

**Progeny Teen Support  
Company limited by guarantee**

**Reference and Administrative Details**

<b>Trustees</b>	Karen Scott Sharon Moore Claire Wilson Matthew Boyd Stephen Burns Richard Wilton Karen Wilton
<b>Company number</b>	NI674256
<b>CCNI number</b>	NIC108341
<b>Registered office</b>	8 Prieststown Road Ahoghill Co Antrim BT42 2PQ
<b>Independent examiner</b>	Potter Finnegan Limited Unit 25 The Courtyard Business Park 190 Galgorm Road Ballymena Co Antrim BT42 1HL
<b>Bankers</b>	Lloyds Bank Victoria (309897) Branch PO Box 1000 BX1 1LT

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**Trustees' Annual Report  
Year ended 31 March 2023**

The trustees present their report and the unaudited financial statements of the charity for the year ended 31 March 2023. The trustees have adopted the provisions of the Statements of Recommended Practice (SORP) "Accounting and Reporting by Charities" (FRS 102) in preparing the annual report and financial statements of the charity.

**Objectives and activities**

Progeny Teen Support exists to benefit young people in Northern Ireland who are impacted by anxiety/depression/other mental health difficulties because of trauma or other adverse life events. We have two initiatives - Progeny Connect-Ed and Progeny Counselling and Mentoring.

**Progeny Connect-Ed** is our post primary learning centre for young people who have been impacted by school anxiety and are now de-registered from mainstream school. Our aim is three-fold:

1. To provide academic and life skills tuition. The benefits are increased knowledge and qualifications allowing them to progress to further education /employment. (Advancement of education.) We are currently able to facilitate GCSE tuition in Maths, English, Business and RE. We also provide tuition to help our young people obtain 4 other GCSE equivalents – OCN Information Technology Applications Personal Development and Employability Skills (The Princes Trust) and OCN Vocational Skills. Young people can attend up to 4 days per week.
2. To provide support and a safe community for these young people by providing opportunities for connection/friendship with others. (Relief of those in need). Often our young people have become socially isolated after withdrawing from school. The benefits are reduced social isolation, improved mental and emotional well-being, increased self-esteem, and improved relationships with family. Some of our young people who left last year come in for our weekly wellbeing sessions as this is an opportunity to maintain the friendships that were built over the past year.
3. To provide emotional support for the parents of these young people as they navigate the challenges caused by difficult school experiences.

**Progeny Counselling and Mentoring** exists to provide information, support, professional counselling, and therapeutic interventions for young people affected by anxiety/depression/impaired mental health as a result of trauma or other adverse life event. Here the focus is on recovery from traumatic experiences, delivered by BACP approved counsellors as well as, where appropriate, provision of a dedicated mentor who walks with a young person as they explore together what it means to have a strong sense of Value, Identity and Purpose. The benefits are improved mental and emotional wellbeing, reduction in self-harm/suicide ideation and increase in self-esteem and improved relationships in the lives of these young people. (Advancement of health or saving of lives).

We have been focusing on getting the above two areas up and running at this time.

**Achievements and performance**

In all activities undertaken throughout the year the trustees have given careful consideration to the CCNI's guidance on public benefit to ensure that the activities have helped to achieve the charity's purposes and provide benefit to the beneficiaries.

**Progeny Connect-Ed**

We took our first young people in in 2021. Sept 2023 is the start of our third year with Connect-Ed. In Sept 2022 we moved to a new location hosted by First Ballymena Church, Ballymena. This past year Connect-Ed has been settling into our new location and has focused on securing and increasing the educational opportunities offered by Connect-Ed. Prior to this we relied on a partner organisation to deliver some of our programmes.

In March 2023 Connect-Ed became an approved OCN NI centre.

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In April 2023 we became a delivery partner for the Princes Trust Achieve Programme.

In September 2023 we recruited an ICT tutor and an RE tutor.

These changes have led to greater opportunities for our young people in Connect-Ed in terms of the qualifications they can now gain.

Between Sept 2022 – June 2023, we supported 12 young people and their families in and through Connect-Ed. In December 2022 one young person returned to mainstream school. In June 2023, 4 of our young people left Connect-Ed with between 5-7 GCSEs/equivalents. They have all progressed into further education or further training/employment.

We have 5 new students this year and so far, have supported/are supporting 12 young people.

We carried out two surveys this year – one with our young people and one with their parents. An overwhelming 100% of parents rated Connect-Ed at the top end of the scale as having a "very positive impact" on their young person. 100% of the young people surveyed also indicated that Connect-Ed has been a positive experience for them, and all felt much more hopeful about their future as a result.

**Progeny Counselling and Mentoring**

Progeny Counselling and Mentoring started with 1 or two clients and has grown over the course of the year.

We now have 6 mentors and 1 professional counsellor volunteering with Progeny.

10 young people have been supported this year through mentoring and 17 through counselling.

Our counsellor has now completed EMDR training and has found this a valuable tool for counselling young clients with trauma.

We have launched a website "Made Wonderful" - a fantastic resource to help those young people with highly sensitive personalities who perceive and process everything more deeply and are more susceptible to trauma.

Informal evaluations are used during the mentoring/counselling relationships to determine effectiveness of the interventions.

**Mitigation of harm**

There was deemed to be a risk for some clients during counselling who may revisit trauma. Risk assessments are used to protect clients at risk of this and measures put in place to reduce this risk. There is a focus on providing a safe therapeutic space and clinical supervision is undertaken by the counsellor on a regular basis to ensure risk is managed.

**Private benefit**

Any private benefit obtained by tutors/others who receive payment for their services is incidental to the public benefit. Professional tuition is necessary for achieving the charity's purpose and for those professionals who receive income this is much lower than could be obtained working in other settings. Our counsellor is currently providing professional counselling as a volunteer.

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**Financial review**

The financial results are set out on pages 9 to 14 of the accounts. The charity's main source of income is through donations and grants. Total income for 2023 was £31,511 (2022 - £17,074) and expenditure totalled £23,523 (2022 - £6,923).

**Structure, governance, and management**

Progeny is a company limited by guarantee governed by its Memorandum and Articles of Association. It is registered as a charity with the Charity Commission for Northern Ireland.

During the year, the charity was managed by a number of trustees with various abilities.

We hold 3-4 meetings per year. We operate with a Secretary and Treasurer. The role of Chair is currently vacant.

**Trustees' responsibilities statement**

The Trustees who are directors for the purpose of company law are responsible for preparing the trustees' report.

The directors are satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006.

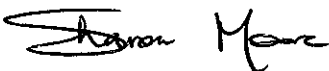
The members have not required the company to obtain an audit in accordance with section 476 of the Act.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

**Small company provisions**

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

This report was approved by the Board on 21 December 2023 and signed on behalf of the Board by:



**Sharon Moore  
Trustee**