

**FREE 2 TALK COMMUNITY INTEREST COMPANY**

**Company limited by guarantee**

**Company Registration Number:  
06620303 (England and Wales)**

**Unaudited statutory accounts for the year ended 30 June 2023**

**Period of accounts**

**Start date: 1 July 2022**

**End date: 30 June 2023**

# **FREE 2 TALK COMMUNITY INTEREST COMPANY**

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**for the Period Ended 30 June 2023**

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# **FREE 2 TALK COMMUNITY INTEREST COMPANY**

## **Directors' report period ended 30 June 2023**

The directors present their report with the financial statements of the company for the period ended 30 June 2023

### **Principal activities of the company**

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

### **Company policy on disabled employees**

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

### **Directors**

The directors shown below have held office during the whole of the period from  
**1 July 2022 to 30 June 2023**

Genna Whitlock  
Jodie Low  
Sue Jane  
Hannah Bensusan  
Kevin Jane

The above report has been prepared in accordance with the special provisions in part 15 of the Companies Act 2006

This report was approved by the board of directors on  
**1 December 2023**

And signed on behalf of the board by:

**Name: Genna Whitlock**  
**Status: Director**

# FREE 2 TALK COMMUNITY INTEREST COMPANY

## Profit And Loss Account for the Period Ended 30 June 2023

	2023	2022
	£	£
Turnover:	247,778	249,340
Cost of sales:	( 226,134 )	( 247,767 )
<b>Gross profit(or loss):</b>	<u>21,644</u>	<u>1,573</u>
Administrative expenses:	( 18,031 )	( 14,731 )
<b>Operating profit(or loss):</b>	<u>3,613</u>	<u>(13,158)</u>
<b>Profit(or loss) before tax:</b>	<u>3,613</u>	<u>(13,158)</u>
<b>Profit(or loss) for the financial year:</b>	<u>3,613</u>	<u>(13,158)</u>

# FREE 2 TALK COMMUNITY INTEREST COMPANY

## Balance sheet

As at 30 June 2023

	<i>Notes</i>	<i>2023</i>	<i>2022</i>
		<i>£</i>	<i>£</i>
<b>Fixed assets</b>			
Tangible assets:	3	17,096	22,794
<b>Total fixed assets:</b>		<u>17,096</u>	<u>22,794</u>
<b>Current assets</b>			
Cash at bank and in hand:		104,165	129,490
<b>Total current assets:</b>		<u>104,165</u>	<u>129,490</u>
Creditors: amounts falling due within one year:	4	( 453 )	( 956 )
<b>Net current assets (liabilities):</b>		<u>103,712</u>	<u>128,534</u>
<b>Total assets less current liabilities:</b>		<u>120,808</u>	<u>151,328</u>
Creditors: amounts falling due after more than one year:	5	( 28,600 )	( 40,833 )
Accruals and deferred income:		( 82,587 )	( 104,488 )
<b>Total net assets (liabilities):</b>		<u>9,621</u>	<u>6,007</u>
<b>Members' funds</b>			
Profit and loss account:		9,621	6,007
<b>Total members' funds:</b>		<u>9,621</u>	<u>6,007</u>

The notes form part of these financial statements

## **FREE 2 TALK COMMUNITY INTEREST COMPANY**

### **Balance sheet statements**

For the year ending 30 June 2023 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 in accordance with section 476 of the Companies Act 2006.

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

These accounts have been prepared and delivered in accordance with the provisions applicable to companies subject to the small companies regime.

**This report was approved by the board of directors on 1 December 2023  
and signed on behalf of the board by:**

Name: Genna Whitlock  
Status: Director

The notes form part of these financial statements

# **FREE 2 TALK COMMUNITY INTEREST COMPANY**

## **Notes to the Financial Statements**

**for the Period Ended 30 June 2023**

### **1. Accounting policies**

#### **Basis of measurement and preparation**

These financial statements have been prepared in accordance with the provisions of Section 1A (Small Entities) of Financial Reporting Standard 102

#### **Tangible fixed assets depreciation policy**

Depreciation is calculated to write down the cost of tangible fixed assets by instalments over the expected useful lives. The period generally applicable are: Vehicle 25% reducing balance basis

# FREE 2 TALK COMMUNITY INTEREST COMPANY

## Notes to the Financial Statements for the Period Ended 30 June 2023

### 2. Employees

	2023	2022
Average number of employees during the period	8	8



# FREE 2 TALK COMMUNITY INTEREST COMPANY

## Notes to the Financial Statements

for the Period Ended 30 June 2023

### 3. Tangible assets

	Land & buildings	Plant & machinery	Fixtures & fittings	Office equipment	Motor vehicles	Total
Cost	£	£	£	£	£	£
At 1 July 2022					22,794	22,794
Additions						
Disposals						
Revaluations						
Transfers						
At 30 June 2023					22,794	22,794
<b>Depreciation</b>						
At 1 July 2022					0	0
Charge for year					5,698	5,698
On disposals						
Other adjustments						
At 30 June 2023					5,698	5,698
<b>Net book value</b>						
At 30 June 2023					17,096	17,096
At 30 June 2022					22,794	22,794

# FREE 2 TALK COMMUNITY INTEREST COMPANY

## Notes to the Financial Statements

for the Period Ended 30 June 2023

### 4. Creditors: amounts falling due within one year note

	2023	2022
	£	£
Accruals and deferred income	453	956
Total	<u>453</u>	<u>956</u>

# FREE 2 TALK COMMUNITY INTEREST COMPANY

## Notes to the Financial Statements

for the Period Ended 30 June 2023

### 5. Creditors: amounts falling due after more than one year note

	<i>2023</i>	<i>2022</i>
	£	£
Bank loans and overdrafts	<b>28,600</b>	40,833
Total	<b>28,600</b>	40,833

# COMMUNITY INTEREST ANNUAL REPORT

## FREE 2 TALK COMMUNITY INTEREST COMPANY

Company Number: 06620303 (England and Wales)

Year Ending: 30 June 2023

### Company activities and impact

Youth and Community Work We are funded by The National Lottery to deliver youth groups in 3 estates in Northampton with high deprivation. Our sessions are in Kings Heath, Blackthorn and Bellinge. With the development in place based working these are the priority areas for our Integrated Care System and they are also categorized as 'left behind' areas in the UK. Our Kings Heath and Blackthorn youth work delivers 2 centre based sessions a week on each estate. Our Bellinge youth work initially delivered 2 sessions however due to the anti social behaviour in the area this was reduced to one centre based session and outreach work. Since January 2022 this has now increased to 3 centre based sessions and an outreach session. We have received complementary funding through Holiday Activities Fund to provide food and 'active' sessions through the summer. We delivered 30 of these sessions across the 3 estates. Outcomes within Reaching Communities fund for young people through the Youth Work are: Young People will have:

1. Built trusted relationships
2. Gained confidence, self-awareness
3. Increased resilience
4. Increased feelings of safety
5. Have more care and respect for people in their community
6. Developed strategies for transition to secondary
7. Developed healthy relationships with friends for new school
8. Have a healthy hobby: Music, Art, Sport
9. Positive attitude to learning

Our target outputs for the Youth Groups funded by Reaching Communities is to engage 60 young people in each area of high deprivation, Kings Heath, Bellinge and Blackthorn. We are exceeding these targets in engagement. We are seeing average attendance in groups as: Kings Heath: 13 sessions per young person Bellinge 12+: 8.16 sessions per young person Bellinge 8-11: 7.76 sessions per young person Blackthorn 12+: 6.6 sessions per young person Blackthorn 8-11: 6.5 sessions per young person Our delivery has exceeded the target of open access for 42 weeks of the year. There is a target for transition support for 4 secondary schools; we are supporting 5. Schools we are supporting Northampton International Academy; Malcolm Arnold Academy; Kingsthorpe College; Northampton Academy; Weston Favell Academy. Mentoring April 2022-March 2023 Our target outputs for mentoring per annum are: 90 priority young people through at least 700 sessions a year; this is being exceeded by: 91 young people have been referred in mentoring for additional needs; 90 young people have attended mentoring. There has been 980 attendances in 978 sessions; 537 hours of intervention. April 2023-June 2023 Our target outputs for mentoring per annum are: 90 priority young people through at least 700 sessions a year; this is being exceeded by: 67 young people have been mentored this quarter, there has been 351 attendances in 332 sessions. Youth Music Projects We are now running 5 full dedicated music sessions across Northampton each week. We are seeing large amounts of young people engaging in both music and broadcasting; 226 young people have attended 128 sessions; through 1168 attendances. This gives our average attendance as 9 sessions per young person. Although our database cannot report on numbers of core participants, sustained attendance is high in comparison to our other community based projects. A snapshot of our Distance Travelled Surveys for a group of 10 young people is below: Total Difficulties score: out of 10, 4 improved, 1 stayed the same and 4 declined. Agency and Citizenship: out of 10, 7 improved 3 stayed the same. Total Mental Wellbeing Score: out of 10, 6 improved, 2 stayed the same and 2 declined. Total Resilience Score: 3 improved, 4 stayed the same and 3 declined. Case studies show some excellent stories of progression for young people from adverse circumstances thriving in the music environment. Our Radio Group regularly attracts up to 20 young people. Young people attend via word-of-mouth peer referrals. Their interests are in Music Production and DJing, yp are now collaborating on self-started projects. Inspiration FM has become a key safe space in the centre of the town. Young people are working on albums, played tracks on the radio and have been booked in for performances at local events run by members of our community of practice. Music mentors are skill sharing with young people. The Community of Practice is a support network of trusted relationships, increasing wellbeing and resilience. We now have 2 youth volunteers signed up to assist with ongoing delivery in our open access youth sessions across Northampton. Within Kings Heath 32 music sessions have attracted 92 young people, through 293 attendances. There have been 26 sessions in Bellinge with 47 young people through 240 attendances. Blackthorn has had 56 young people through 29 sessions and 329 attendances. Music and broadcasting projects by rolling school referral: Delivery began in January 2023, there have been 7 sessions, with 7 young people and 24 attendances. Alternative education rolling programme for young people with complex needs: In partnership with Progress Schools, this rolling programme is an in-depth extension of the 8-12-week programmes; these will be weekly during term time. Parenting F2T have supported 21 parents through parenting programmes such as Escape and Solihull. Our parenting worker has excellent capacity to engage through individual parenting support, with sustained long-term change in parenting skills and approaches and improvement to parent mental health. Youth Consultation Work Safety Mapping in Northampton International Academy – September 2022 Over 160 young people from year 7-13 engaged in safety mapping activities of which 66 young people completed the surveys Recommendations from report:

1. Young people should be encouraged to associate in groups away from unpredictable adults
2. There should be spaces for young people to discuss violence they witness, to work through the impact this has on them to reduce normalisation and apathy of violence
3. There should be a scheme to provide mobile phones (with parental consent) for those that do not have access to them
4. There should be priority given to addressing the unpredictable adults in the town centre who maybe under the influence of substances or alcohol

Practice and Interventions recommended:

1. Participation and co-production alongside communication with young people
2. Targeted peer group work needed with higher risk peer groups
3. Mentoring for individuals or 2-3 yps in groups
4. Mental health work CYP Health Needs Assessment and the Sexual Health Needs Assessment April- September 2023

Strategically, young people have led their peers in collecting understanding for the CYP Health Needs Assessment and the Sexual Health Needs Assessment for the county. 137 children and young people took part in workshops across Northamptonshire. The findings identified widening health inequalities across social and protected characteristics; A Lack of Consistent Long Term Safe Spaces led by Trusted Adults; Health Knowledge and Education is Insufficient; Support and Guidance is Lacking to use Online Supporting Services; Lack of Being Heard, Understood and Valued as Co-Producers and Workforce and Service Gaps. Recommendations included:

1. Strategic resourcing of early help and preventative services to enable long term, consistent trusted relationships to be built in safe and accessible services at times when children and young people can access them
2. Development and communication of clear pathways of support
3. Co-production and improving the services' and systems' knowledge of children and young people
4. Improving health knowledge and education
5. Skilled and knowledgeable practitioners' training
6. Quality of systems to safeguarding children and young people needs auditing and developing across the Integrated Care System

Assessment Centre Free 2 Talk CIC established a Skills and Education assessment centre with approval in October 2021. Initial level 1 units have tested the quality processes in order to establish implementation for Youth Work Practice accreditation. 6 learners have been recruited to start their Level 3 Diploma in Youth Work Practice within this period. Partnership Work We are

attending the Vulnerable Adolescent's Panel and Prevention and Diversion (YOS) Panel regularly and taking referrals or providing updates to support young people's joint planning. We are attending WNC led neighbourhood meetings to support the development and planning on a contextual level.

#### **Consultation with stakeholders**

All young people feedback to staff in every session. Young leaders meet with us every other week to discuss projects and find solutions to improve the delivery of our projects. Continue to facilitate rights based youth participation in wider mechanisms of youth voice such as focus groups and activities; interviews and podcasts. Secure support from University of Northampton students (aged 18-24 years) to evaluate the effectiveness of our work. Develop a mechanism of 'you said, we did' to close the feedback loop across the organisation, for internal and external, for young people, adults and staff. Continue to enable young leaders to take key action in the co-production of the local Youth Offer, Integrated Care System and public health activities. Publish their achievements on our social media. Launch the youth led radio station at Inspiration FM.

#### **Directors' remuneration**

The aggregate amount of emoluments paid to or receivable by directors in respect of qualifying services was £31,395 Emolument to directors has been made in payment of service delivery as a practitioner and in consideration of their role of as directors.

#### **Transfer of assets**

No transfer of assets other than for full consideration

This report was approved by the board of directors on  
**1 December 2023**

And signed on behalf of the board by:

**Name: Genna Whitlock**

**Status: Director**

This document was delivered using electronic communications and authenticated in accordance with the registrar's rules relating to electronic form, authentication and manner of delivery under section 1072 of the Companies Act 2006.