any contact information in the box opposite but if you do, it will help the Registrar of Companies to contact you if there is a query on the form. The contact information that you give will be visible to searchers of the public record.

Signed



Date

30/8/17

Office held (delete as appropriate) Director/Secretary

Free 2 Talk CIC, Blackthorn Nursery	
Blackthorn Bridge Court	
Northampton	
Tel	07 786 227565
DX Number	DX Exchange

When you have completed and signed the form, please attach it to the accounts and send both forms by post to the Registrar of Companies at:

For companies registered in England and Wales: Companies House, Crown Way, Cardiff, CF14 3UZ
DX 33050 Cardiff

For companies registered in Scotland: Companies House, 4th Floor, Edinburgh Quay 2, 139
Fountainbridge, Edinburgh, EH3 9FF DX 235 Edinburgh or LP – 4 Edinburgh 2

For companies registered in Northern Ireland: Companies House, 2nd Floor, The Linenhall, 32-38
Linenhall Street, Belfast, BT2 8BG

The accounts and CIC34 **cannot** be filed online

(N.B. Please enclose a cheque for £15 payable to Companies House)

CIC 34

CONTINUATION SHEET

*Please
complete in
typescript, or
in bold black
capitals.*

**Company Name in
full**

FREE 2 TALK CIC

Company Number

06620303

Year Ending

2018

PLEASE CLEARLY INDICATE THE PART YOU ARE CONTINUING HERE PART 1 (A)

Youth Work

In the last year F2T supported 304 young people, 61 through episodes of mentoring support. On evaluation all young people have identified Free 2 Talk as a safe space for support. Mentoring is delivered mainly on a one to one basis either in school or in a private community space. Some young people prefer access with one or two other supportive friends. Goals within mentoring are co-produced and reflected on to encourage resilience and problem solving.

Mentoring outcomes

- 28 ASB reduction;
- 22 Improved anger management
- 5 Reduced offending behaviour
- 32 Increased protective behaviours
- All young people increased self awareness, self esteem, self efficacy, and improved levels of wellbeing.
- 10 supported back into education, employment or training.

Summary of youth projects:

Over the past year, Free2Talk has delivered 7 youth projects across 5 different estates in the eastern district of Northampton, providing personal and social education and focused activities exploring issues relevant to young people.

The youth projects have seen many young people engage with Free2Talk and the sessions delivered. A total of 404 young people have attended a youth project run by Free2Talk from July 2017 to June 2018.

CIC 34

CONTINUATION SHEET

*Please
complete in
typescript, or
in bold black
capitals.*

**Company Name in
full**

FREE 2 TALK CIC

Company Number

06620303

Year Ending

2018

PLEASE CLEARLY INDICATE THE PART YOU ARE CONTINUING HERE PART 1 (B)

Over the 12 months there have been key themes that have been evident the separate projects. The teams of youth workers within each youth project consistently reflect and evaluate the youth work they provide for the young people attending the session and reflect upon what is currently happening for young people in society and how that influences the sessions that Free2Talk provide. A clear example of this over the past year has been the increase of awareness and the increased involvement young people have regarding youth violence and particularly knife crime. Recently, Free2Talk have reflected upon the number of young people that have encountered Free2Talk who have attached to them concerns over gang violence and gang related behaviour. There are approximately 51 young people who Free2Talk have these concerns over. In response to this, all 7 youth projects have undergone an intensive focus over the issue of youth violence. Over conversation and through questionnaire, youth workers have been able to gain information and consult the young people about their views to why there has been an increase of youth violence both on a national level and on a more local level. Through these intentional conversations, a group of young people have volunteered to be a part of a group that will look to challenge knife crime and youth violence and spread awareness to various people and organisations about the youth perspective of youth violence and knife crime.

In April 2018 28 young people aged 12-19 years attending our sessions completed a questionnaire on the needs. 57% had experienced something they thought was nasty or worried them online. This included strangers sending nude photos or sexualised messages; people self harming, bullying and threats as well as Russians bombing the UK. Young people experienced this through Instagram, Snapchat and Facebook / Messenger. 25% had shared something they later regretted; 25% worried about using the internet. 53% said they knew people who had negative experiences online.

CIC 34

CONTINUATION SHEET

*Please
complete in
typescript, or
in bold black
capitals.*

**Company Name in
full**

FREE 2 TALK CIC

Company Number

06620303

Year Ending

2018

PLEASE CLEARLY INDICATE THE PART YOU ARE CONTINUING HERE

PART 1 (C)

43% had committed a crime, 10% had a YOT worker; 68% knew someone in a gang; 46% had been asked to commit a crime. 64% had considered running away from home; 35% had been to an adults' party not connected to friends or family; 17% had been offered substances or alcohol by an adult. 14% of young people felt they couldn't say no to something they did not want to do in some situations. The young people that took part were more likely to speak to a friend (54%) than an adult (35%) about topics within our survey. 35% felt they could speak to parents; 43% could speak to a teacher or youth worker.

Being situated in deprived estates, it has been a continuous element of our youth work over the past year to challenge negative behaviours that lead to young people making decisions that have an impact on their own development and/or the development of their peers. This has been a focus with the 3 youth projects that are run for 8-11-year olds. We have identified that a proportion of 8-11 year olds Free2Talk work with struggle to manage their behaviour when interacting with their peers. They display behaviours such as aggression, being unable to win and lose, violence and being unable to manage their anger. Youth workers have seen these behaviours originate from situations that young people encounter daily (difference of opinions, losing games) and will continue to encounter as they mature into adolescence and adulthood.

Targeted Youth Work – Get Real Youth Music

Get Real is targeted, closed group work for young people at risk of exclusion. Young people engage in 6 sessions to develop their expression through urban music production and performance. They experience a professional recording space and performance of their work at the Roadmender (music venue) in Northampton. This is delivered in Pupil Referral Units; Schools and Community Spaces. Young people are offered accreditation through the Arts Award.

CIC 34

CONTINUATION SHEET

*Please
complete in
typescript, or
in bold black
capitals.*

**Company Name in
full**

FREE 2 TALK CIC

Company Number

06620303

Year Ending

2018

PLEASE CLEARLY INDICATE THE PART YOU ARE CONTINUING HERE

PART 1 (D)

The project has worked with 300 young people with a core group of 48. Of the core group 45 are from challenging circumstances (as defined by Youth Music funders). 18 young people achieved their Arts Award. 36 taster sessions were delivered and 63 core sessions.

Young people left the project with a positive level of wellbeing and resilience and felt in control of their lives and were able to state their goals. 49% reported an increase in confidence 47% felt and increase in feeling good about themselves. 47% felt their quality of life had improved. General wellbeing increased by 42%. T. The Agency and Citizenship scale showed a 34% improvement. 35% reported an increased knowledge of where to get help.

Young people developed their skills in communication and positive interaction with others. 61% saw improvement in working well with others; 42% improvement in respecting others and 48% reported improvement in team work. 47% stated they had improved in committing to something.

Young people developed skills in creating and producing music, gain insight into music event management. 42% reported improvement in music skills and 85% had increased access to music and learning.

Community Creators

This project is a community development project which supports people to make changes and connect with others in their local community. It supports people to reflect on the community and become active in creating change for their community. Volunteers are supported by a Free 2 Talk Community Worker to support them to create a development plan, use a small amount of funding to get their idea off the ground and then maintain their progress.

57 people over the project have been part of community events. These have included: a Christmas celebration, Community clean up; Football tournament; Pancake Day. All events have been held in disadvantaged communities in Northampton East. Consultation with the community was a key throughout the events, common issues emerging was the disconnect between young and older people; litter and anti-social behaviour.

The project also supported volunteers to set up a performing arts group for young people; a self defence group and a street champion scheme to represent their neighbours.