

**Progeny Teen Support
Company limited by guarantee**

**Trustees' Annual Report
Year ended 31 March 2024**

The trustees present their report and the unaudited financial statements of the charity for the year ended 31 March 2024. 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.) During the reporting period we were able to facilitate GCSE tuition in Maths, English, Business and RE. We also provided 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).

In reporting year 2023/24, we have continued to focus on 'slowly but surely' establishing both elements of this service with a primary emphasis on establishing the counselling service whilst growing the mentoring team/service.

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

During the reporting period April 2023-March 2024 we supported 16 young people in Connect-Ed. Two of these young people returned to mainstream education after a short time with us. The others either completed or are in the process of completing our 2–3-year program.

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In April 2023 we became a delivery partner for the Princes Trust Achieve Programme, and we started delivering this program in September 2023.

Our Building the Community Pharmacy Partnership (BCPP) Program continued between April and June 2023 (having started in September 2022). This program aims to build partnership between the community and the pharmacy with the aim of reducing health inequalities. By educating our young people in matters of health (including mental health) we hope to empower them to take control of their own health. Between April – June 2023 sessions were delivered by a pharmacist on The Nervous System, Looking after your Brain and Healthy Habits. We had Love For Life, and The Big House come in also to deliver sessions on Healthy Relationships and Finding Balance in Life.

In June 2023 we held a “formal” for our young people in Connect-Ed. They had a great evening of singing, dancing and food!

GCSE's took place in May/June 2023 and four of our young people graduated from us with between 5-7 GCSEs and equivalents at the end of this academic year. All moved into further education/training or employment.

In September 2023 we started our 3rd (academic) year. We recruited an RE tutor and ICT tutor and started delivering GCSE RE and OCN in Information Technology Applications (ICT) These were two new qualifications to us. (ICT was previously delivered by a partner organisation.) Being able to deliver our own qualifications rather than relying on a partner organisation gives us more control over what is being delivered and means we are better able to tailor it to suit the needs of our young people.

We started doing 5 minute devotionals in the morning with our young people at the start of the day – One Simple Truth - an anchor for our young people in these confusing times.

Wellbeing sessions continued once a week throughout the year with a variety of different activities - baking, PE, crafts, team games, Youth Alpha and a visit from a Hospice Nurse to talk about grief.

From September 2023 our young people took part in Young Enterprise NI program to start their own business. They came up with “Brilliant Bundles” - gift boxes for girls and boys – which they sold at the Young Enterprise Big Market in St. Georges Market in December. Great skills were learned and developed throughout this project!

Our Christmas trip was to the Jungle at Magherafelt where the young people took part in team building activities.

Parent Interviews were held in February 2024 to feedback on progress and help with preparation for upcoming GCSEs.

Progeny Counselling and Mentoring

Progeny Counselling and Mentoring has continued to extend its reach as a new volunteer mentor has joined the team.

We now have seven mentors and continue to have one professional counsellor volunteering with Progeny.

Over 20 young people have been supported this year either through mentoring, counselling or both, and we have delivered over 80 sessions of one-to-one support.

Our volunteer counsellor continues to offer both talk therapy and more comprehensive trauma therapy to those young people with deeper wounds.

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

Mitigation of harm

Professional assessments are conducted before each young person commences therapy, and where appropriate, a young person is signposted to their GP if deemed necessary. 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.

Financial review

The financial results are set out on pages 10 to 15 of the accounts. The charity's main source of income is through donations and grants. Total income for 2024 was £30,837 (2023 - £31,511) and expenditure totalled £31,785 (2023 - £23,523).

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.


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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 19 December 2024 and signed on behalf of the Board by:

A handwritten signature in black ink, appearing to read 'K Wilton'.

**Karen Wilton
Trustee**