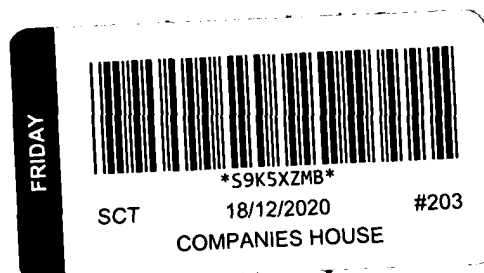


**MIDLOTHIAN YOUNG PEOPLE'S  
ADVICE SERVICE**

**Charity number: SC 029543**

**Company number: SC 201002**

**REPORT OF THE TRUSTEES AND FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 MARCH 2020**



**Reference and Administrative Details  
For the year ended 31 March 2020**

<b>Trustees:</b>	Alan Symon (Chair) Diane Cunningham (deceased 7 February 2020) Kathleen Donald Kenny Raeburn (Treasurer) Lesley Smart David Fullerton (resigned 19 December 2019) Victoria Waqu (resigned 19 December 2019) Gillian McGovern (Deputy Chair) Mary MacKenzie (appointed 19 December 2019) Marina Masson (appointed 19 December 2019) Alison Binns (appointed 5 February 2020)
<b>Secretary:</b>	Dave Evans
<b>Chief Executive:</b>	Dave Evans
<b>Bankers:</b>	Bank of Scotland 47 High Street Dalkeith EH22 1AY
<b>Independent Examiner:</b>	Ian B Wilson C.A., Ian B Wilson Limited, 4A High Street, Bonnyrigg EH19 2AA
<b>Charity Address:</b>	Tolbooth Hall 176 High Street Dalkeith EH22 1AY
<b>Company Number:</b>	SC 201002
<b>Charity Number:</b>	SC 029543
<b>Governing Document:</b>	Memorandum & Articles of Association (dated 15 July 2020)

## **Report of the Trustees**

### **For the year ended 31 March 2020**

The directors, who are directors for the purpose of company law and trustees for the purpose of charity law, are pleased to present their annual trustees' report together with the financial statements of the charity for the year ending 31 March 2020 which are also prepared to meet the requirements for a directors' report and accounts for Companies Act purposes.

The financial statements comply with the Charities and Trustee Investment (Scotland) Act 2005, the Charities Accounts (Scotland) Regulations 2006 (as amended), the Companies Act 2006, the Memorandum and Articles of Association, the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and 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 (FRS 102).

### **Objectives and Activities**

#### **Aim & objectives**

The advancement of education, the safeguarding and maintenance of health and the relief of poverty, distress and sickness of the youth in the area of Midlothian and surrounding local authorities by establishing, maintaining and developing a youth advisory and counselling service.

The main activities and projects for the year, as described under Achievements and Performance, continued to support these objectives. Our key work has continued to focus on direct work with young people in the areas of mental health, substance use and LGBT+ support.

### **Achievements and Performance**

#### **Achievements**

In 2019/20 MYPAS continued to deliver health and wellbeing services for young people aged 12-21 years across Midlothian with a particular focus on mental health, substance use and LGBT+ support. MYPAS engaged intensively with 519 young people in 2019/20 as well as interacted with hundreds more through education sessions and one-off contacts.

The substance use, counselling, art therapy, LGBT+ support and young men's therapeutic services are the only young people-focused services of their kind in Midlothian.

#### **Therapies Team**

During 2019/20 MYPAS Therapies Team provided:

- One to one Counselling to **144 young people with 1,177 sessions offered.**
- One to one Art Therapy to **22 young people and 1 art therapy group**
- Young Men's therapeutic project delivered **three 10 week therapeutic groups with 19 young men and one to one engagement work with 17 young men.**

MYPAS' Therapies Team services has been in significant demand again this year. We provide a confidential therapy service to young people who are experiencing mental health difficulties.

The activities that we have provided over the year have been one to one counselling, one to one art therapy and from the young men's therapeutic service we provided group work to young men and also individual sessions to young men who would not normally engage in therapeutic services.

We had a huge demand for our Therapies Team this year. We had **371** referrals for the period which was **77 (26%)** more referrals than the previous year. We have noted a year on year increase for the past five years on the amount of referrals that we receive, thus indicating that we are a service which is in high demand. Also, despite the increase in numbers of young people being seen for therapy, we still have an average waiting time of 6 months. In terms of age range we have the highest amount of referrals for 12 and 13 year olds (80 & 73 respectively) and the number of referrals for the older group of 14, 15 & 16 year olds is around an average of 50 per year group. With the oldest group of 17 and 18 year olds being the least amount of referrals, although still significant at an average of 25 referrals per year group.

**Report of the Trustees (continued)**  
**For the year ended 31 March 2020**

When we initially meet a young person we offer a welcome meeting to introduce them to MYPAS. These meetings are a chance for the young person to design the type of service they would like and also an opportunity for them to meet someone from MYPAS to reduce their anxiety when their name comes up for therapy. We continue to carry out a risk assessment at these meetings as well as a systemic assessment of their strengths and difficulties that they are experiencing. We are also able to sign post them onto other relevant services if appropriate.

The main presenting issues were anxiety and low mood, followed closely by social functioning, sleep problems and behavioural issues. The main contextual factors were family relational difficulties, peer relationships and parental separation followed closely by school attendance and bullying. The main referrers were **schools (27%), parents (26%) and self-referrals (15%)**.

We have been able to decrease the gender gap in referrals this year, in that we received 55% of referrals from females and 45% for males. This is a significant increase in the amount of males presenting for counselling. This increase might also be down to the new Young Men's Therapeutic Service as their remit is to specifically work with young men who would not normally access therapeutic services.

We continue to have close working relationships with partner agencies such as schools and CAMHS. We regularly consult with the CAMHS team, by meeting with them on a regular basis to update each other about our services that we offer young people who are experiencing mental health difficulties. It is also an opportunity to consult on joint working arrangements that we have may have with young people who we are both having intervention with. We continue to meet with schools and regularly attend school meetings where relevant and with the young people's permission. We also offer consultation to parents who are concerned about their children who are experiencing mental health difficulties.

**Counselling**

The counselling team provided one to one counselling for **144** young people over the past year. This is a significant increase in the number of young people being seen on the previous year. This indicates an overall increase of **112%** in the amount of young people we have seen. We also increased the number of sessions offered which was **1,177** and this is an increase of **128%** increase on the previous year. This is probably largely due to a number of factors such as more staff (equivalent to 2.7 full time counsellors) and also we have recruited 2 student placements which have been very successful.

We offer an average of **10** sessions to young people and their attendance is very good with an average attendance rate of **7.3** sessions per person. This is significantly higher than the average of normal school counselling services, which is usually around 4.5 sessions. This is confirmed by research carried out by Strathclyde University.

On average **86%** of young people improved their mental health who completed counselling. There was an average of **45%** reduction in their levels of distress, which is confirmed by the young person completing an evaluation tool – YP CORE, which is a nationally recognised tool for evaluating their mental health, and an average of **39%** improvement in their social functioning, which is evaluated through our own assessment tool which we developed.

We continue to have a barrier free referral system in that we are able to accept referrals from various sources such as self-referrals and parents. They can also be received by telephone, email and by post. We can meet young people in a variety of settings such as in schools, GP surgeries, community settings and at MYPAS' office.

**Art Therapy**

The Art Therapy service works alongside the other therapeutic services to offer a creative alternative to the talking therapies. We work with young people aged 12 – 18yrs offering both individual and group art therapy.

We have provided **one to one art therapy to 22 young people and an art therapy group with 4 young people** residing in Midlothian aged 12 – 18yrs who have been referred to the service. Referrals come from parents or carers, guidance staff, school nurse, social work department, CAHMS, or self-referral.

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**Report of the Trustees (continued)**  
**For the year ended 31 March 2020**

**Individual Art Therapy** - we have offered a total of 220 appointments to 22 young people

**Art Therapy group work** - we have offered an intensive summer art therapy group offering 4 consecutive sessions of 90 mins over a week to 4 young people.

Young people attending the service have experienced disadvantage in social, financial and accommodation circumstances. These can create negative cycles for young people struggling to gain some independence and find identity but becoming caught up in external pressures on family life.

Family issues featured: parental separation, adapting to new partner and additional family members, difficulty holding contact with biological parent, parental mental health issues, parental substance misuse, conflict in family, kinship care breakdown, bereavement in loss of a family member, historical neglect and physical abuse, abandonment by parent.

Mental health issues: Suicidal thoughts and attempts, self-harming, anger, behaviour issues, eating and sleeping issues, depression, anxiety, autism A.S.D. Transitions in education and loss of friendship groups peer relationship issues, such as bullying along with difficult relations with teachers or support staff, nonattendance at school.

All of the above affects the ability to take up and hold a positive future vision for young people attending art therapy and impedes physical emotional and cognitive development and social relationships  
Client feedback:

- "it helped me calm down when I was angry, I liked to draw and make stuff from things I never used before"
- "MYPAS is brilliant, my therapist was very nice and has helped me to become more considerate and open about my stresses"
- "I knew it was a safe space and anything I said or did wouldn't get repeated. I took a while to get comfortable because of how shy I am".
- "I liked art therapy a lot because I was able to talk to someone about things that were bothering me and I got good advice"
- "Not keeping stuff in my head, Lynne has helped me with a lot and I find her easy to talk to. I found it easier to talk and do art than just sit and talk"
- "it was amazing and I hope more people can do it. I has really helped me understand more about myself".

Feedback from a parent: "it is scary to see him so happy and kind at home, not being snappy and angry"

Feedback from a parent: She "does not usually stick with things but has been consistently enthusiastic about coming to art therapy".

Art Therapist Lynne Grahame is moving on and we have recruited a new member of staff to continue this much needed service. We would like to record our thanks to Lynne for her 14 years of service to the organisation.

Future plans: The service has plans to increase capacity to engage more young people and reduce waiting times for art therapy.

**Report of the Trustees (continued)  
For the year ended 31 March 2020****Young Men's Therapeutic Project**

The YMT project started in August 2018 and in the period 2019/20 the YMT project:

- Engaged with 19 young men in groupwork
- Engaged with 17 young men on a one to one basis

We have completed three 10 week healthy and resilient minds workshop with 19 young men. We had to prematurely finish 2 of the 3 workshops at 8 weeks due to lockdown and were unable to complete the remaining 3 groups we had planned for this year. We worked with the method that we had practiced in the previous year; identifying young men who were struggling with their mental health and introducing them to an alternative way of talking about mental health difficulties. These groups have involved a mixture of psycho-education and creative arts to explore emotional literacy.

Staff have stated that "the mood of all the young men is noticeably different" and the young men "This is so much more chilled than the rest of school". We were pleased to see that relationships had formed between the young men and also the MYPAS staff, as several of the young people moved to accessing individual therapy with the MYPAS team.

17 young men engaged with individual support over the course of the year, with an average of 11 sessions of individual therapy or therapeutic engagement. The Young Men's Therapeutic team comprises of an Art therapist and Counsellor trained in creative therapeutic methods, so the young men have a wide variety of ways in which they can approach looking at their mental health difficulties. During the lockdown period, these creative approaches were used as outreach for young men who would have otherwise been isolated during this period. We engaged with 4 young men using computer games as an approach to mutual working during the lockdown period. In regard to this work, one mother said "I'm glad that [my son] will have someone to chat to while I'm at work". In addition to taking on new clients during this period, we offered to continue working with those who we had engaged with us prior to lockdown, which 3 young men took up this and completed engagement.

Over this past year, 78% of clients who have engaged with MYPAS' Young Men's Therapeutic team have seen a decrease in levels of distress and 83% have seen an increase in Social Functioning. Going forward the YMT team will continue to offer individual therapeutic support and engagement using socially distance methods such as online work, outdoor walking or activities, computer gaming and telephone. Group work will be assessed in accordance with government guidelines but will be re-introduced as soon as it is safe to do so.

**MYPAS' Drug and Alcohol service provision for young people in Midlothian and East Lothian**

Since January 2020, MYPAS now provides young people's drug and alcohol services in Midlothian and East Lothian.

MYPAS provides support, information and advice to young people within Midlothian and East Lothian related to their use of drugs or alcohol. The age range criteria varies with 12 to 19 year olds receiving support in East Lothian and 12 to 21 year olds in Midlothian.

The overall aim of the service is:

- To reduce problematic substance use among young people in East Lothian and Midlothian

We offer:

1. one to one support for young people worried about their drug and/or alcohol use
2. group work programmes that can be run in schools or youth centres
3. diversionary activities
4. training for staff working with young people who want to increase their knowledge about young people's drug and alcohol use, harm reduction messages and approaches
5. information and advice for families worried about the drug and alcohol use of a teenage relative

### Report of the Trustees (continued) For the year ended 31 March 2020

As the East Lothian service was launched in January 2020 the following outputs and outcomes relates to the Midlothian service only.

#### One to One Support in Midlothian

The Midlothian alcohol and drug team provided individual support packages for young people related to their use of drugs or alcohol.

MYPAS workers offered young people regular meetings to explore what they want to change in their lives and then supported them to achieve their goals. These changes primarily focused on how alcohol and/or drug use affected them and the life choices they make.

Over the past year the majority of young people engaged in individual support were referred due to their use of cannabis, alcohol and MDMA (Ecstasy/Mandy).

Over the past year (April 2019 to end March 2020) the Midlothian service has supported:

- 69 young people engaged in intensive on-going individual support
- 29 young women, 39 young men and 1 non-binary young person
- These young people were offered a total of 737 appointments with 591 support sessions attended; 81% attendance rate

The young people's primary drug use was as follows:

Primary drug of choice	Number of young people
Cannabis	34
Alcohol	19
MDMA	7
Cocaine	5
Benzodiazepines	3
Energy drinks	1

The support provided has enabled young people to make a wide range of positive changes. 65% of young people engaged in support reduced problems related to their use of drugs and alcohol.

Through our one to one work with young people using substances we achieved the following outcomes:

Outcomes for young people engaged in ongoing support	Number of young people
Increased knowledge of drugs	40
Increased knowledge of alcohol	33
Reduced drug use	25
Reduced risky behaviour	20
Reduced alcohol use	16
Accessed further education and/or employment	10
Improved family relationships	10
Abstained from substance use	9
Increased attendance at school	9
Reduced offending behaviour	8
Accessed additional MYPAS counselling and/or LGBT service	8
Engaged in alternative/diversionary activities	8
Accessed additional support from external agencies	7
Improved sexual health	7
Accessed substitute prescribing service	3

#### Diversionary activities

MYPAS provides a range of activities with young people that are positive alternatives to substance use and related risk taking. In the past year MYPAS has provided diversionary activities with 8 individual young people. Diversionary activities were provided at traditional binge drinking/drug use times and included:

- Gym and fitness training
- Mountain biking
- Relaxation sessions

**Report of the Trustees (continued)**  
**For the year ended 31 March 2020****Preventative Group Programmes**

Over the past year MYPAS has provided 8 short term and 2 longer term group work programmes with young people. The activities provided are fun and interactive and use a number of different methods including quizzes, team games, board games, scenarios and discussion techniques.

Group programmes targeted young people who were at greater risk of being disproportionately affected by substance use and risky behaviour. This included young people who are looked after and accommodated, young people under supervision, those out with mainstream education, young people requiring behavioural support and those affected by parental substance misuse.

The main aims of group work programmes include:

- Increasing young people's knowledge of substance use and its effects
- Exploring attitudes towards substance use and sexual health
- Reducing the risks and negative consequences of young people's substance use
- Increasing awareness of and access to additional support

In 2019/20 the alcohol and drug team delivered:

- 2 longer term group work programmes - 15 group work sessions provided to a total of 18 young people
- 8 short term group work programmes - 27 group work sessions provided to a total of 185 young people

**Through providing group work with young people we achieved the following outcomes:**

- 82% of participants stated that they were more likely to access MYPAS following the group programme
- 73% of participants showed that they had increased their knowledge of alcohol and its effects
- 73% of participants showed that they had increased their knowledge of drugs and their effects

Young people reported that "*Something I learned in the group was.....*"

- To understand what happens if you get drunk
- Not to overdo it with the amount of alcohol in the future
- How many units of alcohol are in specific drinks
- Alcohol can affect social life badly
- I know who to go to if I need help
- Be careful of what you take if you take anything
- Mandy is the same as Ecstasy
- It was good learning new things
- Go to MYPAS if you need
- I'm less likely to use drugs or alcohol
- It was very helpful with names of drugs and what they can do to you
- Not to mix Mandy and alcohol
- How alcohol can make mental health worse



**Report of the Trustees (continued)**  
**For the year ended 31 March 2020****New East Lothian Young People's Drug and Alcohol Service**

MYPAS was successful in gaining funding from Midlothian and East Lothian Drug and Alcohol Partnership (MELDAP) to provide young people's drug and alcohol support services in East Lothian. This new initiative was MYPAS' first within East Lothian.

MYPAS recruited two Project Workers to develop and provide young people focussed, needs-led, friendly, confidential and non-judgemental drug and alcohol service for young people (aged 12 to 19) in East Lothian. We initially employed a twin track approach in undertaking recruitment of Project Workers and simultaneously meeting key partners, setting working protocols and referral pathways and publicising the new service. MYPAS began receiving referrals for the East Lothian support service from late January 2020.

**LGBTQ+ Project****Overview**

MYPAS provides a support service for LGBTQ+ young people aged 12-21 across Midlothian. MYPAS provides the only specific support service to the LGBTQ+ community for young people in Midlothian. The project has been running since May 2018 when MYPAS were awarded funding for two years from Young Start (administered by The Big Lottery).

The projects aims are:

- Provide a weekly support group for LGBTQ young people and their allies.
- Provide targeted one to one support for young people who identify as LGBTQ+
- Consult with LGBTQ+ young people about their needs for support and to oversee progress of work with LGBTQ young people.

**LGBT+ Group**

- 47 weekly groups were provided between April 2019 and March 2020 to young people who identify as LGBTQ+ or an ally of the community aged between 12-21.
- The average number of attendees at the MYPAS LGBTQ+ group was 9 each week
- 383 attended over the period
- 31 individual young people attended over the period. Young people attended between 2 sessions to attending all 47 groups.

The MYPAS LGBTQ+ group has run successfully over the last year, providing a support, safe and fun space for young people to feel a sense of belonging, receive support from peers and staff and to share experiences. Young people tell us that the group is an important place to them and is a place they can be themselves, be authentic and honest about who they are and that this can be a relief compared to other areas of their life, where they may not feel supported in their sexuality or gender identity.

In consulting with young people about their needs, 18 young people attended reflective planning sessions which were held within the LGBTQ+ groups. These were held every four weeks and allowed young people to suggest session discussions or topics. Sessions included LGBTQ+ issues such as coming out, Section 28, homophobia and transphobia and Pride.

We consulted young people about the progress of Midlothian Pride committee for arranging first Midlothian pride event in 2021. This asked young people to consider possible venues as well as sharing their views on the logo to be used for the event.

MYPAS LGBTQ+ project worker attended the LGBTQ Youth Scotland development group meetings regularly and facilitated the engagement of young people in the wider LGBTQ+ community. For example, engaging young people with the wider LGBTQ Youth Scotland group at Pride 2019 and participating in LGBTQ cultural calendar events such as Purple Friday and IDAHOBIT.

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**Report of the Trustees (continued)**  
**For the year ended 31 March 2020**

**Outcomes for LGBT+ group**

**The outcomes for the LGBT+ MYPAS group mirrors the Youth Link Scotland National Youth Work outcomes. These have been amended to represent the needs of the young people who use the LGBT+ service.**

The LGBT+ project assesses the work towards the groups outcomes through observation as well as through what young people tell us.

Reducing Isolation- Participating in Groups

'This is the only time I socialise in the week. I don't go to school anymore and don't see friends so if I don't come here I just don't see anyone'

Safe space to express who you are

Observation: Young person came to the group using new pronouns and name and dressed in their authentic gender expression – they had never done this before outside their home.

Observation: Young person experimented within the group with the gender identity and pronouns (using she/her, they/them and he/him over the course of six months). The young person thanked the service for allowing a space to express this exploration and was able to realise they were not transgender and were able to be more confident in themselves.

Managing peer relationships

Observation: Young people originally attended the group alone, but over the course of the group have become a friendship group who stay in contact outside of the group and socialise together.

Observation: Young people would have conversations where they relate through shared experiences. These included being young carers, coming out to unsupportive family member or experiencing bullying in a school environment.

Building relationships with trusted adults/Signposting

The MYPAS LGBT+ project has made 8 referrals to the wider MYPAS service. Young people have also been signposted to services such as Healthy Respect drop-ins, Women's Aid, GP services and LGBT Youth Scotland.

Broaden Experience/Knowledge

Young people engaged in a range of sessions and discussions during the group about topics relevant to them. These included topics like LGBT+ Inclusive Education consultation and what that will mean for LGBT+ young people and their experience of school, mental health and relaxation techniques, discussion of life goals and vision boards and discussion of mind-set and how this can help anxiety. Young people also took part in cooking sessions where we used a local community space to cook a three course meal and enjoy it together as a group.

**One to One Support for LGBT+ young people**

The MYPAS LGBT+ service provides one to one support for young people:

- 14 young people received targeted one to one support over the period.
- The number of sessions attended ranged from 4 to 36 over the period.
- In total, 184 sessions were attended.

**Outcomes for one to one support for LGBT+ young people**

85% of young people improved in their social functioning (how they relate to others, confidence, and positive future outlook) – 12 out of 14

71% of young people increased their confidence in their identity, their feeling supported by family and friends, and confidence to come out to family and friends. – 10 out of 14

**Report of the Trustees (continued)**  
**For the year ended 31 March 2020****Future Plans for LGBT+ Project**

In the coming year, the MYPAS LGBT Project will continue to provide needed support and opportunities to socialise and take part in peer support for young people who identify as LGBT+ in Midlothian. The project will aim to maintain and build on the existing relationships with key partners (including Education, Local Authority Services, Social Work and other third sector organisations) to raise awareness of the service to the young people who need it most.

MYPAS have plans to run a targeted support group over a period of 8 weeks in a local high school to build confidence in young people who identify as LGBT+ and find their experience at school difficult. Staff will continue to attend Wellbeing meetings with high schools.

MYPAS will continue to encourage the inclusion of young people in wider LGBT+ events in the surrounding area. This will include attending Pride Edinburgh 2020 where MYPAS will join the Pride march as a group with a banner designed by young people and MYPAS Pride t-shirts to encourage a sense of belonging. Any new young people are free to attend. We hope this makes it easier for some young people to attend Pride who may not without a group.

MYPAS will aim to seek funding to ensure the continuation of the service once our current funding comes to an end. We are the only service providing support specifically to LGBT+ young people across Midlothian and we see the importance of it being there for young people who need it.

MYPAS have also identified a gap in provision of support for LGBT+ young people in East Lothian and will seek to gain funding to provide a similar service in both East Lothian and Midlothian.

**Financial Review**

The charity generated total income of £439,865 (2019: £464,167) and recorded a net deficit of £8,856 (2019: net deficit £17,235) for the year.

There was a deficit of £11,300 (2019: deficit £12,749) on unrestricted funds and a surplus of £2,444 (2019: deficit £4,486) on restricted funds.

Despite the ongoing challenges created by the current financial climate MYPAS has continued to provide services of a high standard and the board and management will continue to utilise all available resources in the most efficient and effective manner to remain viable and secure.

**Principal Funding Sources**

In the reporting year, MYPAS has continued to receive funding from various public sector and independent funders. HQ and central overhead was funded by Midlothian Council along with donations from a variety of sources and contributions from direct service funders noted below.

Drug & Alcohol Projects were funded by MELDAP

Therapeutic services were funded by Big Lottery, Comic Relief, Children in Need, The Volant Trust (through Foundation Scotland), STV Appeal, Henry Smith Charity, Bank of Scotland Foundation, Tesco and Walter Scott.

LGBT+ services were funded by Young Start and groupwork/seminar delivery was supported by NHS Lothian Health Improvement Fund.

Our sincere thanks go to our funding bodies for their continuing support, which maintains MYPAS' role as an essential provider of services for young people in Midlothian.

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**Report of the Trustees (continued)**  
**For the year ended 31 March 2020****Reserves Policy**

The directors have established a policy whereby unrestricted general funds not committed or invested in tangible fixed assets held by the charity should be sufficient to meet approximately three months core operating costs. At this level, the directors feel that they would be able to meet any unexpected financial costs, provide emergency cover for late receipt of income and meet legal obligations in the event of the charity winding up.

Free reserves above this level will be used by the board to invest in the charity's systems to ensure it continues to be fit for purpose.

Free reserves amounted to £46,618 (2019: £57,918) as at 31 March 2020, which is sufficient to meet the reserves policy. The directors have faced cuts in funding and made cost savings to compensate. They are constantly aware of the tight financial situation and monitor this carefully.

**Plans for Future Periods**

The charity plans to continue current activity subject to satisfactory funding being achieved or sustained. The charity is also actively pursuing new activity in support of its charitable objectives. The Board of Directors and staff team are aware of, and responding to, the increasingly difficult funding environment through strengthening reporting on the value of current work, and through developing new work and new approaches to attract or retain funders. The Board are developing a five year plan which will seek to outline a strategic direction for the charity with regard to areas of operation, opportunities for service development and more effective use of resources.

**East Lothian**

The charity was successful in Autumn 2019 in tendering to run a drugs and alcohol service for young people in East Lothian. This service started in January 2020 and was the first time the charity has worked outside of Midlothian. MYPAS has made a commitment to building on the drugs and alcohol service, aiming to add elements of LGBT+ support work and therapeutic work delivery, seeking out funding opportunities to satisfy the identified real need and demand for these types of services in East Lothian.

**Diane Cunningham**

MYPAS would like to record our memory of the passing of one of our Board members this year in February 2020. Diane was involved with MYPAS from the beginning of the organisation's inception. She was an active Board member for 20 years – serving as Chair from 2006 to 2016 and as Honorary President from 2016. Diane was a champion of MYPAS and would promote MYPAS and its work widely throughout the communities we serve and beyond. She was a great believer in accessible services for young people that meet their needs. She not only put a lot of effort into ensuring the Board fulfilled its governance obligations but willingly devoted a great deal of time to supporting staff members. Her infectious energy, enthusiasm and humour touched everyone she came into contact with. We miss her greatly but remember her tireless and selfless championing of the "MYPAS cause" (as she called it) and are also left with many fond and funny memories of a woman who was truly one of a kind.

**Report of the Trustees (continued)**  
**For the year ended 31 March 2020****Structure, Governance and Management****Governing document**

The organisation is a charitable company limited by guarantee and governed by a Memorandum and Articles of Association dated 15 July 2020.

**Governance and management**

The Board meets on a minimum two-monthly basis with an agenda that includes reviewing financial and operational performance and related issues. This is assisted by a report from the Chief Executive and periodic reports from each of the constituent services within the organisation, covering activities and issues. Staff from individual services are also invited to the Board to present on their activities. Minutes are produced for all Board meetings and are agreed at the subsequent meeting with all action points being followed up. Day to day responsibility for the provision of services is delegated to the Chief Executive, who manages and provides individual supervision to the staff team. Individual services have agreed objectives for the safe and effective delivery of their functions. There are 3 service teams - 1 of which has a service team leader. The Chief Executive is supported by 16 staff involved in direct service provision.

**Recruitment and appointment of Board of Directors**

Each year one third of the Board of Directors are required to retire from office but are eligible for re-appointment. The Directors are also the charity trustees. The organisation provides a wide range of services to young people and as such the Board aims to have a wide range of appropriate skills and experience represented on the Board in order for the effective governance of the organisation. The Board has considered its mix of skills and experience, completed a skills audit and possible areas of additional skills and experience pertinent to the organisation have been identified.

**Directors – Induction, training & governance**

Prior to appointment, prospective new members are invited to attend Board meetings as part of a general induction and suitability process. This is supplemented by induction sessions on the organisation provided by The Chief Executive. Potential new Directors are matched to the skills and experience needs of the Board as identified by the Board's skills audit. New Directors are given a pack containing various MYPAS documents including the previous Annual Report, a copy of the Annual Review and other key examples of the organisation's publications including leaflets aimed at young people, professionals and parents. In addition Directors are encouraged to access relevant training, principally courses on governance run through the local Council for Voluntary Services. Board members are involved in joint working groups which focus on a specific aspect of the service. These groups have a finite lifespan and occur when deemed appropriate and necessary by the Board. Board members have worked with staff team members to develop the strategic and operational plans.

**Investment policy and objectives**

Any temporary surplus of funds is placed in suitable interest bearing deposit accounts with the Trust's bankers where and when possible.

**Key management remuneration policy**

Our remuneration policy for the senior management team reflects the need to attract and retain suitably qualified and experienced individuals. We regularly review our remuneration policy, taking into consideration individual level of experience and with terms and conditions in similar organisations.

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**Report of the Trustees (continued)**  
**For the year ended 31 March 2020****Risk Management**

The Directors have undertaken an assessment of the major risks to which the charity is exposed through a Risk Register Review, in particular those related to the operations and finances of the charity. In addition the Register examines Governance and Management, Business Continuity and Critical Suppliers and Partners. Where appropriate, systems or procedures have been identified to mitigate the risks the charity faces. Internal controls are in place to deal with financial authorisation. Health and safety procedures are in place to minimise risk to staff, volunteers and visitors to the building, and all appropriate insurances are in place.

The principal risks facing the charity are:

Child protection – MYPAS mitigates this risk by ensuring all staff are checked as to their suitability for employment. Staffing policies and guidance are continually reviewed and updated.

Data Protection – mitigation includes ensuring that all board and staff members are aware of the Data Protection Act and their responsibilities under it.

IT systems have been upgraded in line with funder requirements and provide secure email and secure document storage. All personal information in written form are kept in secure locked cabinets.

Financial risk – mitigation includes ensuring that robust internal financial controls are in place, including control of petty cash systems, and cheque signing and issuing. Financial information is regularly presented to the Board, and the requirement for an independent examination of the charity accounts.

The charity will regularly conduct the Risk Register Review in 2020/21.

**Report of the Trustees (continued)**  
**For the year ended 31 March 2020****Statement of Responsibilities of the Directors**

The charity's directors are responsible for preparing a directors' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in Scotland requires the charity directors to prepare financial statements for each year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, of the charity for that period. In preparing the financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the applicable Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable 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 charity will continue in business.

The directors are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities and Trustee Investment (Scotland) Act 2005 and the Charity Accounts (Scotland) Regulations 2006 (as amended). They are also responsible for safeguarding the assets of the charity and taking reasonable steps for the prevention and detection of fraud and other irregularities.

The directors are responsible for the maintenance and integrity of the charity and financial information included on the charity's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

**Independent Examiner**

Ian B Wilson C.A. has indicated his willingness to continue in office and a resolution proposing his re-appointment will be put to the Annual General Meeting.

This report was approved by the Board on 15 December 2020.

**By Order of the Board**

**D Evans**  
Secretary

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF  
MIDLOTHIAN YOUNG PEOPLE'S ADVICE SERVICE  
(Registered charity number SC029543)**

I report on the accounts of the charity for the year ended 31 March 2020 which are set out on pages 16 to 25.

**Respective responsibilities of trustees and examiner**

The charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006 (as amended). The charity trustees consider that the audit requirement of Regulation 10(1) (a) to (c) of the 2006 Accounts Regulations does not apply. It is my responsibility to examine the accounts as required under section 44(1) (c) of the Act and to state whether particular matters have come to my attention.

**Basis of independent examiner's statement**


My examination is carried out in accordance with Regulation 11 of the 2006 Accounts Regulations. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeks explanations from the trustees concerning such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and, consequently, I do not express an audit opinion on the accounts.

**Independent examiner's statement**

In the course of my examination, no matter has come to my attention,

1. which gives me reasonable cause to believe that in any material respect the requirements:
  - to keep accounting records in accordance with section 44(1) (a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations, and
  - to prepare accounts which accord with the accounting records and comply with Regulation 8 of the 2006 Accounts Regulations have not been met, or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed:



IAN B WILSON C.A. (ICAS)  
4A High Street,  
Bonnyrigg  
EH19 2AA

Date:

16 December 2020.



**MIDLOTHIAN YOUNG PEOPLE'S ADVICE SERVICE**  
**STATEMENT OF FINANCIAL ACTIVITIES**  
**(incorporating Income & Expenditure Account)**  
**YEAR ENDED 31 MARCH 2020**

16.

	Notes	Unrestricted funds 2020 £	Restricted funds 2020 £	Total funds 2020 £	Total funds 2019 £
<b>Income from:</b>					
Donations	3	34,147	-	34,147	5,474
Charitable activities - <i>Grants</i>	4	25,125	377,593	402,718	455,693
- <i>Other</i>	5	3,000	-	3,000	3,000
<b>Total income</b>		<b>62,272</b>	<b>377,593</b>	<b>439,865</b>	<b>464,167</b>
<b>Expenditure on:</b>					
Fundraising costs		6,745	-	6,745	2,143
Charitable activities	6	64,604	377,372	441,976	479,259
<b>Total expenditure</b>		<b>71,349</b>	<b>377,372</b>	<b>448,721</b>	<b>481,402</b>
<b>Net income / (expenditure)</b>		<b>(9,077)</b>	<b>221</b>	<b>(8,856)</b>	<b>(17,235)</b>
Transfers between funds	15	(2,223)	2,223	-	-
Net movement in funds		(11,300)	2,444	(8,856)	(17,235)
<b>Reconciliation of Funds:</b>					
Total funds brought forward	14	57,918	66,740	124,658	141,893
<b>Total funds carried forward</b>	<b>14</b>	<b>46,618</b>	<b>69,184</b>	<b>115,802</b>	<b>124,658</b>

The Statement of Financial Activities includes all gains and losses recognised in the year and therefore a Statement of Total Recognised Gains and Losses has not been prepared.  
All of the above amounts relate to continuing activities.

**MIDLOTHIAN YOUNG PEOPLE'S ADVICE SERVICE**  
**BALANCE SHEET**  
**31 MARCH 2020**

17.

**COMPANY NUMBER: SC 201002**

	Notes	2020 £	2019 £
<b>Fixed assets:</b>			
Tangible assets		-	-
<b>Total fixed assets</b>	8	-	-
<b>Current assets:</b>			
Debtors	9	28,632	44,488
Cash at bank and in hand		105,072	104,360
<b>Total current assets</b>		133,704	148,848
<b>Liabilities:</b>			
Creditors : Amounts falling due within one year	10	17,902	24,190
<b>Net current assets</b>		115,802	124,658
<b>Total net assets</b>		115,802	124,658
<b>The funds of the charity:</b>			
Unrestricted funds	14	46,618	57,918
Restricted income funds	14	69,184	66,740
<b>Total charity funds</b>		115,802	124,658

The notes at pages 18 to 26 form part of these accounts.

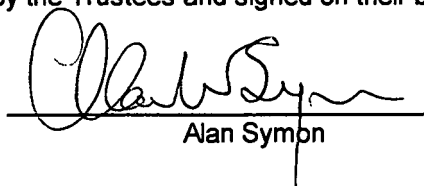
The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2020.

The members have not required the charitable company to obtain an audit of its financial statements for the year ended 31 March 2020 in accordance with Section 476 of the Companies Act 2006.

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

These accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small charitable companies.

The financial statements were approved by the Trustees and signed on their behalf on 16TH December 2020.

 Director (Chair)  
 Alan Symon

**1. Statutory information**

Midlothian Young People's Advice Service is a private company, limited by guarantee with charitable status and registered in Scotland. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity.

The company's registration number and registered office address can be found on the Reference and Administration Details page.

The presentation currency of the financial statements is the Pound Sterling (£).

**2. Accounting policies**

The principal accounting policies adopted, judgements and key sources of estimation uncertainty in the preparation of the financial statements are as follows:

**Basis of accounting**

The financial statements are 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 (FRS 102), (effective 1 January 2005) – Charities SORP (FRS 102), the Financial reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Midlothian Young People's Advice Service meets the definition of a public benefit entity under FRS 102.

Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

**Going concern**

The financial statements are prepared on a going concern basis as the trustees believe that no material uncertainties exist. The trustees have considered the level of funds held and the expected level of income and expenditure for 12 months from authorizing these financial statements. The budgeted income and expenditure is sufficient with the level of reserves for the charity to be able to continue as a going concern.

**Income**

All income is recognized once the charity has entitlement to the income, there is sufficient certainty of receipt and so it is probable that the income will be received, and the amount of income receivable can be measured reliably.

Donations and grants are recognized when they have been communicated in writing with notification of both the amount and settlement date. In the event that a donation or grant is subject to conditions that require a level of performance before the charity is entitled to the funds, the income is deferred and not recognized until either those conditions are fully met, or the fulfilment of those conditions is wholly within the control of the charity and it is probable that those conditions will be fulfilled in the reporting period.

Income received in advance of a service being provided is deferred until the criteria for income recognition are met.

**Expenditure**

Expenditure is recognized as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount if the obligation can be measured reliably.

**Expenditure (continued)**

All expenditure is accounted for on an accruals basis. All expenses, including support costs and governance costs, are allocated or apportioned to the applicable expenditure headings in the Statement of Financial Activities.

**Fund accounting**

Unrestricted funds can be used on any activity within the charitable objectives of the charity.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

**Tangible fixed assets and depreciation**

Expenditure is capitalised as a fixed asset where it represents either a new fixed asset or enhancement to an existing asset. Depreciation is provided at the following annual rates in order to write off each asset over its expected useful life less estimated residual value:

Furnishings & equipment                      3 years straight line

**Impairment**

Assets not measured at fair value are reviewed for any indication that the asset may be impaired at each balance sheet date. If such indication exists the recoverable amount of the asset, or the asset's cash generating unit, is estimated and compared to the carrying amount. Where the carrying amount exceeds its recoverable amount an impairment loss is recognised in profit or loss unless the asset is carried at a revalued amount where the impairment loss is a revaluation decrease.

**Debtors and creditors receivable / payable within one year**

Debtors and creditors with no stated interest rate and receivable or payable within one year are recorded at transaction price. Any losses arising from impairment are recognised in expenditure.

**Cash at bank and in hand**

Cash at bank and in hand includes cash and short term highly liquid investments.

**Pensions**

The charity operates a defined contributions scheme. Contributions are charged to the Income & Expenditure Account in the year they arise.

**Taxation**

No provision for corporation tax is necessary as the company has charitable status and does not trade.

**Operating leases**

Rentals payable under operating leases are charged to the Income & Expenditure Account on a straight line basis over the period of the lease.

**3 Income from donations**

	Unrestricted funds 2020 £	Restricted funds 2020 £	Total funds 2020 £	Total funds 2019 £
Donations	34,147	-	34,147	5,474
	<u>34,147</u>	<u>-</u>	<u>34,147</u>	<u>5,474</u>

**4 Income from charitable activities - grants**

	Unrestricted funds 2020 £	Restricted funds 2020 £	Total funds 2020 £	Total funds 2019 £
Midlothian Council - core	25,125	-	25,125	61,045
Midlothian Council - LGBT	-	-	-	1,500
Midlothian Council - other	-	-	-	4,125
Midlothian Council - HIF	-	6,000	6,000	3,000
Midlothian and East Lothian Drugs & Alcohol Partnership - Connected	-	161,453	161,453	160,398
Midlothian Council - Risk taking behaviour	-	833	833	-
East Lothian - Drugs & Alcohol	-	17,340	17,340	-
NHS Lothian - core	-	-	-	6,375
NHS Lothian - Sexual Health Services	-	-	-	4,125
Robertson Trust	-	-	-	13,500
Big Lottery	-	24,918	24,918	54,212
BBC Children in Need - Art Therapy	-	33,037	33,037	32,607
Comic Relief - Young Men's Therapeutic Project	-	66,313	66,313	32,922
STV Children's Appeal - counselling	-	2,000	2,000	4,000
Foundation Scotland	-	9,899	9,899	9,777
Tesco Groundworks Counselling	-	1,000	1,000	-
Tesco Groundworks LGBT	-	-	-	1,000
Bank of Scotland Foundation	-	-	-	24,307
Henry Smith Charity	-	41,300	41,300	41,300
Walter Scott	-	13,500	13,500	-
Wood Foundation	-	-	-	1,500
	<u>25,125</u>	<u>377,593</u>	<u>402,718</u>	<u>455,693</u>

**5 Income from charitable activities - other**

	Unrestricted funds 2020 £	Restricted funds 2020 £	Total funds 2020 £	Total funds 2019 £
Employment allowance	3,000	-	3,000	3,000
	<u>3,000</u>	<u>-</u>	<u>3,000</u>	<u>3,000</u>

**6 Expenditure on charitable activities**

	Unrestricted funds 2020 £	Restricted funds 2020 £	Total funds 2020 £	Total funds 2019 £
Residential & activities	-	1,356	1,356	5,029
Supplies & services	-	2,398	2,398	3,621
Salary, National Insurance & pension costs	34,756	330,230	364,986	392,466
Staff recruitment costs	230	1,278	1,508	2,030
Staff training	-	2,371	2,371	1,548
Supervision costs	-	5,593	5,593	3,759
Travel	194	3,296	3,490	3,110
Premises running costs	8,916	21,538	30,454	38,616
Printing, stationery & postage	641	3,428	4,069	3,722
Equipment & consumables	4,396	661	5,057	2,492
Telephone, IT & internet costs	6,454	5,129	11,583	13,820
Professional insurance	153	-	153	166
Publicity & publications	125	56	181	913
Professional & legal fees	5,027	-	5,027	4,772
Sundry outlays	501	38	539	229
Bank charges	8	-	8	75
Accountancy fees	-	-	-	120
Independent examiner's fees	3,000	-	3,000	2,600
Board & AGM costs	203	-	203	171
	<u>64,604</u>	<u>377,372</u>	<u>441,976</u>	<u>479,259</u>

**7 Staff costs and remuneration of key management personnel**

	2020 £	2019 £
Gross salaries	299,674	353,059
Social security costs	30,103	24,968
Pension contributions	17,894	16,860
	<u>347,671</u>	<u>394,887</u>

No employee earned £60,000 or more in either the current or previous year.

No trustee or person connected with a trustee received remuneration or reimbursement for expenses during the year (2019: None)

The average monthly number of employees during the year was:

	Number	Number
Charity workers	15	15
Administrative staff	1	3
	<u>16</u>	<u>18</u>

All trustees give of their time freely and no trustee remuneration or expenses were paid in the year.

The aggregate remuneration of key Management Personnel of the charity was £96,138 (2019 - £93,326).

**MIDLOTHIAN YOUNG PEOPLE'S ADVICE SERVICE**  
**STATEMENT OF FINANCIAL ACTIVITIES**  
**YEAR ENDED 31 MARCH 2020**

**22.**

**8 Tangible fixed assets**

	<b>Refurbishment costs £</b>	<b>Furnishings &amp; equipment £</b>	<b>Total £</b>
<b>Movement in year</b>			
<b>COST</b>			
At beginning of year	60,145	44,179	104,324
Disposals	(60,145)	(44,179)	(104,324)
At end of year	-	-	-
<b>DEPRECIATION</b>			
At beginning of year	60,145	44,179	104,324
Disposals	(60,145)	(44,179)	(104,324)
At end of year	-	-	-
<b>NET BOOK VALUE</b>			
At end of year	-	-	-
At beginning of year	-	-	-

**9 Debtors**

	<b>2020 £</b>	<b>2019 £</b>
Grants receivable	27,259	40,837
Prepayments	1,373	3,651
	<b>28,632</b>	<b>44,488</b>

**10 Creditors**

	<b>£</b>	<b>£</b>
Grants received in advance	6,281	-
Other taxation & social security	7,762	10,318
Other creditors & accruals	3,859	13,872
	<b>17,902</b>	<b>24,190</b>

**11 Pension costs**

The company operates a money purchase (defined contributions pension scheme). The assets of the scheme are held separately from those of the charitable company in independently administered funds. The pension cost represents contributions payable by the company to the fund and amounted to £17,402 (2019 - £16,072). Pension contributions are made in respect of 10 members of staff (2019 - 14). Pension costs are charged to restricted funds in line with the allocation of the appropriate salaries.

**12 Other financial commitments**

At 31 March 2020 the charity had property commitments under non-cancellable operating leases of £10,500 (2019 - £10,500) which are due within one year.

**13 Related party transactions**

Details of the remuneration paid to key management personnel are included at note 7.

**MIDLOTHIAN YOUNG PEOPLE'S ADVICE SERVICE**  
**STATEMENT OF FINANCIAL ACTIVITIES**  
**YEAR ENDED 31 MARCH 2020**

23.

**14 Statement of funds**

	Balance 31/3/19 £	Income £	Expenditure £	Transfers £	Balance 31/3/20 £
<b>Unrestricted fund</b>	57,918	62,272	71,349	(2,223)	46,618
<b>Restricted Funds</b>					
BBC Children in Need - Art Therapy	9,772	33,037	31,310	-	11,499
Big Lottery	8,154	-	8,928	774	-
Midlothian & East Lothian Drugs & Alcohol Partnership - Connected	3,418	161,453	158,780	-	6,091
NHS Lothian - Smoking	773	-	-	-	773
East Lothian - Drugs & Alcohol	-	17,340	14,300	-	3,040
Midlothian Council - LGBT Group	1,102	-	19	-	1,083
Big Lottery - Young Start	9,217	24,918	21,099	-	13,036
Comic Relief - Young Men's Therapeutic Project	3,521	66,313	47,856	-	21,978
STV Children's Appeal - counselling	2,757	2,000	1,876	-	2,881
Foundation Scotland	3,919	9,899	10,653	-	3,165
Tesco Groundworks Counselling	385	1,000	1,143	(242)	-
Henry Smith Charity	1,301	41,300	42,410	-	191
Walter Scott	5,227	13,500	13,004	-	5,723
Bank of Scotland Foundation	17,194	-	18,885	1,691	-
Midlothian Council - HIF	-	6,000	6,136	-	(136)
Midlothian Council - Risk Taking Behaviour	-	833	391	-	442
School Counselling Midlothian	-	-	582	-	(582)
<b>Total restricted funds</b>	66,740	377,593	377,372	2,223	69,184
<b>Total funds</b>	124,658	439,865	448,721	-	115,802

The unrestricted fund represents funds which the trustees are free to use in accordance with the objects of the charity.

The restricted funds outlined below represent funds received and raised for specific purposes. In the main the balances arise because the project years are not co-terminous with the charity's accounting year.

**Restricted fund:**

BBC Children in Need - Art Therapy

Big Lottery

Midlothian & East Lothian Drugs & Alcohol Partnership - Connected

NHS Lothian - Smoking

East Lothian - Drugs & Alcohol

Midlothian Council - LGBT Group

Big Lottery - Young Start

Comic Relief - Young Men's Therapeutic Project

**Specific purpose:**

Offers therapy through art as an alternative to traditional talking therapies like counselling.

Provides family counselling for young people and their families.

Provides advice, information and support around substance use to young people.

Advice on smoking prevention.

Provides advice, information and support around substance use to young people.

Delivery of LGBT Group

Delivery of MidYouth: LGBTQ+ group and one to one support.

Delivery of one to one therapeutic support and groupwork with young men who do not traditionally access therapeutic services.



**MIDLOTHIAN YOUNG PEOPLE'S ADVICE SERVICE  
STATEMENT OF FINANCIAL ACTIVITIES  
YEAR ENDED 31 MARCH 2020**

**24.**

**14 Restricted fund:**

STV Children's Appeal - counselling  
Foundation Scotland  
Tesco Groundworks Counselling  
Henry Smith Charity  
Walter Scott  
Bank of Scotland Foundation  
Midlothian Council - HIF project  
  
Midlothian Council - Risk Taking Behaviour  
  
School Counselling Midlothian

**Specific purpose:**

Delivery of counselling with young people.  
Delivery of counselling.  
Delivery of counselling with young people.  
Delivery of counselling with young people.  
Delivery of counselling with young people.  
Delivery of counselling with young people.  
Delivery of groupwork with young people and seminar training with professionals, addressing mental health.  
Delivery of seminars and workshops on behalf of Midlothian Council.  
Delivery of a counselling in schools pilot on behalf of Midlothian Council.

**Statement of funds - previous year**

	Balance 31/3/18 £	Income £	Expenditure £	Transfers £	Balance 31/3/19 £
Unrestricted fund	70,667	77,394	90,786	643	57,918
Restricted Funds					
BBC Children in Need - Art Therapy	8,755	32,607	31,590	-	9,772
BBC Children in Need / Robertson Trust - Thinking Differently	18,899	-	23,765	4,866	-
Big Lottery	15,554	29,198	36,598	-	8,154
Midlothian & East Lothian Drugs & Alcohol Partnership - Connected	6,121	160,398	163,101	-	3,418
NHS Lothian - Smoking	838	-	65	-	773
NHS Lothian - Sexual Health Services	2,188	8,250	7,915	(2,523)	-
Midlothian Council - LGBT Group	492	2,500	1,890	-	1,102
Midlothian Council - NBDI	1,970	-	1,984	14	-
Big Lottery - Young Start	(230)	25,014	15,567	-	9,217
Robertson Trust - Manager's post	-	13,500	13,500	-	-
Comic Relief - Young Men's Therapeutic Project	-	32,922	29,401	-	3,521
STV Children's Appeal - counselling	-	4,000	1,243	-	2,757
Foundation Scotland	639	9,777	6,497	-	3,919
Tesco Groundworks Counselling	3,000	-	2,615	-	385
Henry Smith Charity	-	41,300	39,999	-	1,301
Walter Scott	13,000	-	7,773	-	5,227
Bank of Scotland Foundation	-	24,307	7,113	-	17,194
Midlothian Council - HIF project	-	3,000	-	(3,000)	-
Total restricted funds	71,226	386,773	390,616	(643)	66,740
Total funds	141,893	464,167	481,402	-	124,658

**MIDLOTHIAN YOUNG PEOPLE'S ADVICE SERVICE  
STATEMENT OF FINANCIAL ACTIVITIES  
YEAR ENDED 31 MARCH 2020**

**25.**

**15 Transfers between funds**

Transfers have been made between funds as follows:

From Tesco Groundworks Counselling  
to Bank of Scotland Foundation 242

From unrestricted funds  
to Big Lottery to subsidise fund 774  
to Bank of Scotland Foundation to subsidise fund 1,449

**16 Analysis of net assets between funds**

	<b>Fixed assets 2020 £</b>	<b>Net current assets 2020 £</b>	<b>Total 2020 £</b>	<b>Total 2019 £</b>
Unrestricted Funds	-	46,618	46,618	57,918
Restricted Funds	-	69,184	69,184	66,740
	-	115,802	115,802	124,658