

LIFE WAYS

England & Wales · Charity number 1050697

Details

Status	Registered
Legal form	Charitable company
Company number	03023526
Registered	1995-11-14
Register	View on the Charity Commission register

Contact

Address	30 Albany Road Stratford-Upon-Avon CV37 6PG
Phone	01789292052
Email	info@lifewaystherapycentre.com
Website	www.lifewaystherapycentre.com/

Activities

Objects: 1.TO PROMOTE THE RELIEF OF SICKNESS AND ADVANCE THE EDUCATION OF THE PUBLIC BY THE PROVISION OF FACILITIES AND SERVICES TO MEET THE EMOTIONAL AND MEDICAL NEEDS OF THE INDIVIDUALS WHO REQUIRE THEM AND TO IMPROVE THE QUALITY OF LIFE OF SUCH INDIVIDUALS BY MEANS OF HOLISTIC CARE,SERVICES AND MEDICINES. 2. THE ADVANCEMENT OF RELIGION. 3 GENERAL CHARITABLE PURPOSES.

Activities: Provision of services to promote good health through holistic healing and a balanced life-style, recognising that a combination of orthodox medicines and complementary therapies often provide the optimum approach to restoring and maintaining health.Activities include classes, workshops, a wide range of therapies and support of like-minded organisations to achieve the charity's objectives.

Classification

- **How:** Provides Services
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives
- **Who:** The General Public/mankind

Geography

- Warwickshire

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£100,220	£106,961	-	-
2024-03-31	£79,480	£90,039	-	-
2023-03-31	£72,834	£69,796	-	-
2022-03-31	£43,973	£65,626	-	-
2021-03-31	£80,987	£57,550	-	-

Trustees

Name	Role	Appointed
MARK STEPHEN PHILLIPS	Chair	
GLYNIS MARY FLETCHER		2016-03-17
Helen Smith		2024-09-19
JOHN CLEMENT WIBBERLEY		
STEPHANIE JANE HERSHON		2011-09-15

LIFE WAYS

England & Wales - Charity number 1050697

Accounts

REGISTERED COMPANY NUMBER: 03023526 (England and Wales)
REGISTERED CHARITY NUMBER: 1050697

**Report of the Trustees including Directors' report and
Unaudited Financial Statements
for the Year Ended 31 March 2025
for
Life-Ways**

**Contents of the Report and Financial Statements
for the year ended 31 March 2025**

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Report of the Trustees including Directors' report for the year ended 31 March 2025

The Trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2025.

The Trustees have adopted the provisions of 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 2019).

OBJECTIVES AND ACTIVITIES

Life-Ways is established:

1. To promote the relief of sickness and advance the education of the public by the provision of facilities and services to meet the emotional and medical needs of all individuals who require them and to improve the quality of life for such individuals by means of holistic care, services and medicines.
2. The advancement of religion.
3. To make grants to other charitable centres and organisations established for all or any of the objects, as the Trustees may in their absolute discretion determine.
4. A Council of Members/Trustees manages the charity with the assistance of a full-time executive, part-time reception and administration staff and voluntary help.

The charity operates from its centre at the above address and activities include:

1. Providing access to a broad spectrum of counselling and complementary therapies in keeping with its objectives.
2. Arranging and supporting community and awareness events and activities.
3. Supporting locally based charities and not for profit organisations that share Life-Ways' objectives.

OPERATIONS AND PERFORMANCE REVIEW

2024/25 Highlights

Life-Ways Trustees have continued to prioritise working with children and young people, often in partnership with other charities, to meet the growth in demand for services to help manage anxiety, depression and difficulty attending school:

- Supporting the Autistic Girls Network (AGN) in their invaluable work, Lifeways provides both a venue and financial assistance for their activities.
- Helping the Lifespace Trust, a charity focusing on the wellbeing of young people, by providing training and financial assistance in the important area of counsellor supervision.
- Life-Ways' project supporting parents of children who are not attending school.

In addition to our youth projects, we continue to run a Menopause Support Group, a wildlife group that is working on local projects, a gardening group for people recovering from issues with their mental health and a free counsellors' networking group for continuing professional development.

We are proud that our Community Garden was overall winner in the Community Gardens category of the 2024 Stratford-In-Bloom competition.

Promotion

During the period April 2024 to March 2025 Life-Ways has:

- Increased our presence on social media.
- Worked with other local charities and community hubs to share best practice and publicise initiatives and events.
- Circulated Press Releases to local media with news of initiatives and events held at Life-Ways supporting those most in need.
- Published a Newsletter with details of the work we are doing to support the community.

Investments & reserves

Life-Ways holds financial reserves to ensure long-term financial viability, and to provide additional income and continuity to deliver our charitable objectives. Our financial reserves comprise interest bearing fixed-term bank deposits and a market investments portfolio. We aim to achieve a 4% to 5% return over the medium to long term, with a relatively low risk profile.

Life-Ways' trustees take professional financial advice from Perspective (Central and East) Limited, an FCA-regulated firm, which also manages our market investments portfolio.

In the year to 31st March 2025, Life-Ways earned £5,329 in bank interest, whilst the investments portfolio recorded a gain of £9,519.

Improvements to house and grounds

Life-Ways staff audit the property regularly to ensure that the structure and comfort of the building is maintained and improved. Work carried out this financial year was mostly maintenance with no major expenditure on improvements.

Improvements to the house made this year:

- New cushions and rugs throughout the house.
- Artworks added to the walls of therapy rooms.
- Replacement of blinds in the Big Room and Rooms 4 and 5
- Professional carpet and furniture cleaning.
- The addition of a free library of books for counsellors and psychotherapists.

Improvements to the garden made this year:

All maintenance and upkeep of the garden now takes place on a voluntary basis, including:

- Mowing the lawns by Eco-Workshop, a local CIC providing supported work for people with learning difficulties.
- Repairs to a large section of storm-damaged fencing.
- The maintenance of the pond by a group of local volunteers keen to promote wildlife.
- Trimming of our trees by a Kurdish refugee looking for voluntary work.
- Introduction of a new clutch of rescue hens.
- Installation of a wildlife camera.

Therapies and room lettings

The range and number of therapists working at Life-Ways continued to increase in this financial year. In 2024/25 our bookings increased by 9% to 11,634 hours (2023/24: 10,655 hours). Income from room lettings increased by 18% to £91,914 (2023/24: £77,795).

Charitable Giving

Life-Ways aims to support social and charitable projects through:

- The provision of low-cost and no-cost rooms for charitable and not-for-profit organisations. The total savings that charities and not-for-profits made in the year from low-cost / no-cost room space fell slightly to £10,499 (2023/23: £10,800).
- Targeted donations. Direct charitable giving committed in the year increased to £23,250, an increase of 63% (2023/24: £14,265). We supported projects in partnership with three other local charities, all of which focus on helping young people, being The Autistic Girls Network, Lifespace Trust and Escape Community Arts.

Charitable room rates:

Rental of rooms in the house is charged at the rate of £9.60 per hour, reduced to £7.20 for Charities. In the garden, the rates are £6.40 per hour and £4.40 per hour respectively.

Charities in this context include not-for-profit organisations, local community and self-help groups and practitioners supporting clients in financial hardship.

We may also offer our rooms free-of-charge to organisations where we have a partnership project or a shared objective.

Other charities, Not-for-Profits and community groups working at Life-Ways during 2024/25 and paying charity rate included:

- The Academy for Emotional Therapeutic Training – providing training for counsellors.
- Bounce Back – a charity helping survivors of breast cancer.
- Mind – a charity working with people who are dealing with mental health issues.
- Neighbours & Needles - a local community knit and natter group.
- New Hope - a Counselling Charity for people unable to pay for therapy.
- Polska Szkoła Sobotnia – A forest school for children with Polish-speaking parents.
- Safeline - a charity supporting survivors of domestic abuse.
- Siblings Bereavement Group - supporting people who have lost a sibling.
- RoSA - a charity working with survivors of rape and sexual abuse.
- The National Childbirth Trust.
- Warwickshire Carers Trust.

Life-Ways provided a venue free of charge to the following:

- Allotment spaces for refugees, people with learning difficulties and local people with no gardens.
- The Autistic Girls Network sessions held here.
- Continual Professional Development and Networking Group for counsellors.
- Escape Community Arts Grow Cook CreATE project.
- Green Minds – a gardening project helping those with mental health challenges.
- Menopause Support Group – run by us with voluntary assistance from Lifeways Therapists.
- Parent’s Support Group - helping those whose children are failing to attend school.
- Run-Talk-Run & Walk Talk Walk – A project to encourage people with minor mental health issues to exercise.

Life-Ways grounds

Life-Ways has beautiful gardens that extend to nearly an acre. They are being used, free of charge, for community and environmental projects including easy-access spaces for special-needs gardeners, a community allotment space, a permaculture garden and a wildlife area with beehives. It used as a therapy and social meeting space by a plethora of local groups and individuals, and we welcome visitors in need of a quiet space throughout the day.

The whole garden is maintained on a voluntary basis by local people and Life-Ways therapists.

Future Plans

Life-Ways will continue to prioritise youth projects in the coming year.

We will continue to support the Autistic Girls Network as they extend the scope of their activities, and are looking at new partnership opportunities with the recently formed Stratford Youth Collective.

Public Benefit

The Trustees believe that they have paid due regard to the Charity Commission's guidance on public benefit in deciding what activities the charity should undertake. Considerations include:

- Centre of excellence promoting and enabling public access to counselling and complementary therapies in line with our core purposes
- Supporting access for disadvantaged individuals and groups
- Helping other charities and not-for-profit organisations with complementary objectives
- Direct charitable giving
- Serving the local community by sharing Life-Ways garden and facilities

People and Administration

Life-Ways employ a full-time manager (James Pavitt) and a part-time assistant. They also do voluntary work at Life-Ways as do the Trustees, Life-Ways practitioners and members of the local community. Policies and procedures are in place to assist smooth running of the operations and compliance with our obligations including:

- Charitable Giving Policy (under review)
- Complaints
- Conflicts of Interest
- Covid Policy
- Engagement of Practitioners
- Environmental Policy
- Equality and Diversity
- Financial Policy (under review)
- Health and Safety
- Privacy Policy
- Risk Assessment (under review)
- Safeguarding
- Volunteering

A Register of Trustees' Interests is maintained and is a standing agenda item at Trustees' meetings.

Accounting records are maintained by the Life-Ways manager and reviewed by the Trustee & Secretary (John Wibberley) who also prepares the Annual Accounts. An external accountant (Teresa Fennell) gives specialist advice and carries out the Independent Review of the Report and Accounts.

Payroll services provided free of charge by Counters Consulting Limited, part of TAG Accounting Group

STRUCTURE AND GOVERNANCE

Life-Ways is a Company Limited by Guarantee registered with Companies House, Number 3023526, incorporated on 17th February 1995. Life-Ways is established as a charity and was registered with the Charity Commission, Number 1050697, on 15th November 1995.

The charity's address is 30 Albany Road, Stratford-upon-Avon, Warwickshire CV37 6PG.

The charity's governing documents are its Memorandum of Association and Articles of Association.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

03023526 (England and Wales)

Registered Charity number

1050697

Registered office

30 Albany Road
Stratford upon Avon
Warwickshire
CV37 6PG

Trustees

Jennie Ewing

Glynis Fletcher

Helen Smith (From September 2024)

Sophie Clausen (Resigned June 2024)

Stephanie Hershon

Mark Phillips

John Wibberley

Chair

Mark Phillips

Company Secretary

John Wibberley

Independent Examiner

Teresa Fennell (CIMA MiP)

It Doesn't Have To Cost The Earth Ltd

47 St Dunstons Close

Worcester

WR5 2AJ

STATEMENT OF TRUSTEES' RESPONSIBILITIES

The Trustees (who are also the directors of Life-Ways for the purposes of company law) are responsible for preparing the Trustees Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the Trustees are required to:

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

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 1985. The Trustees are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by order of the board of Trustees on 18 September 2025 and signed on its behalf by:

Mark Phillips

[Mark Phillips \(Dec 19, 2025 08:47:41 GMT\)](#)

Mark Phillips – Chair of Life-Ways Trustees

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF LIFEWAYS CHARITABLE COMPANY ('THE COMPANY') FOR THE YEAR ENDED 31 MARCH 2025

I report to the trustees on my examination of the accounts of the Company for the year ended 31 March 2025.

Responsibilities and basis of report

As the trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the Company's accounts carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in accordance with section 386 of the Companies Act 2006; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)].

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Teresa Fennell

Date: 19/12/2025

Teresa Fennell, ACMA CGMA
It Doesn't Have to Cost the Earth Ltd
47 St Dunstons Close, Worcester, WR5 2AJ

Life-Ways**Company number: 03023526****Statement of Financial Activities including Income and Expenditure Account**

For the Period 1 April 2024 to 31 March 2025

	Notes	31 March 2025			31 March 2024	
		Unrestricted funds £	Restricted Funds £	Total funds £	Unrestricted funds £	Total funds £
Income and endowments from:						
Donations and Legacies	2	2,977	-	2,977	1,682	1,682
Charitable Activities	3	91,914	-	91,914	77,795	77,795
Investments	4	5,329	-	5,329	4	4
Total		100,220	-	100,220	79,480	79,480
Expenditure on:						
Raising Funds		0	-	0	0	0
Charitable Activities	5	106,961	-	106,961	90,039	90,039
Total		106,961	-	106,961	90,039	90,039
Net income/(expenditure) before gains/(losses) on investments		(6,741)	-	(6,741)	(10,559)	(10,559)
Transfer between funds		-	-	-	-	-
Realised / Unrealised gain/(loss) on investments		9,519	-	9,519	49,380	49,380
Net movement in funds		2,777	-	2,777	38,821	38,821
Reconciliation of funds:						
Total funds brought forward		924,081	-	924,081	885,260	885,260
Total funds carried forward	12	926,858	-	926,858	924,081	924,081

The notes on pages 13 to 19 form an integral part of the financial statements.

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

Life-Ways**Company number: 03023526****Balance Sheet**

	Notes	31 March 2025		31 March 2024	
		Unrestricted funds	Total Funds	Unrestricted funds	Total Funds
		£	£	£	£
Fixed assets					
Tangible Assets	8	269,218	269,218	279,572	279,572
Fixed Asset Investments	9	614,513	614,513	569,665	569,665
Total fixed assets		883,731	883,731	849,237	849,237
Current assets					
Cash at bank and in hand	10	47,933	47,933	75,681	75,681
Debtors	11	11,433	11,433	8,820	8,820
Total current assets		59,366	59,366	84,501	84,501
Creditors: amounts falling due within one year	12	(16,239)	(16,239)	(9,658)	(9,658)
Net current (liabilities)/assets		43,127	43,127	74,844	74,844
Total assets less current liabilities		926,858	926,858	924,081	924,081
Total net assets		926,858	926,858	924,081	924,081
Funds of the Charity					
Restricted funds	13	-	-	-	-
Unrestricted funds	13	926,858	926,858	924,081	924,081
Total funds		926,858	926,858	924,081	924,081

The notes on pages 13 to 19 form an integral part of the financial statements.

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2025.

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

The directors acknowledge their responsibilities for ensuring that the charitable company keeps accounting records which comply with section 386 of the Companies Act and for preparing accounts which give a true and fair view of the state of the affairs of the charitable company as at the end of the financial year and of its results for the financial year in accordance with the requirements of sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to accounts, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime and the charities Statement of Recommended Practice and Financial Reporting Standard 102 section 1A.

The financial statements were approved by the Board of Trustees and authorised for issue on 18 September 2025 and were signed on its behalf by:

Mark Phillips

Mark Phillips (Dec 19, 2025 08:47:41 GMT)

MARK STEPHEN PHILLIPS
Director and Trustee (Chair)

Notes to the Financial Statements

1) Accounting Policies

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

a) Basis of accounting

The financial statements have been prepared in accordance with the Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities in preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102), second edition - October 2019 (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2016.

The charity has applied the exemption available to small charities in the Charities SORP (FRS 102) and does not include a Statement of Cash Flows in these Financial Statements.

Life-Ways 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 notes.

b) Preparation of the accounts on a going concern basis

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

The trustees do not consider that there are any sources of estimation uncertainty at the reporting date that have a significant risk of causing a material adjustment to the carrying amount of assets and liabilities within the next reporting period.

c) Fund accounting

The Charity maintains various types of funds as follows:

Unrestricted Funds: Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose in furtherance of the objectives of the Charity.. The Capital fund represents unrestricted funds which the trustees have designated to preserve the permanent infrastructure and long-term financial viability of the Charity. The General funds, designated or otherwise, represent unrestricted funds which are expendable at the discretion of the Trustees in the short-to-medium term in furtherance of the objectives of the Charity.

Restricted Funds: Funds which the donor has specified are solely to be used for particular activities or projects. There are no restricted funds at the end of the reporting period.

d) Income

All income is recognised in the Statement of Financial Activities once the Charity has entitlement to the income, any performance conditions attached to the income have been met, it is probable that the income will be received and the amount of income receivable can be measured reliably.

Income from charitable activities includes income earned from trading activities to be used to undertake activities to further the objects of the charity. Income is received in exchange for supplying goods and services and is recognised when entitlement has occurred.

No amount is included in the financial statements for volunteer time in line with the SORP (FRS 102). Further detail is given in the Trustees' Annual Report.

e) Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the Charity to that expenditure, it is probable that settlement will be required and the amount of the obligation can be measured reliably. All expenditure directly relates to the objects of the Charity and is shown inclusive of VAT.

1) Accounting Policies (Cont.)

f) Allocation of support costs

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include office costs, governance costs and administration costs. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice. Support costs have been allocated to activities on a basis consistent with the use of the resources. The basis on which support costs have been allocated are set out in note 6.

g) Tangible Fixed Assets

Tangible fixed assets are stated at cost less accumulated depreciation. Depreciation is provided at annual rates calculated to write off each asset over its estimated useful life. The depreciation rates applied are set out below:

Freehold property:	Depreciation rate
Main house	Over 50 yrs from 2008 valuation
Main house improvements	Over remaining life of the house
Permanent garden structures	Over 10 to 20 years

Plant and equipment	Depreciation rate
Plant and machinery	15% on reducing balance
Computer & office eqt. (from 2018)	Over 5 years

Fixtures and fittings	Depreciation rate
Fixtures and fittings	15% on reducing balance

h) Fixed Asset Investments

All gains and losses are taken to the Statement of Financial Activities as they arise. Unrealised gains are calculated as the difference between the market value at the year end and opening market value.

i) Debtors

Debtors (including trade debtors and loans receivable) are measured on initial recognition at settlement amount due after any trade discounts or amount advanced by the charity. Subsequently, they are measured at the cash or other consideration expected to be received. Prepayments are valued at the amount prepaid net of any trade discounts due.

j) Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provision are normally recognised at their settlement amount after allowing for any trade discounts due.

k) Corporation Tax

The charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a Charity for UK Corporation Tax purposes. It therefore does not suffer tax on income or gains applied for charitable purposes.

l) Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

1) Accounting Policies (Cont.)

m) Key estimates and accounting judgements

In applying the charity's accounting policies, the Trustees are required to make judgements, estimates and assumptions in determining the carrying amounts of assets and liabilities. The Trustees' judgements, estimates and assumptions are based on the best and most reliable evidence available at the time when the decisions are made, and are based on historical experience and other factors that are considered to be applicable. Due to the inherent subjectivity involved in making such judgements, estimates and assumptions, the actual results and outcomes may differ.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to the accounting estimates are recognised in the period in which the estimate is revised, if the revision affects only that period, or in the period of revision and future periods, if the revision affects both current and future periods.

2) Income from Donations and legacies

	Unrestricted funds	Restricted funds	2025 Total funds	2024 Total funds
	£	£	£	£
Donations and gifts	2,977		2,977	1,682
Grants			-	-
Legacies			-	-
	2,977	-	2,977	1,682

3) Income from Charitable Activities

	Unrestricted funds	Restricted funds	2025 Total funds	2024 Total funds
	£	£	£	£
Grant income			-	-
Therapies, workshops & courses	91,914		91,914	77,795
			-	-
	91,914	-	91,914	77,795

4) Income from Investments

	Unrestricted funds	Restricted funds	2025 Total funds	2024 Total funds
	£	£	£	£
Interest from cash investments	5,329		5,329	4
	5,329	-	5,329	4

5) Analysis of Charitable Activities

breakdown for review / consideration

Basis of Allocation	Unrestricted funds	Restricted funds	2025 Total funds	2024 Total funds
	£	£	£	£
Direct Charitable Activities:				
Staff Costs (see Note 7)	Direct	45,973	45,973	39,416
Pensions	Direct	1,502	1,502	1,211
Charitable donations	Direct	23,250	23,250	14,265
	Direct		-	-
Support Costs:				
Rates and water	Usage	2,554	2,554	2,569
Insurances	Usage	766	766	1,010
Light & heat	Usage	3,710	3,710	2,984
Telephone	Usage	679	679	670
Postage & stationery	Usage	98	98	916
Advertising & marketing	Usage	-	-	240
Sundries	Usage	1,433	1,433	546
Cleaning	Usage	5,676	5,676	4,991
Repairs & Maintenance & equipment exp	Usage	8,113	8,113	7,832
Computer & IT	Usage	1,515	1,515	1,444
Depreciation (see Note 8)	Usage	10,355	10,355	10,739
Bank Charges	Usage	-	-	36
		105,622	-	105,622
				88,869
Governance:				
Accountancy fees	Direct		-	-
Independent Examination	Direct	900	900	850
Other legal & professional	Direct	159	159	-
Staff Training and Welfare		280	280	320
		1,339	-	1,170
Total Charitable Activities		106,961	-	90,039

Life-Ways Annual Report and Financial Statements

7) Employees

	2025	2024
	£	£
Salaries and Wages	45,973	39,416
Social Security costs		
Pensions	1,502	1,211
	<u>47,474</u>	<u>40,627</u>

No employees received employment benefits for the reporting period of more than £60,000 (2023: none).

Average headcount in the year

	2025	2024
Admin	2	2

8) Tangible Fixed Assets

	Freehold Property	Plant and equipment	Fixtures and Fittings	Totals
	£	£	£	£
COST				
At 1 April 2024	395,032	15,280	8,623	418,935
Transfers	-	-	-	-
Additions	-	-	-	-
	<hr/>			
At 31 March 2025	395,032	15,280	8,623	418,935
	<hr/>			
DEPRECIATION				
At 1 April 2024	121,233	13,596	4,534	139,363
Transfers	-	-	-	-
Charge for year	9,228	513	613	10,354
	<hr/>			
At 31 March 2025	130,461	14,109	5,147	149,717
	<hr/>			
NET BOOK VALUE				
At 31 March 2024	273,799	1,684	4,089	279,572
	<hr/>			
At 31 March 2025	264,571	1,171	3,476	269,218
	<hr/>			

9) Fixed Asset Investments

	2025	2024
	£	£
MARKET VALUE		
At 1 April 2024	569,665	520,286
Invested in the period	30,000	
Realised and unrealised gains (losses)	14,848	49,379
	<hr/>	<hr/>
Market value of investments at 31 March 2025	614,513	569,665
	<hr/>	<hr/>
Historical cost of investments	380,800	350,800
	<hr/>	<hr/>
Cash held by investment manager	-	-
	<hr/>	<hr/>
Total value of investments at 31 March 2025	614,513	569,665
	<hr/>	<hr/>
Investments at market value comprise of:		
Managed funds (equities, bonds, gilts)	471,233	466,253
Cash and Cash Products	143,280	103,412
	<hr/>	<hr/>
Total Market value of investments at 31 March 2025	614,513	569,665
	<hr/>	<hr/>

There were no investment assets outside the UK.

10) Cash and cash equivalents

	2025			2024
	Unrestricted	Restricted	Total	Total
	£	£	£	£
Bank account - CAF	-		-	-
Bank Account - Current	47,933		47,933	75,681
Cash in Hand			-	-
	<hr/>		<hr/>	<hr/>
Total Cash at Bank and in Hand	47,933	-	47,933	75,681
	<hr/>		<hr/>	<hr/>

11) Debtors and Prepayments

	2025			2024
	Unrestricted	Restricted	Total	Total
	£	£	£	£
Accounts receivable	83		83	103
Accrued income	8,979		8,979	6,543
Prepayments	2,371		2,371	2,174
	<hr/>		<hr/>	<hr/>
Total	11,433	-	11,433	8,820
	<hr/>		<hr/>	<hr/>

12) Analysis of current liabilities

Analysis of creditors: falling due within one year

	2025		Total	2024
	Unrestricted	Restricted		
	£	£	£	£
Accounts payable	2,340	-	2,340	3,958
PAYE & National Insurance	-	-	-	-
Independent Examiner's Fee	900	-	900	850
Accruals	12,776	-	12,776	4,642
Other creditors	223	-	223	207
Total	16,239	-	16,239	9,658

13) Assets represented by each fund class (all funds are unrestricted)

	Designated capital fund	Designated general funds	Undesignated general funds	Total funds (unrestricted)	Total Funds
	2025	2025	2025	2025	2024
	£	£	£	£	£
Fixed Assets	269,218	-	-	269,218	279,572
Investments	397,575	157,140	59,798	614,513	569,665
Current Assets	-	48,128	11,238	59,366	84,501
Current Liabilities	-	-	(16,239)	(16,239)	(9,657)
Total net assets at 31 March 2023	666,793	205,268	54,797	926,858	924,081

14) Movement in funds

this information populates from the SOFA

	Balance at 31 March 2024	Income	Expenditure	Revaluation of Investments	Balance at 31 March 2025
	£	£	£		£
Restricted Funds	-	-	-	-	-
Unrestricted Funds	924,081	100,220	(106,961)	9,519	926,858
	924,081	100,220	(106,961)	9,519	926,858
Total Funds	924,081	100,220	(106,961)	9,519	926,858

Prior Year Comparative

	Balance at 31 March 2023	Income	Expenditure	Revaluation of Investments	Balance at 31 March 2024
	£	£	£	£	£
Restricted Funds	-	-	-	-	-
Unrestricted Funds	885,260	79,480	(90,039)	49,380	924,081
	885,260	79,480	(90,039)	49,380	924,081
Total Funds	885,260	79,480	(90,039)	49,380	924,081

13) Trustees' expenses and remuneration and related party transactions

The Trustees all give freely of their time and expertise to fulfill their trustees' duties without any form of remuneration or other benefit in cash or kind (2024: £nil).

As part of our charitable giving to Lifespace Trust, Lifeways has paid for Mark Phillips' time at a discounted rate to provide clinical supervision as part of this partnership project. 2025 cost £750 (2024, £150)

LIFE WAYS

England & Wales - Charity number 1050697

Accounts

REGISTERED COMPANY NUMBER: 03023526 (England and Wales)

REGISTERED CHARITY NUMBER: 1050697

**Trustees Annual Report including Directors' Report and
Unaudited Financial Statements
for the Year Ended 31 March 2024
for
Life-Ways**

**Contents of the Annual Report and Financial Statements
for the year ended 31 March 2024**

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Report of the Trustees including Directors' Report for the year ended 31 March 2024

The Trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2024. The Trustees have adopted the provisions of 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 2019).

OBJECTIVES AND ACTIVITIES

The company is established:

1. To promote the relief of sickness and advance the education of the public by the provision of facilities and services to meet the emotional and medical needs of all individuals who require them and to improve the quality of life for such individuals by means of holistic care, services and medicines.
2. The advancement of religion.
3. To make grants to other charitable centres and organisations established for all or any of the objects, as the Trustees may in their absolute discretion determine.
4. A Council of Members/Trustees manages the charity with the assistance of a full-time executive, part-time reception and administration staff and voluntary help.

The charity operates from its centre at the above address and activities include:

1. Providing access to a broad spectrum of counselling and complementary therapies in keeping with its objectives.
2. Arranging and supporting community and awareness events.
3. Supporting locally-based charities that share Life-Ways' objectives.

ACHIEVEMENT AND PERFORMANCE INCLUDING FINANCIAL REVIEW

2024 Highlights

Life-Ways Trustees have made working with children and young people a priority after a growth in demand for services to help manage anxiety, depression and difficulty attending school.

To this end we have developed exciting new projects, working in partnership with other charities which help young people:

- We provide a venue and financial support to The Autistic Girls Network (AGN).
- We are working with Lifespace Trust, a charity focusing on the wellbeing of young people, to help them expand their reach.
- Escape Arts ran their “Grow, Cook, CreATEe” project in our community garden, with financial sponsorship and practical support from Life-Ways.

In addition to our youth projects, we have started a Menopause Support Group, a new Wildlife group that is working on local projects, and a free counsellors’ networking group for continuing professional development.

Promotion

During the period April 2023 to 2024 Life-Ways has:

- Maintained a presence on social media and published articles and blogs on our website, based on sharing information about wellbeing and mental health.
- Worked with other local charities and community hubs to share best practice and publicise initiatives and events.
- Circulated Press Releases to local media with news of initiatives and events held at Life-Ways supporting those most in need.
- Published a Newsletter with details of the work we are doing to support the community.

Investments & reserves

Life-Ways holds financial reserves to ensure long-term financial viability, and to provide additional income and continuity to deliver our charitable objectives.

Life-Ways’ trustees take professional financial advice from Warwick Financial Solutions Limited (an FCA-regulated firm) which also manages our investment portfolio. The Trustees of Life-Ways have set investment parameters of low to medium risk for the portfolio, targeting a 4% to 5% return in the medium to long-term. In the year to 31st March 2024, Life-Ways’ portfolio made a gain of £49,380, more than recouping a loss of (£31,990) the previous year. During the year £100,000 was

moved from the investment portfolio into fixed rate bank deposits, taking advantage of higher interest rates and reducing exposure to market volatility.

Improvements to house and grounds

Every year an audit of the property is carried out to ensure that the structure and comfort of the building is maintained and improved. Work carried out this financial year was mostly maintenance as so much was achieved during the lockdowns of the previous years.

Improvements to the house made this year:

- Replacement of the door from the Big Room to the garden.
- Renewal of the gutters and clearing of the drains at the back of Life-Ways house.
- Replastering and redecoration of the Big Room.
- Insulation and repair of the front wall in Room 5.
- Repair of the radiator in Room 5.

Improvements to the garden made this year:

All maintenance and upkeep of the garden now takes place on a voluntary basis, including:

- Erection of a garden noticeboard for use by the gardening groups and individuals.
- Mowing the lawns by Eco-Workshop, a local CIC providing supported work for people with learning difficulties.
- The maintenance of the pond by a group of local volunteers keen to promote wildlife.
- Trimming of our trees by a Kurdish refugee looking for voluntary work.

Therapies and room lettings

The range and number of therapists working at Life-Ways continued to increase in this financial year. In 2023/24 our bookings increased by 22% to 10,655 hours (2022/23: 8,855 hours). Income from room lettings increased by 14% to £77,795 (2022/23 £68,085). The average room rate was lower reflecting an increase in charitable and social usage.

Charitable Giving

Lifeways aims to support social and charitable projects through:

a) The provision of low-cost and no-cost rooms for charitable and not-for-profit organisations. The total savings that charities and not-for-profits made in the year from low-cost / no-cost room space more-than doubled to £ 10,800 (2022/23: £5,121).

b) Targeted donations. Direct charitable giving in the year increased 7-fold to £14,265 (2022/23 £2,011). We supported projects in partnership with three other local charities, all of which focus on helping young people, being The Autistic Girls Network, Lifespace Trust and Escape Community Arts.

Charitable room rates:

Rental of rooms in the house is charged at the rate of £9.20 per hour or £6.80 for charities or those seeing clients with low wage or no wage. In the garden, the rates are £6 per hour and £4 per hour respectively. We also offer our rooms free-of-charge to some organisations (for example CRUSE Bereavement Care) as we see their work as valuable and matching our aims. Over the 2023/2024 period covered by this report, usage by charitable, Not for Profit (NfP) and community groups increased on the previous year.

Other charities, Not-for-Profits and community groups working at Life-Ways during 2023/24 and paying charity rate include:

- Bounce Back – a charity helping survivors of breast cancer.
- Mind – a charity working with people who are dealing with mental health issues.
- Neighbours & Needles, a local community knit and natter group.
- New Hope, a Counselling Charity for people unable to pay for therapy.
- Safeline, a charity supporting survivors of domestic abuse.
- RoSA, a charity working with survivors of rape and sexual abuse.
- The National Childbirth Trust.
- Warwickshire Carers Trust.

Life-Ways also provides a venue free of charge to the following:

- Allotment spaces for refugees, people with learning difficulties and local people with no gardens.
- The Autistic Girls Network sessions held here.
- CRUSE, a charity supporting the bereaved.
- Continual Professional Development and Networking Group for counsellors.
- Escape Community Arts Grow Cook CreATE project.
- Green Minds – a gardening project helping those with mental health challenges.
- Menopause Support Group – run by us with voluntary assistance from Lifeways Therapists.

- Run-Talk-Run & Walk Talk Walk – A project to encourage people with minor mental health issues to exercise.
- A story-telling project for young people being supported by Lifespace mentoring.

Life-Ways grounds

Life-Ways has beautiful gardens that extend to nearly an acre. They are being used free of charge almost

exclusively for community and environmental projects including easy-access spaces for special-needs gardeners, a community allotment space, a permaculture garden and a wildlife area with beehives.

The whole garden is maintained on a voluntary basis by local people and Life-Ways therapists.

Over the period covered by this report, Life-ways garden has been used as a therapy and social meeting space by a plethora of local groups and individuals. We have allotment spaces, a wood-fired pizza-oven, and we welcome visitors in need of a quiet space throughout the day.

We've also hosted community events, including:

- An Easter Egg Hunt raising funds for Lifeways.
- A poetry writing event in collaboration between the Royal Shakespeare Theatre, the Shakespeare Birthplace Trust and our creative writing group.
- A community choir event.
- A day of work for volunteers from Cadent.
- A fund-raising open day for Mind.
- A Heritage Craft Day.

Public Benefit

The Trustees believe that they have paid due regard to the Charity Commission's guidance on public benefit in deciding what activities the charity should undertake. The Trustees are confident that despite Covid restrictions, public and social benefit from Life-Ways has continued to grow over the past twelve months as we have tried to find ways to support the community.

Management personnel and systems

Since the last Life-Ways annual report, James Pavitt has continued as Manager for Life-Ways. Lucy McLeod was employed to provide office support for 16 hours per week from May 9th, 2022, and from February 2024 her hours were increased to be 24 hours per week.

Life-Ways has also continued to develop its policies and has the following policies agreed by the Trustees:

- Charitable Policy under review
- Complaints
- Conflicts of Interest
- Covid Policy
- Engagement of Practitioners
- Environmental Policy
- Equality and Diversity
- Financial Policy under review
- Health and Safety
- Privacy Policy
- Risk Assessment under review
- Safeguarding
- Volunteering

We also continue to maintain a register of Trustees Interests and open each meeting with a declaration of interests on agenda items.

James Pavitt maintains the accounting records at Life-Ways, overseen by Trustee and Treasurer John Wibberley. Life-Ways books are annually checked independently, and financial statements prepared. This year, Life-Ways financial statements have been prepared by John Wibberley with independent examination by Teresa Fennell of It Doesn't Have To Cost The Earth.

James Pavitt is employed for 35 hours per week, but also volunteers his time at Life-Ways, both in the office and in Life-ways garden.

Lucy McLeod, James' office support, is employed for 24 hours per week and also volunteers her time at Life-Ways.

Payroll services are kindly provided free of charge by Counters Consulting Limited, part of the TAG Accounting Group.

FUTURE PLANS

Life-Ways priority over the coming months will be to develop a sustainable balance between a busier house and ensuring that the needs of the charities and therapists using rooms here are met.

Current room letting rates will be examined, with the aim of ensuring Life-Ways' long-term economic sustainability and boosting our ability to support local charitable causes.

We will be continuing our support for the Autistic Girls Network and Lifespace Trust. We also aim to provide a meeting space for parents whose children are struggling to attend school.

Work will continue to ensure that the fabric of the building is maintained and that energy efficiency and reduction of our environmental footprint is encouraged as much as possible.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Life-Ways is a Company Limited by Guarantee registered with Companies House, Number 3023526, incorporated on 17th February 1995. Life-Ways is established as a charity and was registered with the Charity Commission, Number 1050697, on 15th November 1995.

The charity's address is 30 Albany Road, Stratford-upon-Avon, Warwickshire CV37 6PG.

The charity's governing documents are its Memorandum of Association and Articles of Association.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

03023526 (England and Wales)

Registered Charity number

1050697

Registered office

30 Albany Road
Stratford upon Avon
Warwickshire
CV37 6PG

Trustees

Mrs J Ewing
Mrs G M Fletcher
Ms S Hershon
Mr M S Phillips
Mr J C Wibberley
Mrs M S Clausen (resigned Sep.2024)
Ms H Smith (appointed Sep.2024)

Company Secretary

Mr J C Wibberley

Independent Examiner

Teresa Fennell (CIMA MiP)
It Doesn't Have To Cost The Earth Ltd
47 St Dunstons Close
Worcester
WR5 2AJ

STATEMENT OF TRUSTEES' RESPONSIBILITIES

The Trustees (who are also the directors of Life-Ways for the purposes of company law) are responsible for preparing the Trustees Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the Trustees are required to:

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

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 1985. The Trustees are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by order of the board of Trustees on 21st November 2024 and signed on its behalf by:

Mark Phillips 20/12/2024

[Mark Phillips \(Dec 20, 2024 17:08 GMT\)](#)

Mr M S Phillips - Trustee

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF THE LIFE WAYS CHARITABLE COMPANY ('THE COMPANY') FOR THE YEAR ENDED 31 MARCH 2024

I report to the trustees on my examination of the accounts of the Company for the year ended 31 March 2024.

Responsibilities and basis of report

As the trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the Company's accounts carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in accordance with section 386 of the Companies Act 2006; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)].

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



Date: 20/12/2024

Teresa Fennell, ACMA CGMA

It Doesn't Have to Cost the Earth Ltd

47 St Dunstons Close, Worcester, WR5 2AJ

Life-Ways

Company number: 03023526

Charity number: 1050697

Statement of Financial Activities including Income and Expenditure Account

For the Period 1 April 2023 to 31 March 2024

		31 March 2024			31 March 2023	
	Notes	Unrestricted funds	Restricted Funds	Total funds	Unrestricted funds	Total funds
		£	£	£	£	£
Income and endowments from:						
Donations and Legacies	2	1,682	-	1,682	4,744	4,744
Charitable Activities	3	77,795	-	77,795	68,085	68,085
Investments	4	4	-	4	4	4
Total		79,480	-	79,480	72,834	72,834
Expenditure on:						
Raising Funds		0	-	0	0	0
Charitable Activities	5	90,039	-	90,039	69,796	69,796
Total		90,039	-	90,039	69,796	69,796
Net income/(expenditure) before gains/(losses) on investments		(10,559)	-	(10,559)	3,038	3,038
Transfer between funds		-	-	-	-	-
Realised / Unrealised gain/(loss) on investments		49,380	-	49,380	(31,990)	(31,990)
Net movement in funds		38,820	-	38,820	(28,952)	(28,952)
Reconciliation of funds:						
Total funds brought forward		885,260	-	885,260	914,212	914,212
Total funds carried forward	12	924,081	-	924,081	885,260	885,260

The notes on pages 15 to 21 form an integral part of the financial statements.

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

Life-Ways

Company number: 03023526

Charity number: 1050697

Balance Sheet

	Notes	31 March 2024		31 March 2023	
		Unrestricted funds	Total Funds	Unrestricted funds	Total Funds
		£	£	£	£
Fixed assets					
Tangible Assets	8	279,572	279,572	289,861	289,861
Fixed Asset Investments	9	569,665	569,665	520,286	520,286
Total fixed assets		849,237	849,237	810,147	810,147
Current assets					
Cash at bank and in hand	10	75,681	75,681	72,005	72,005
Debtors	11	8,820	8,820	9,526	9,526
Total current assets		84,501	84,501	81,531	81,531
Creditors: amounts falling due within one year	12	(9,658)	(9,658)	(6,417)	(6,417)
Net current (liabilities)/assets		74,843	74,843	75,113	75,113
Total assets less current liabilities		924,080	924,080	885,260	885,260
Total net assets		924,080	924,080	885,260	885,260
Funds of the Charity					
Restricted funds	13	-	-	-	-
Unrestricted funds	13	924,081	924,081	885,260	885,260
Total funds		924,081	924,081	885,260	885,260

The notes on pages 15 to 21 form an integral part of the financial statements.

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2024.

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

The directors acknowledge their responsibilities for ensuring that the charitable company keeps accounting records which comply with section 386 of the Companies Act and for preparing accounts which give a true and fair view of the state of the affairs of the charitable company as at the end of the financial year and of its results for the financial year in accordance with the requirements of sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to accounts, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime and the charities Statement of Recommended Practice and Financial Reporting Standard 102 section 1A.

The financial statements were approved by the Board of Trustees and authorised for issue on 21st November 2024 and were signed on its behalf by:

Mark Phillips 20/12/2024

Mark Phillips (Dec 20, 2024 17:08 GMT)

MARK STEPHEN PHILLIPS
Director and Trustee (Chair)

Notes to the accounts

1) Accounting Policies

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

a) Basis of accounting

The financial statements have been prepared in accordance with the Accounting and Reporting by Charities: Statement of The charity has applied the exemption available to small charities in the Charities SORP (FRS 102) and does not include a Statement of Cash Flows in these Financial Statements.

Life-Ways 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 notes.

b) Preparation of the accounts on a going concern basis

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

The trustees do not consider that there are any sources of estimation uncertainty at the reporting date that have a significant risk of causing a material adjustment to the carrying amount of assets and liabilities within the next reporting period.

c) Fund accounting

The Charity maintains various types of funds as follows:

Unrestricted Funds: Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose in furtherance of the objectives of the Charity.. The Capital fund represents unrestricted funds which the trustees have designated to preserve the permanent infrastructure and long-term financial viability of the Charity. The General funds, designated or otherwise, represent unrestricted funds which are expendable at the discretion of the Trustees in the short-to-medium term in furtherance of the objectives of the Charity.

Restricted Funds: Funds which the donor has specified are solely to be used for particular activities or projects. There are no restricted funds at the end of the reporting period.

d) Income

All income is recognised in the Statement of Financial Activities once the Charity has entitlement to the income, any performance conditions attached to the income have been met, it is probable that the income will be received and the amount of income receivable can be measured reliably.

Income from charitable activities includes income earned from trading activities to be used to undertake activities to further the objects of the charity. Income is received in exchange for supplying goods and services and is recognised when entitlement has occurred.

No amount is included in the financial statements for volunteer time in line with the SORP (FRS 102). Further detail is given in the Trustees' Annual Report.

e) Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the Charity to that expenditure, it is probable that settlement will be required and the amount of the obligation can be measured reliably. All expenditure directly relates to the objects of the Charity and is shown inclusive of VAT.

f) Allocation of support costs

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include office costs, governance costs and administration costs. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice. Support costs have been allocated to activities on a basis consistent with the use of the resources. The basis on which support costs have been allocated are set out in note 6.

Notes to the accounts

g) Tangible Fixed Assets

Tangible fixed assets are stated at cost less accumulated depreciation. Depreciation is provided at annual rates calculated to write off each asset over its estimated useful life. The asset lives were changed for certain asset categories in the accounting period. Hybrid rates are applied to depreciate the opening net book value of existing assets evenly over the remaining term.

Review of classification and depreciation rates (2024)

The asset lives were changed for certain asset categories from 01/04/2023. Hybrid rates have been applied to depreciate the opening net book value of existing assets evenly over the remaining term. Certain assets acquired since 2018 were transferred from Fixtures and Fittings to Computer & office equipment. New and comparative depreciation rates are set out below.

Freehold property:	New Rate	Comparative rate
Main house	Over 50 yrs from 2008 valuation	No change
Main house improvements	Over remaining life of the house	Over 50 years from date of spend
Permanent garden structures	Over 10 to 20 years	Over 50 years from date of spend
Plant and equipment	New Rate	Comparative rate
Plant and machinery	15% on reducing balance	No change
Computer & office eqt. (from 2018)	Over 5 years	15% on reducing balance
Fixtures and fittings	New Rate	Comparative rate
Fixtures and fittings	15% on reducing balance	No change

Financial impact of the depreciation

Depreciation for the year is £1,791 higher than would have been the case under the comparative rates.

h) Fixed Asset Investments

All gains and losses are taken to the Statement of Financial Activities as they arise. Unrealised gains are calculated as the difference between the market value at the year end and opening market value.

i) Debtors

Debtors (including trade debtors and loans receivable) are measured on initial recognition at settlement amount due after any trade discounts or amount advanced by the charity. Subsequently, they are measured at the cash or other consideration expected to be received. Prepayments are valued at the amount prepaid net of any trade discounts due.

j) Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provision are normally recognised at their settlement amount after allowing for any trade discounts due.

k) Corporation Tax

The charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a Charity for UK Corporation Tax purposes. It therefore does not suffer tax on income or gains applied for charitable purposes.

l) Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

Notes to the accounts

m) Key estimates and accounting judgements

In applying the charity's accounting policies, the Trustees are required to make judgements, estimates and assumptions in determining the carrying amounts of assets and liabilities. The Trustees' judgements, estimates and assumptions are based on the best and most reliable evidence available at the time when the decisions are made, and are based on historical experience and other factors that are considered to be applicable. Due to the inherent subjectivity involved in making such judgements, estimates and assumptions, the actual results and outcomes may differ.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to the accounting estimates are recognised in the period in which the estimate is revised, if the revision affects only that period, or in the period of revision and future periods, if the revision affects both current and future periods.

n) Statement of Financial Affairs - Income classification and restatement of prior year.

Income from therapies, workshops and courses has been shown under "Income from Charitable Activities". In previous years it was shown under "Other trading activities". The 2022 comparatives have been restated in line with this reclassification, which was adopted after taking professional advice.

2) Income from Donations and legacies

	Unrestricted funds	Restricted funds	2024 Total funds	2023 Total funds
	£	£	£	£
Donations and gifts	1,682		1,682	4,744
Grants			-	-
Legacies			-	-
	<u>1,682</u>	<u>-</u>	<u>1,682</u>	<u>4,744</u>

3) Income from Charitable Activities

	Unrestricted funds	Restricted funds	2024 Total funds	2023 Total funds
	£	£	£	£
Grant income			-	-
Therapies, workshops & courses	77,795		77,795	68,085
	<u>77,795</u>	<u>-</u>	<u>77,795</u>	<u>68,085</u>

4) Income from Investments

	Unrestricted funds	Restricted funds	2024 Total funds	2023 Total funds
	£	£	£	£
Income (loss) from investments	4		4	4
	<u>4</u>	<u>-</u>	<u>4</u>	<u>4</u>

Notes to the accounts

5) Analysis of Charitable Activities

breakdown for review / consideration

	Basis of Allocation	Unrestricted funds £	Restricted funds £	2024 funds £	Total 2023 Total funds £
Direct Charitable Activities:					
Staff Costs (see Note 7)	Direct	39,416		39,416	35,719
Pensions	Direct	1,211		1,211	1,111
Charitable donations	Direct	14,265		14,265	2,011
	Direct			-	-
Support Costs:					
Staff Costs (see Note 7)				-	-
Rates and water	Usage	2,569		2,569	1,095
Insurances	Usage	1,010		1,010	981
Light & heat	Usage	2,984		2,984	1,536
Telephone	Usage	670		670	600
Postage & stationery	Usage	916		916	589
Advertising & marketing	Usage	240		240	650
Sundries	Usage	546		546	801
Cleaning	Usage	4,991		4,991	4,475
Repairs & Maintenance & equipment ex	Usage	7,832		7,832	8,400
Computer & IT	Usage	1,444		1,444	1,570
Depreciation (see Note 8)	Usage	10,739		10,739	9,079
Bank Charges	Usage	36		36	72
		88,869	-	88,869	68,689
Governance:					
Accountancy fees	Direct			-	-
Independent Examination	Direct	850		850	850
Other legal & professional	Direct	-		-	57
Staff Training and Welfare		320		320	200
		1,170	-	1,170	1,107
Total Charitable Activities		90,039	-	90,039	69,796

6) Employees

	2024 £	2023 £
Salaries and Wages	39,416	35,719
Social Security costs		
Pensions	<u>1,211</u>	<u>1,111</u>
	<u>40,627</u>	<u>36,830</u>

No employees received employment benefits for the reporting period of more than £60,000 (2023: none).

Average headcount in the year

	2024	2023
Admin	2	2

Notes to the accounts

7) Tangible Fixed Assets

	Freehold Property	Plant and equipment	Fixtures and Fittings	Totals
	£	£	£	£
COST				
At 1 April 2023	395,032	13,711	9,742	418,485
Transfers		1,119	(1,119)	-
Additions		450	0	450
At 31 March 2024	395,032	15,280	8,623	418,935
DEPRECIATION				
At 1 April 2023	112,005	12,465	4,154	128,624
Transfers		342	(342)	-
Charge for year	9,228	789	722	10,739
At 31 March 2024	121,233	13,596	4,534	139,363
NET BOOK VALUE				
At 31 March 2023	283,027	1,246	5,588	289,861
At 31 March 2024	273,799	1,684	4,089	279,572

8) Fixed Asset Investments

	2024	2023
	£	£
MARKET VALUE		
At 1 April 2023	520,286	552,276
Realised and unrealised gains (losses)	49,379	- 31,990
Market value of investments at 31 March 2024	569,665	520,286
Historical cost of investments	350,800	350,800
Cash held by investment manager	-	-
Total value of investments at 31 March 2024	569,665	520,286
Investments at market value comprise of:		
Managed funds (equities, bonds, gilts)	466,253	454,798
Cash and Cash Products	103,412	65,488
Total Market value of investments at 31 March 2024	569,665	

520,286 There were no investment

assets outside the UK.

Notes to the accounts

9) Cash and cash equivalents

(optional if you want to include this note)

	2024			2023
	Unrestricted	Restricted	Total	Total
	£	£	£	£
Bank account - CAF	-	-	-	3,141
Bank Account - Current	75,681	-	75,681	68,864
Cash in Hand	-	-	-	-
Total Cash at Bank and in Hand	75,681	-	75,681	72,005

10) Debtors and Prepayments

	2024			2023
	Unrestricted	Restricted	Total	Total
	£	£	£	£
Accounts receivable	103	-	103	8
Accrued income	6,543	-	6,543	7,536
Prepayments	2,174	-	2,174	1,982
Total	8,820	-	8,820	9,526

11) Analysis of current liabilities

Analysis of creditors: falling due within one year

	2024			2023
	Unrestricted	Restricted	Total	Total
	£	£	£	£
Accounts payable	3,958	-	3,958	3,679
PAYE & National Insurance	-	-	-	1,317
Independent Examiner's Fee	850	-	850	850
Accruals	4,642	-	4,642	432
Other creditors	207	-	207	140
Total	9,658	-	9,658	6,417

12) Assets represented by each fund class (all funds are unrestricted)

	Designated capital fund	Designated general funds	Undesignated general funds	Total funds (unrestricted)	Total Funds
	2024	2024	2024	2024	2023
	£	£	£	£	£
Fixed Assets	279,572	-	-	279,572	289,861
Investments	387,500	132,165	50,000	569,665	520,286
Current Assets	-	73,835	10,666	84,501	81,531
Current Liabilities	-	-	(9,658)	(9,658)	(6,417)
Total net assets at 31 March 2023	667,072	206,000	51,008	924,080	885,260

Notes to the accounts

13) Movement in funds

this information populates from the SOFA

	Balance at 31 March 2023	Income	Expenditure	Revaluation of Investments	Balance at 31 March 2024
	£	£	£		£
Restricted Funds	-	-	-	0	0
	-	-	-	-	-
Unrestricted Funds	885,260	79,480	(90,039)	49,380	924,081
	885,260	79,480	(90,039)	49,380	924,081
Total Funds	885,260	79,480	(90,039)	49,380	924,081

Prior Year Comparative

	Balance at 31 March 2022	Income	Expenditure	Revaluation of Investments	Balance at 31 March 2023
	£	£	£	£	£
Restricted Funds	-	-	-	-	-
	-	-	-	-	-
Unrestricted Funds	914,212	72,834	(69,796)	(31,990)	885,260
	914,212	72,834	(69,796)	(31,990)	885,260
Total Funds	914,212	72,834	(69,796)	(31,990)	885,260

14) Trustees' expenses and remuneration and related party transactions

The Trustees all give freely of their time and expertise to fulfill their trustees' duties without any form of remuneration or other benefit in cash or kind (2023: £nil).

As part of our charitable giving to Lifespace Trust, Lifeways has paid for Mark Phillips' time at a discounted rate to provide clinical supervision as part of this partnership project. 2024 cost £150 (2023, £NIL)

LIFE WAYS

England & Wales - Charity number 1050697

Accounts

REGISTERED COMPANY NUMBER: 03023526 (England and Wales)

REGISTERED CHARITY NUMBER: 1050697

**Report of the Trustees and
Unaudited Financial Statements
for the Year Ended 31 March 2023
for
Life-Ways**

**Contents of the Financial Statements
for the year ended 31 March 2023**

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Trustees' Annual Report including Directors' Report for the year ended 31 March 2023

The trustees, who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2022. The trustees have adopted the provisions of 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 2019).

OBJECTIVES AND CORE ACTIVITIES

The company is established:

1. To promote the relief of sickness and advance the education of the public by the provision of facilities and services to meet the emotional and medical needs of all individuals who require them and to improve the quality of life for such individuals by means of holistic care, services and medicines;
2. For the advancement of religion;
3. To make grants to other charitable centres and organisations established for all or any of the objects, as the Trustees may in their absolute discretion determine.

A Council of Members/Trustees manages the charity with the assistance of a full-time executive, part-time reception and administration staff, and voluntary help.

The charity operates from its centre at the registered office and core activities include:

1. Providing access to a broad spectrum of counselling and complementary therapies in keeping with its objectives;
2. Arranging and supporting community and awareness events;
3. Supporting a number of locally based charities that share Life-Ways' objectives.

Public Benefit

The trustees believe that they have paid due regard to the Charity Commission's guidance on public benefit in deciding what activities the charity should undertake. Over the past twelve months Life-Ways has re-established its services following the lifting of Covid restrictions, and developed new plans and partnerships to broaden and extend delivery of public and social benefit in the future.

FINANCIAL OVERVIEW

Financial performance

Income from charitable activities was £68,085. This is an increase of 70% over the previous year (2022, £39,967), building the income back up to around 67% of pre-Covid levels.

Income was supplemented by donations of £4,744 (2022, £1,646).

Expenditure on charitable activities increased by 6% to £69,796 (2022, £65,626).

This resulted in a surplus of income over expenditure of £3,038 in the year (2022, £24,013 deficit) before gains / (losses) on investments are taken into account (see below).

Financial reserves and investments

Life-Ways aims to keep sufficient readily accessible funds (cash at bank) available to cover a minimum of six months' forward expenditure. The balance at the period end was £72,005 (2022, £61,993).

Life-Ways maintains a long-term investment portfolio:

- To ensure charitable activities can continue in the event that annual income from those activities is severely reduced (as happened during the Covid pandemic);
- As a contingency to cover major repairs to the property, and to fund potential future property extension or other capital works;
- To generate an additional income stream to fund charitable work.

The Trustees have appointed a regulated firm of independent financial advisers (Warwick Financial Solutions Limited) to give professional guidance and help manage the investments on behalf of the Charity.

The Trustees have set a target of low to medium risk for the portfolio, aiming for a 4% to 5% return over the medium to long-term. In the 12 months between 1st April 2022 and 31st March 2023, the markets have been extremely volatile. Life-Ways' portfolio made a loss of 5.8% over the period covered by this report. The value of the investments stood at £520,286 at 31st March 2023 (2022, £552,276).

OPERATIONAL REVIEW

Overview

In the aftermath of the Coronavirus pandemic and associated restrictions, Life-Ways trustees have acted to restore the financial security of the charity whilst enhancing its contribution to the community. We have seen a growth in our room-use and a subsequent growth in income as a result and are pleased that activities at Life-Ways are returning to normal. Improvements and renovations to the property made during the pandemic are having a positive impact on our attractiveness as a venue and the benefit we provide to the community. With the finances on a more stable footing, we have been able to commit financial resources and facilities to exciting new partnerships which will further our charitable aims.

Promotion

During the period April 2022 to March 2023 Life-Ways has:

- Developed and launched a new logo for promotion of our charity;
- Created a printed map for circulation to those visiting and using Life-Ways;
- Maintained a presence on social media and published articles and blogs on our website, based on sharing information about wellbeing and mental health;
- Worked with other local groups and charities and community hubs to share best practice and publicise initiatives and events;
- Circulated press releases to local media with news of initiatives and events held at Life-Ways supporting those most in need.

Improvements to house and grounds

Every year an audit of the property is carried out to ensure that the structure and comfort of the building is maintained and improved. Work carried out this financial year was mostly routine maintenance, following the completion of larger projects during Covid lockdowns.

Improvements to the house made this year:

- General repairs and maintenance of plumbing and drains.
- New chairs purchased for counselling rooms.

Improvements to the garden made this year:

During the lockdowns we experienced a considerable growth in the number of volunteers using our outside spaces. All of the maintenance and upkeep of the garden now takes place on a voluntary basis, including:

- Mowing the lawns by Eco-Workshop, a local CIC providing supported work for people with learning difficulties;
- The maintenance of the pond by a group of local volunteers keen to promote wildlife;
- Trimming of our trees by a Kurdish refugee looking for voluntary work.

Therapies

The range and number of therapists working at Life-Ways continued to increase in this financial year. Between April 2022 and March 2023, our bookings increased to 8,855.25 hours from 5,330 hours in the previous financial year.

Charitable and social usage

Lifeways aims to support social and charitable projects through;

- a) the provision of low-cost rooms for charitable and not-for-profit organisations, and
- b) targeted donations to projects when surplus funds are available.

Rental of rooms in the house is charged at the rate of £8.80 per hour or £6.80 for charities or those seeing clients with low wage or no wage. (Garden rates: £4 and £2 per hour respectively.) We also offer our rooms free-of-charge to some organisations (for example CRUSE Bereavement Care) as we see their work as valuable and matching our aims. Over the 2022/2023 period covered by this report, usage by charitable, Not for Profit (NfP) and community groups increased on the previous year.

Charities, NfP and community groups working at Life-Ways during 2022/23 and paying charity rate include:

- Bounce Back – a charity helping survivors of Breast Cancer
- New Hope, a Counselling Charity for people unable to pay for therapy
- Safeline, a charity supporting survivors of domestic abuse
- RoSA, a charity working with survivors of rape and sexual abuse
- The National Childbirth Trust
- Warwickshire Carers Trust

Life-Ways also provides a venue free of charge to the following:

- Allotment spaces for refugees
- CRUSE, a charity supporting the bereaved
- Green Minds – a gardening project helping those with mental health challenges
- Escape Community Arts project (Grow, Cook, CreATE) where vulnerable people are taught life skills including growing and cooking food
- Run-Talk-Run – A project to encourage people with minor mental health issues to exercise
- Warwickshire County Council Youth Justice Service, where young offenders are given little jobs around the garden.

We can calculate the total savings that charities and not-for-profits have made each year from the records we keep. For the previous report (2021/22) we calculated that the savings that charities and not-for-profits made was just £3,046. For the 2022/23 period the amount of savings grew to £ 5,121.

Life-Ways grounds

Life-Ways has beautiful gardens that extend to nearly an acre. They are being used free of charge almost exclusively for community and environmental projects including easy-access spaces for special-needs gardeners, a community allotment space, community-owned chickens, a Permaculture garden and a wildlife area with beehives. The whole garden is maintained on a voluntary basis by local people and Life-Ways therapists.

Over the period covered by this report Life-Ways garden has been used as a therapy and social meeting space by local groups and individuals. We have allotment spaces, a wood-fired pizza-oven, community-owned rescue chickens, and we welcome visitors throughout the day who are in need of a quiet space.

We've also hosted community events, including:

- Celebrations for our local community for the Queen's Platinum Jubilee
- A Midsummer Gathering for the Arts Rising Collective, a local arts and creativity group
- A musical performance by the Street Arts Project who work with homeless people
- A day of work for volunteers from Coca-Cola
- Regular Forest School sessions for children from local primary schools
- A 'Lighting Up The Night' event run by bereavement charity CRUSE.

In October 2022, Lifeways Community Garden was presented with Stratford-in-Bloom's Chair's Award for "an exceptional garden, run by and benefitting the local community."

Future Plans

In June 2022, Life-Ways Trustees gathered to put down their thoughts on the future of the charity and how we wish to benefit the community over the next five years. This resulted in a framework for funding regular projects, focussing primarily on the mental health of young people which is currently in crisis due to long waiting times for referrals to NHS services (CAHMS and IAPT). The Trustees agreed that the best way we can support young people is to partner with local charities and organisations who share our vision and are already serving the local community. The ultimate aim is to develop several such partnerships over the next five years.

The financial priority for Life-Ways management and staff over the coming months will be to increase levels of income towards pre-pandemic levels. Current room letting rates will be examined, with the aim of protecting Life-Ways' long-term economic sustainability and boosting our ability to support local charitable causes.

Work will continue to ensure that the fabric of the building is maintained and that energy efficiency and reduction of our environmental footprint is encouraged as much as possible.

STRUCTURE, MANAGEMENT AND GOVERNANCE

Life-Ways is a Company Limited by Guarantee registered with Companies House, Number 3023526, incorporated on 17th February 1995. Life-Ways is established as a charity and was registered with the Charity Commission, Number 1050697, on 15th November 1995.

The charity's address is 30 Albany Road, Stratford-upon-Avon, Warwickshire CV37 6PG. The charity's governing documents are its Memorandum of Association and Articles of Association.

Registered Company number

03023526 (England and Wales)

Registered Charity number

1050697

Registered office

30 Albany Road
Stratford upon Avon
Warwickshire
CV37 6PG

Trustees

J Ewing
G M Fletcher
S Hershon
M S Phillips (Chair)
J C Wibberley (Company Secretary)
M S Clausen

Independent Examiner

Teresa Fennell
ACMA CGMA
It Doesn't Have to Cost the Earth Ltd
Chartered Management Accountants
47 St Dunstons Close
Worcester, WR5 2AJ

Management, personnel and systems

Since the last Life-Ways annual report, James Pavitt has continued as Manager for Life-Ways. James is employed for 35 hours per week, but also volunteers his time at Life-Ways, both in the office and in Life-Ways garden. He maintains the books at Life-Ways on a daily basis, with additional support from the Treasurer.

Esther Rambaud was employed as office support for 12 hours per week, until she left for new employment on May 13th 2022. Lifeways subsequently employed Lucy McLeod to provide office support from May 9th 2022 and she has been continuing in the role for the rest of this financial year. Lucy is employed for 16 hours per week and also volunteers her time at Life-Ways.

Life-Ways has also continued to develop its policies and has now has the following policies agreed by the Trustees:

- Charitable Policy
- Complaints
- Conflicts of Interest
- Covid Policy
- Engagement of Practitioners
- Environmental Policy
- Equality and Diversity
- Financial Policy
- Health and Safety
- Privacy Policy
- Risk Assessment
- Safeguarding
- Volunteering

During the period covered by this report, we also collated a register of Trustees Interests and now open each meeting with a declaration of interests on agenda items.

Payroll services are kindly provided free of charge by Counters Consulting Limited, Chartered Management Accountants, Turnpike Gate House, Alcester Heath, Alcester, Warwickshire, B49 5JG.

The 2023 financial statements have been prepared by Trustee and Treasurer, John Wibberley, with additional guidance from the external Independent Examiner, Teresa Fennell ACMA GCMA.

Statement of Trustees' responsibilities

The trustees (who are also the directors of Life-Ways for the purposes of company law) are responsible for preparing the Trustees Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period.

In preparing these financial statements, the trustees are required to:

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

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 1985. The trustees are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by order of the board of trustees on 7th December 2023 and signed on its behalf by:


[Mark Phillips \(Dec 13, 2023 10:26 GMT\)](#)

M S Phillips

Director and Chair of the Trustees

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF THE LIFE WAYS CHARITABLE COMPANY ('THE COMPANY') FOR THE YEAR ENDED 31 MARCH 2023

I report to the trustees on my examination of the accounts of the Company for the year ended 31 March 2023.

Responsibilities and basis of report

As the trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the Company's accounts carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in accordance with section 386 of the Companies Act 2006; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)].

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Teresa Fennell

Date: 13/12/2023

Teresa Fennell, ACMA CGMA
It Doesn't Have to Cost the Earth Ltd
47 St Dunstons Close, Worcester, WR5 2AJ

Life-Ways

Company No: 03023526

Charity No: 1050697

Statement of Financial Activities including Income and Expenditure Account

For the Period 1 April 2022 to 31 March 2023

	Notes	31 March 2023			31 March 2022	
		Unrestricted funds £	Restricted Funds £	Total funds £	Unrestricted funds £	Total funds (restated) £
Income and endowments from:						
Donations and Legacies	2	4,744	-	4,744	1,646	1,646
Charitable Activities	3	68,085	-	68,085	39,967	39,967
Investments	4	4	-	4	0	0
Total		72,834	-	72,834	41,613	41,613
Expenditure on:						
Raising Funds		0	-	0	0	0
Charitable Activities	5	69,796	-	69,796	65,626	65,626
Total		69,796	-	69,796	65,626	65,626
Net income/(expenditure) before gains/(losses) on investments		3,038	-	3,038	(24,013)	(24,013)
Transfer between funds		-	-	-	-	-
Unrealised gain/(loss) on investments		(31,990)	-	(31,990)	2,360	2,360
Net movement in funds		(28,952)	-	(28,952)	(21,653)	(21,653)
Reconciliation of funds:						
Total funds brought forward		914,212	-	914,212	935,865	935,865
Total funds carried forward	12	885,260	-	885,260	914,212	914,212

The notes on pages 16 to 22 form an integral part of the financial statements.

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

Life-Ways**Company No: 03023526****Charity No: 1050697****Balance Sheet**

	Notes	31 March 2023		31 March 2022	
		Unrestricted funds	Total Funds	Unrestricted funds	Total Funds
		£	£	£	£
Fixed assets					
Tangible Assets	8	289,861	289,861	298,621	298,621
Fixed Asset Investments	9	520,286	520,286	552,276	552,276
Total fixed assets		810,147	810,147	850,897	850,897
Current assets					
Cash at bank and in hand	10	72,005	72,005	61,993	61,993
Debtors	11	9,526	9,526	6,159	6,159
Total current assets		81,531	81,531	68,152	68,152
Creditors: amounts falling due within one year	12	(6,417)	(6,417)	(4,837)	(4,837)
Net current (liabilities)/assets		75,113	75,113	63,315	63,315
Total assets less current liabilities		885,260	885,260	914,212	914,212
Total net assets		885,260	885,260	914,212	914,212
Funds of the Charity					
Restricted funds	13	-	-	-	-
Unrestricted funds	13	885,260	885,260	914,212	914,212
Total funds		885,260	885,260	914,212	914,212

The notes on pages 16 to 22 form an integral part of the financial statements.

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2023.

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

Cont...

Life-Ways Annual Report and Financial Statements

The directors acknowledge their responsibilities for ensuring that the charitable company keeps accounting records which comply with section 386 of the Companies Act and for preparing accounts which give a true and fair view of the state of the affairs of the charitable company as at the end of the financial year and of its results for the financial year in accordance with the requirements of sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to accounts, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime and the charities Statement of Recommended Practice and Financial Reporting Standard 102 section 1A.

The financial statements were approved by the Board of Trustees and authorised for issue on 7th December 2023 and were signed on its behalf by:


Mark Phillips
[Mark Phillips \(Dec 13, 2023 10:26 GMT\)](#)

MARK STEPHEN PHILLIPS
Director and Trustee (Chair)

Life-Ways

Company No: 03023526

Charity No: 1050697

Notes to the Financial Statements

1) Accounting Policies

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

a) Basis of accounting

The financial statements have been prepared in accordance with the Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities in preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102), second edition - October 2019 (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2016.

The charity has applied the exemption available to small charities in the Charities SORP (FRS 102) and does not include a Statement of Cash Flows in these Financial Statements.

Life-Ways 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 notes.

b) Preparation of the accounts on a going concern basis

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

The trustees do not consider that there are any sources of estimation uncertainty at the reporting date that have a significant risk of causing a material adjustment to the carrying amount of assets and liabilities within the next reporting period.

c) Fund accounting

The Charity maintains various types of funds as follows:

Unrestricted Funds: The general funds represent unrestricted income which is expendable at the discretion of the Trustees in the furtherance of the objectives of the Charity. Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose.

Restricted Funds: Funds which the donor has specified are solely to be used for particular activities or projects.

d) Income

All income is recognised in the Statement of Financial Activities once the Charity has entitlement to the income, any performance conditions attached to the income have been met, it is probable that the income will be received and the amount of income receivable can be measured reliably.

Income from charitable activities includes income earned from trading activities to be used to undertake activities to further the objects of the charity. Income is received in exchange for supplying goods and services and is recognised when entitlement has occurred.

No amount is included in the financial statements for volunteer time in line with the SORP (FRS 102). Further detail is given in the Trustees' Annual Report.

e) Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the Charity to that expenditure, it is probable that settlement will be required, and the amount of the obligation can be measured reliably. All expenditure directly relates to the objects of the Charity and is shown inclusive of VAT.

f) Allocation of support costs

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include office costs, governance costs and administration costs. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice. Support costs have been allocated to activities on a basis consistent with the use of the resources. The basis on which support costs have been allocated are set out in note 6.

g) Tangible Fixed Assets

Tangible fixed assets are stated at cost less accumulated depreciation. Depreciation is provided at the following annual rates calculated to write off each asset over its estimated useful life as follows:

Freehold property	- 2% Straight Line
Plant and machinery	- 15% on reducing balance
Fixtures, fittings and equipment	- 15% on reducing balance

h) Fixed Asset Investments

All gains and losses are taken to the Statement of Financial Activities as they arise. Unrealised gains are calculated as the difference between the market value at the year end and opening market value.

i) Debtors

Debtors (including trade debtors and loans receivable) are measured on initial recognition at settlement amount due after any trade discounts or amount advanced by the charity. Subsequently, they are measured at the cash or other consideration expected to be received. Prepayments are valued at the amount prepaid net of any trade discounts due.

j) Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provision are normally recognised at their settlement amount after allowing for any trade discounts due.

k) Corporation Tax

The charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a Charity for UK Corporation Tax purposes. It therefore does not suffer tax on income or gains applied for charitable purposes.

l) Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

m) Key estimates and accounting judgements

In applying the charity's accounting policies, the Trustees are required to make judgements, estimates and assumptions in determining the carrying amounts of assets and liabilities. The Trustees' judgements, estimates and assumptions are based on the best and most reliable evidence available at the time when the decisions are made, and are based on historical experience and other factors that are considered to be applicable. Due to the inherent subjectivity involved in making such judgements, estimates and assumptions, the actual results and outcomes may differ.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to the accounting estimates are recognised in the period in which the estimate is revised, if the revision affects only that period, or in the period of revision and future periods, if the revision affects both current and future periods.

n) Statement of Financial Affairs - Income classification and restatement of prior year.

Income from therapies, workshops and courses has been shown under "Income from Charitable Activities". In previous years this was shown under "Other trading activities". The 2022 comparatives have been restated in line with this reclassification, which was adopted after taking professional advice.

2) Income from Donations and legacies

	Unrestricted funds	Restricted funds	2023 Total funds	2022 Total funds
	£	£	£	£
Donations and gifts	4,744		4,744	1,646
Grants			-	-
Legacies			-	-
	4,744	-	4,744	1,646

3) Income from Charitable Activities

	Unrestricted funds	Restricted funds	2023 Total funds	2022 Total funds
	£	£	£	£
Grant income			-	2,536
Therapies, workshops & courses	68,085		68,085	37,431
	68,085	-	68,085	39,967

4) Realised Income from Investments

	Unrestricted funds	Restricted funds	2023 Total funds	2022 Total funds
	£	£	£	£
Bank interest	4		4	-
	4	-	4	-

5) Analysis of Charitable Activities

breakdown for review / consideration

	Basis of Allocation	Unrestricted funds £	Restricted funds £	2023 Total funds £	2022 Total funds £
Direct Charitable Activities:					
Staff Costs (see Note 7)	Direct	35,719		35,719	34,560
Pensions	Direct	1,111		1,111	1,250
Charitable donations	Direct	2,011		2,011	370
Support Costs:					
Staff Costs (see Note 7)				-	
Rates and water	Usage	1,095		1,095	3,260
Insurances	Usage	981		981	853
Light & heat	Usage	1,536		1,536	1,742
Telephone	Usage	600		600	759
Postage & stationery	Usage	589		589	735
Advertising & marketing	Usage	650		650	365
Sundries	Usage	801		801	1,064
Cleaning	Usage	4,475		4,475	2,891
Repairs & Maintenance & equipment expensed	Usage	8,400		8,400	6,505
Computer & IT	Usage	1,570		1,570	
Depreciation (see Note 8)	Usage	9,079		9,079	9,147
Bank Charges	Usage	72		72	
		68,689	-	68,689	63,501
Governance:					
Accountancy fees	Direct			-	1,800
Independent Examination	Direct	850		850	
Other legal & professional	Direct	57		57	0
Staff Training and Welfare		200		200	325
		1,107	-	1,107	2,125
Total Charitable Activities		69,796	-	69,796	65,626

7) Employees

	2023 £	2022 £
Salaries and Wages	35,719	34,560
Social Security costs		
Pensions	1,111	1,250
	<u>36,830</u>	<u>35,810</u>

No employees received employment benefits for the reporting period of more than £60,000 (2022: none).

Average headcount in the year

	2023	2022
Admin	2	2

8) Tangible Fixed Assets

	Freehold Property	Plant and Machinery	Fixtures and Fittings	Totals
	£	£	£	£
COST				
At 1 April 2022	395,032	13,392	9,742	418,166
Additions		319		319
At 31 March 2023	395,032	13,711	9,742	418,485
DEPRECIATION				
At 1 April 2022	104,104	12,273	3,168	119,545
Charge for year	7,901	192	986	9,079
At 31 March 2023	112,005	12,465	4,154	128,624
NET BOOK VALUE				
At 31 March 2022	290,928	1,119	6,574	298,621
At 31 March 2023	283,027	1,246	5,588	289,861

9) Fixed Asset Investments

	2023	2022
	£	£
MARKET VALUE		
At 1 April 2022	552,276	549,916
Realised and unrealised gains (losses)	(31,990)	2,360
Market value of investments at 31 March 2023	520,286	552,276
Historical cost of investments	350,800	350,800
Cash held by investment manager	-	-
Total value of investments at 31 March 2023	520,286	552,276

	2023	2022
	£	£
Investments at market value comprise of:		
Managed funds (equities, bonds, gilts)	454,798	493,652
Cash and Cash Products	65,488	58,624
	<hr/>	<hr/>
Total Market value of investments at 31 March 2023	520,286	552,276
	<hr/> <hr/>	<hr/> <hr/>

There were no investment assets outside the UK.

10) Cash and cash equivalents

	2023			2022
	Unrestricted	Restricted	Total	Total
	£	£	£	£
Bank account - CAF	3,141		3,141	61,993
Bank Account - Current	68,864		68,864	-
Cash in hand	-		-	-
	<hr/>		<hr/>	<hr/>
Total Cash at Bank and in Hand	72,005	-	72,005	61,993
	<hr/> <hr/>		<hr/> <hr/>	<hr/> <hr/>

11) Debtors and Prepayments

	2023			2022
	Unrestricted	Restricted	Total	Total
	£	£	£	£
Accounts receivable	8		8	289
Accrued income	7,536		7,536	5,639
Prepayments	1,982		1,982	231
	<hr/>		<hr/>	<hr/>
Total	9,526	-	9,526	6,159
	<hr/> <hr/>		<hr/> <hr/>	<hr/> <hr/>

12) Analysis of current liabilities

Analysis of creditors: falling due within one year

	2023			2022
	Unrestricted	Restricted	Total	Total
	£	£	£	£
Accounts payable	3,679		3,679	1,403
PAYE & National Insurance	1,317		1,317	1,506
Independent Examiner's Fee	850		850	
Accruals	432		432	1,800
Other creditors	140		140	128
	<hr/>		<hr/>	<hr/>
Total	6,417	-	6,417	4,837
	<hr/> <hr/>		<hr/> <hr/>	<hr/> <hr/>

13) Assets represented by each fund

	Unrestricted Funds 2023 £	Restricted Funds 2023 £	Total Funds 2023 £	Total Funds 2022 £
Fixed Assets	289,861	-	289,861	298,621
Investments	520,286	-	520,286	552,276
Current Assets	81,531	-	81,531	68,152
Current Liabilities	(6,417)	-	(6,417)	(4,837)
Total net assets at 31 March 2023	885,260	-	885,260	914,212

14) Movement in funds

this information populates from the SOFA

	Balance at 31 March 2022 £	Income £	Expenditure £	Revaluation of Investments	Balance at 31 March 2023 £
Restricted Funds	-	-	-	0	0
	-	-	-	-	-
Unrestricted Funds	914,212	72,834	(69,796)	(31,990)	885,260
	914,212	72,834	(69,796)	(31,990)	885,260
Total Funds	914,212	72,834	(69,796)	(31,990)	885,260

Prior Year Comparative

	Balance at 31 March 2021 £	Income £	Expenditure £	Revaluation of Investments £	Balance at 31 March 2022 £
Restricted Funds	-	-	-	-	-
	-	-	0	0	0
Unrestricted Funds	935,865	41,613	(65,626)	2,360	914,212
	935,865	41,613	(65,626)	2,360	914,212
Total Funds	935,865	41,613	(65,626)	2,360	914,212

15) Trustees' expenses and remuneration and related party transactions

The Trustees all give freely their time and expertise without any form of remuneration or other benefit in cash or kind (2022: £nil).

LIFE WAYS

England & Wales - Charity number 1050697

Accounts

REGISTERED COMPANY NUMBER: 03023526 (England and Wales)
REGISTERED CHARITY NUMBER: 1050697

**Report of the Trustees and
Unaudited Financial Statements
for the Year Ended 31 March 2022
for
Life-Ways**

Grenfell James Associates Limited
13 The Courtyard
Timothys Bridge Road
Stratford Upon Avon
Warwickshire
CV37 9NP

Life-Ways

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Life-Ways

Report of the Trustees for the Year Ended 31 March 2022

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2022. The trustees have adopted the provisions of 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 2019).

OBJECTIVES AND ACTIVITIES

The company is established:

1. To promote the relief of sickness and advance the education of the public by the provision of facilities and services to meet the emotional and medical needs of all individuals who require them and to improve the quality of life for such individuals by means of holistic care, services and medicines;
2. The advancement of religion;
3. To make grants to other charitable centres and organisations established for all or any of the objects, as the Trustees may in their absolute discretion determine.

A Council of Members/Trustees manages the charity with the assistance of a full-time executive, part-time reception and administration staff and voluntary help.

The charity operates from its centre at the above address and activities include:

1. Providing access to a broad spectrum of counselling and complementary therapies in keeping with its objectives;
2. Arranging and supporting community and awareness events;
3. Supporting a number of locally based charities that share Life-Ways' objectives.

Life-Ways

Report of the Trustees for the Year Ended 31 March 2022

ACHIEVEMENT AND PERFORMANCE

Overview

In the context of the national Coronavirus pandemic and associated restrictions, Life-Ways trustees have acted to protect the financial security of the charity whilst continuing its contribution to the community and to prepare for the future. The pandemic has been a challenge as more people are requiring help, particularly with mental health issues, at a time when face-to-face counselling sessions are problematic. Life-Ways Trustees have sought to increase the availability of safe counselling, therapy and social gathering spaces out-of-doors whilst maximising the safety of indoor spaces.

Promotion

During the period April 2021 to 2022 Life-Ways has:

- Maintained a presence on social media and published articles and blogs on our website, based on sharing information about wellbeing and mental health during the pandemic
- Worked with other local charities and Community Hubs to share best practice and publicise initiatives and events
- Circulated Press Releases to local media with news of initiatives and events held at Life-Ways supporting those most in need
- Engaged with our therapists and other users to gain feedback from Lifeways users on how the pandemic is affecting them and their clients to ascertain what support they require

Investments & business planning

Life-Ways has an investment portfolio with Transact which is managed by Warwick Financial Solutions. This has provided an invaluable safety-net during closure of the centre due to Coronavirus and enabled us to continue to pursue our charitable purposes. The trustees of Life-Ways have set a target of low to medium risk for the portfolio, aiming for a 4% to 5% return. In the 12 months between 1st April 2021 and 31st March 2022, the markets have been extremely volatile. Life-Ways portfolio made a gain of 0.43% over the period covered by this report.

The Covid pandemic, has presented challenges and opportunities for Life-Ways. In 2020, the Trustees took the decision to make use of Life-Ways Community Garden to increase our safe and usable space for counselling, therapies and social events to take place. Investment was made in new under-cover areas for these activities with a new 6m by 3m semi-permanent gazebo and a 6m by 4m forest classroom. These were both completed during the period covered by this report and are now in full use.

The house was closed for periods during the pandemic. This provided an opportunity to refresh the decoration, comfort and security of the building. Attention was also paid to ensuring the safety of therapists and clients post lockdowns.

Improvements to house and grounds

Every year an audit of the property is carried out to ensure that the structure and comfort of the building is maintained and improved. We took advantage of the limited opening during Coronavirus to complete essential maintenance and some improvements, particularly in our garden in response to a demand for outdoor spaces.

Improvements to the house made this year:

- General repairs and maintenance of plumbing and drains.
- Purchase of chairs for rooms open during the pandemic in a wipeable material allowing sanitisation in between users.
- The fitting of a new timber front door, office refurbishment including replacement window, rebuild of front wall, redecoration and carpets, and replacement exterior noticeboard.
- The fitting of a publically accessible defibrillator in combination with emergency life-saving training for staff and local people.

Life-Ways

Report of the Trustees for the Year Ended 31 March 2022

Improvements to the garden made this year:

- The building of a semi-permanent garden gazebo with a timber deck - 6mx3m with funding provided by Warwickshire County Council. Planning permission was applied for, granted, and building work began before the end of the financial year 2020/21. A 'shade-sail' was added to increase weather the protected area and low-energy heating installed to increase usability during colder weather. Solar-powered lighting was also installed.
- Lifeways set aside £15k of funding to build a 6m x 4.2m Forest Room. Planning permission was obtained and work completed during the period covered by this report. Solar-powered lighting was installed to increase usability in the evenings.
- The existing garden 'Summer-House' was redecorated by volunteers and solar-powered lighting installed.

Therapies

Throughout the period covered by this report, we have continued to communicate with our therapists and to update them on room openings and garden spaces as they became available. As rooms have gradually been re-opened, it has allowed us to increase the number of people using Life-Ways facilities.

The income that we can generate for charitable use is dependent on the number of rooms booked for therapy. Between April 2021 and March 2022, our bookings increased to 5,330 hours from 536.75 hours in the previous financial year.

Charitable and social usage

Lifeways aims to support social and charitable projects through;

- a) the provision of low-cost rooms for charitable and not-for-profit organisations, and
- b) targeted donations to projects when a surplus is made over the costs of running Life-Ways.

Rental of rooms in the house is charged at the rate of £8.80 per hour or £6.80 for charities or those seeing clients with low wage or no wage. In the garden, the rates are £4 per hour and £2 per hour respectively. We also offer our rooms free-of-charge to some organisations (for example CRUSE Bereavement Care) as we see their work as valuable and matching our aims. Over the 2021/2022 period covered by this report, usage was lower than pre-Covid, but increased on the previous year.

We can calculate the total savings that charities and not-for-profits have made each year from the records we keep. For the previous report (2020/21) we calculated that the savings that charities and not-for-profits made was just £148, reflecting our very limited operation during that period. For the 2021/22 period the amount of savings grew to £3,046.40.

Charities working at Life-Ways during 2021/22 include;

- New Hope, a Counselling Charity for people unable to pay for therapy
- Safeline, a charity supporting survivors of domestic abuse
- RoSA, a charity working with survivors of rape and sexual abuse
- CRUSE, a charity supporting the bereaved

In previous years Life-Ways trustees have decided to share any surplus we have made with charities that work here and other local projects in order to further enable their valuable work. As Life-Ways made no surplus in the previous period, the Trustees of Life-Ways decided to concentrate our support on the continuing provision of low-cost room and space hire, especially in the garden. The garden space is provided free of charge to several projects including:

- Green Minds - a gardening project helping those with mental health challenges
- Escape Community Arts Grow, Cook CreATE project, where vulnerable people are taught life skills including growing and cooking food
- Warwickshire County Council Youth Justice Service, where young offenders are given little jobs around the garden
- Allotment spaces for refugees

Life-Ways

Report of the Trustees for the Year Ended 31 March 2022

Life-Ways grounds

Life-Ways has beautiful gardens that extend to nearly an acre. They are being used free of charge almost exclusively for community and environmental projects including easy-access spaces for special-needs gardeners, a community allotment space, community-owned chickens, a Permaculture garden and a wildlife area with beehives. The whole garden is maintained on a voluntary basis by local people and Life-Ways therapists.

Over the period covered by this report Life-Ways garden has been used as a Covid-safe social meeting space by a plethora of local groups and individuals. We have allotment spaces, a wood-fired pizza-oven, community-owned rescue chickens and welcome visitors throughout the day who are in need of a quiet space.

We've also hosted community events, including:

- A concert of local musicians
- A performance by Bard-in-the-Yard theatre company
- Talks on wildlife
- Storytelling
- Children's mindfulness and meditation groups

Public Benefit

The trustees believe that they have paid due regard to the Charity Commission's guidance on public benefit in deciding what activities the charity should undertake. The trustees are confident that despite Covid restrictions, public and social benefit from Life-Ways has continued to grow over the past twelve months as we have tried to find ways to support the community.

Management personnel and systems

Since the last Life-Ways annual report, James Pavitt has continued as Manager for Life-ways. Angela Barnard was employed to provide office support for 16 hours per week until she moved on to other employment in August 2021. Lifeways subsequently employed Esther Rambaud as office support for 12 hours per week.

Life-Ways has also continued to develop its policies and has now has the following policies agreed by the Trustees:

- Charitable Policy
- Complaints
- Conflicts of Interest
- Covid Policy
- Engagement of Practitioners
- Equality and Diversity
- Financial Policy
- Health and Safety
- Privacy Policy
- Risk Assessment
- Safeguarding
- Volunteering

James Pavitt keeps the books at Life-Ways, overseen by Trustee and Treasurer John Wibberley. Life-Ways books are annually checked independently, and financial statements prepared. This year, independent financial statements have been prepared by Grenfell James Associates, 3, the Courtyard, Timothy Bridge Road, Stratford-upon-Avon, Warwks, CV37 9NP.

James Pavitt is employed for 35 hours per week, but also volunteers his time at Life-Ways, both in the office and in Life-Ways garden.

Esther Rambaud, James' office support, is employed for 12 hours per week and also volunteers her time at Life-Ways.

Life-Ways

Report of the Trustees for the Year Ended 31 March 2022

Payroll services are kindly provided free of charge by Counters Consulting Limited, Chartered Management Accountants, Turnpike Gate House, Alcester Heath, Alcester, Warwickshire, B49 5JG.

FINANCIAL REVIEW

FUTURE PLANS

The priority for Life-Ways management and staff over the coming months will be to increase our charitable work in our community. The Covid-19 pandemic has resulted in a huge growth in the numbers of people seeking help with their mental-health and well-being, and Life-Ways will look for new ways to support some of those in greatest need.

Work will continue to ensure that the fabric of the building is maintained and that energy efficiency and reduction of our environmental footprint is encouraged as much as possible. Plans are in place to increase our environmental sustainability, with a comprehensive Environmental Policy to examine low-carbon ways to operate and educate.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Life-Ways is a Company Limited by Guarantee registered with Companies House, Number 3023526, incorporated on 17th February 1995. Life-Ways is established as a charity and was registered with the Charity Commission, Number 1050697, on 15th November 1995.

The charity's address is 30 Albany Road, Stratford-upon-Avon, Warwickshire CV37 6PG.

The charity's governing documents are its Memorandum of Association and Articles of Association.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

03023526 (England and Wales)

Registered Charity number

1050697

Registered office

30 Albany Road
Stratford upon Avon
Warwickshire
CV37 6PG

Trustees

Mrs G M Fletcher
Ms S Hershon
Mr M S Phillips (Chair)
Mr J C Wibberley
Mrs M S Clausen
Ms J S Ewing

Company Secretary

Mr J C Wibberley

Life-Ways

**Report of the Trustees
for the Year Ended 31 March 2022**

REFERENCE AND ADMINISTRATIVE DETAILS

Independent Examiner

Mr David Murphy

FCCA

Grenfell James Associates Limited

13 The Courtyard

Timothys Bridge Road

Stratford Upon Avon

Warwickshire

CV37 9NP

Approved by order of the board of trustees on 10 November 2022 and signed on its behalf by:

A handwritten signature in black ink, appearing to read 'M S Phillips', written over a faint circular stamp or watermark.

Mr M S Phillips (Chair) - Trustee

1

Independent Examiner's Report to the Trustees of Life-Ways

Independent examiner's report to the trustees of Life-Ways ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2022.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



Mr David Murphy
FCCA
Grenfell James Associates Limited
13 The Courtyard
Timothys Bridge Road
Stratford Upon Avon
Warwickshire
CV37 9NP

Date: 12 DECEMBER 2022

Life-Ways

Statement of Financial Activities for the Year Ended 31 March 2022

		2022 Unrestricted fund £	2021 Total funds £
INCOME AND ENDOWMENTS FROM	Notes		
Donations and legacies		1,646	56
Charitable activities			
Grant income		2,536	7,188
Other trading activities	2	37,431	2,262
Investment income	3	2,360	71,481
Total		<u>43,973</u>	<u>80,987</u>
EXPENDITURE ON			
Other		<u>65,626</u>	<u>57,550</u>
NET INCOME/(EXPENDITURE)		(21,653)	23,437
RECONCILIATION OF FUNDS			
Total funds brought forward		935,865	912,428
TOTAL FUNDS CARRIED FORWARD		<u><u>914,212</u></u>	<u><u>935,865</u></u>

The notes form part of these financial statements

Life-Ways

Balance Sheet 31 March 2022

	Notes	2022 Unrestricted fund £	2021 Total funds £
FIXED ASSETS			
Tangible assets	8	298,621	289,655
Investments	9	552,276	549,915
		<u>850,897</u>	<u>839,570</u>
CURRENT ASSETS			
Debtors	10	6,159	813
Cash at bank		61,993	98,507
		<u>68,152</u>	<u>99,320</u>
CREDITORS			
Amounts falling due within one year	11	(4,837)	(3,025)
		<u>63,315</u>	<u>96,295</u>
NET CURRENT ASSETS			
		<u>63,315</u>	<u>96,295</u>
TOTAL ASSETS LESS CURRENT LIABILITIES			
		<u>914,212</u>	<u>935,865</u>
NET ASSETS			
		<u>914,212</u>	<u>935,865</u>
FUNDS			
Unrestricted funds	12	914,212	935,865
TOTAL FUNDS		<u>914,212</u>	<u>935,865</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2022.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2022 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

The notes form part of these financial statements

Life-Ways

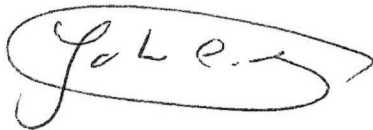
Balance Sheet - continued
31 March 2022

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 10 November 2022 and were signed on its behalf by:



Mr M S Phillips (Chair) - Trustee



Mr J C Wibberley - Trustee

Life-Ways

Notes to the Financial Statements for the Year Ended 31 March 2022

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention, with the exception of investments which are included at market value, as modified by the revaluation of certain assets.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure 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 of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Freehold property	- 2% Straight Line
Plant and machinery	- 15% on reducing balance
Fixtures and fittings	- 15% on reducing balance

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

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.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

Life-Ways

Notes to the Financial Statements - continued for the Year Ended 31 March 2022

2. OTHER TRADING ACTIVITIES

	2022	2021
	£	£
Therapies, workshops & courses	<u>37,431</u>	<u>2,262</u>

3. INVESTMENT INCOME

	2022	2021
	£	£
Income from investments	<u>2,360</u>	<u>71,481</u>

4. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	2022	2021
	£	£
Depreciation - owned assets	<u>9,147</u>	<u>8,435</u>

5. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2022 nor for the year ended 31 March 2021.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2022 nor for the year ended 31 March 2021.

6. STAFF COSTS

The average monthly number of employees during the year was as follows:

	2022	2021
Admin	<u>2</u>	<u>2</u>

No employees received emoluments in excess of £60,000.

Life-Ways

Notes to the Financial Statements - continued for the Year Ended 31 March 2022

7. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £
INCOME AND ENDOWMENTS FROM	
Donations and legacies	56
Charitable activities	
Grant income	7,188
Other trading activities	2,262
Investment income	71,481
Total	<u>80,987</u>
EXPENDITURE ON	
Other	<u>57,550</u>
NET INCOME	23,437
RECONCILIATION OF FUNDS	
Total funds brought forward	912,428
TOTAL FUNDS CARRIED FORWARD	<u><u>935,865</u></u>

Life-Ways

Notes to the Financial Statements - continued for the Year Ended 31 March 2022

8. TANGIBLE FIXED ASSETS

	Freehold property £	Plant and machinery £	Fixtures and fittings £	Totals £
COST				
At 1 April 2021	377,868	13,053	9,132	400,053
Additions	17,164	339	610	18,113
At 31 March 2022	<u>395,032</u>	<u>13,392</u>	<u>9,742</u>	<u>418,166</u>
DEPRECIATION				
At 1 April 2021	96,239	12,131	2,028	110,398
Charge for year	7,865	142	1,140	9,147
At 31 March 2022	<u>104,104</u>	<u>12,273</u>	<u>3,168</u>	<u>119,545</u>
NET BOOK VALUE				
At 31 March 2022	<u>290,928</u>	<u>1,119</u>	<u>6,574</u>	<u>298,621</u>
At 31 March 2021	<u>281,629</u>	<u>922</u>	<u>7,104</u>	<u>289,655</u>

9. FIXED ASSET INVESTMENTS

	Listed investments £
MARKET VALUE	
At 1 April 2021	549,915
Revaluations	2,361
At 31 March 2022	<u>552,276</u>
NET BOOK VALUE	
At 31 March 2022	<u>552,276</u>
At 31 March 2021	<u>549,915</u>

There were no investment assets outside the UK.

Cost or valuation at 31 March 2022 is represented by:

	Listed investments £
Valuation in 2020	479,284
Valuation in 2021	71,481
Valuation in 2022	2,361
Cost	(850)
	<u>552,276</u>

Life-Ways

Notes to the Financial Statements - continued for the Year Ended 31 March 2022

10. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022	2021
	£	£
Other debtors	<u>6,159</u>	<u>813</u>

11. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022	2021
	£	£
Other creditors	<u>4,837</u>	<u>3,025</u>

12. MOVEMENT IN FUNDS

	At 1.4.21	Net movement in funds	At 31.3.22
	£	£	£
Unrestricted funds			
General fund	935,865	(21,653)	914,212
TOTAL FUNDS	<u>935,865</u>	<u>(21,653)</u>	<u>914,212</u>

Net movement in funds, included in the above are as follows:

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General fund	43,973	(65,626)	(21,653)
TOTAL FUNDS	<u>43,973</u>	<u>(65,626)</u>	<u>(21,653)</u>

Comparatives for movement in funds

	At 1.4.20	Net movement in funds	At 31.3.21
	£	£	£
Unrestricted funds			
General fund	912,428	23,437	935,865
TOTAL FUNDS	<u>912,428</u>	<u>23,437</u>	<u>935,865</u>

Life-Ways

Notes to the Financial Statements - continued for the Year Ended 31 March 2022

12. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	80,987	(57,550)	23,437
TOTAL FUNDS	<u>80,987</u>	<u>(57,550)</u>	<u>23,437</u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.4.20 £	Net movement in funds £	At 31.3.22 £
Unrestricted funds			
General fund	912,428	1,784	914,212
TOTAL FUNDS	<u>912,428</u>	<u>1,784</u>	<u>914,212</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	124,960	(123,176)	1,784
TOTAL FUNDS	<u>124,960</u>	<u>(123,176)</u>	<u>1,784</u>

Life-Ways

**Notes to the Financial Statements - continued
for the Year Ended 31 March 2022**

13. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2022.

Life-Ways

Detailed Statement of Financial Activities for the Year Ended 31 March 2022

	2022 £	2021 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	1,646	56
Other trading activities		
Therapies, workshops & courses	37,431	2,262
Investment income		
Income from investments	2,360	71,481
Charitable activities		
JRS Grant	2,536	7,188
Total incoming resources	43,973	80,987
EXPENDITURE		
Other		
Wages	34,560	32,508
Support costs		
Management		
Pensions	1,250	1,014
Rates and water	3,260	2,066
Insurance	853	866
Light and heat	1,742	942
Telephone	759	792
Postage and stationery	735	551
Advertising	365	404
Sundries	1,064	2,354
Cleaning	2,891	1,774
Repairs and maintenance	6,505	3,187
Freehold property	7,865	7,439
Plant and machinery	143	163
Fixtures and fittings	1,139	833
Charitable donations	370	70
	28,941	22,455
Finance		
Accountancy fees	1,800	1,800
Consultancy Fees	-	487
Carried forward	1,800	2,287

This page does not form part of the statutory financial statements

Life-Ways**Detailed Statement of Financial Activities
for the Year Ended 31 March 2022**

	2022	2021
	£	£
Finance		
Brought forward	1,800	2,287
Staff training & welfare	325	300
	<u>2,125</u>	<u>2,587</u>
Total resources expended	<u>65,626</u>	<u>57,550</u>
Net (expenditure)/income	<u>(21,653)</u>	<u>23,437</u>

This page does not form part of the statutory financial statements

LIFE WAYS

England & Wales - Charity number 1050697

Accounts

Report of the Trustees and
Unaudited Financial Statements
for the Year Ended 31 March 2021
for
Life-Ways

Grenfell James Associates Limited
13 The Courtyard
Timothys Bridge Road
Stratford Upon Avon
Warwickshire
CV37 9NP

**Contents of the Financial Statements
for the year ended 31 March 2021**

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Statement of Financial Activities	8
Balance Sheet	9 to 10
Notes to the Financial Statements	11 to 16
Detailed Statement of Financial Activities	17

**Report of the Trustees
for the year ended 31 March 2021**

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2021. The trustees have adopted the provisions of 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 2019).

OBJECTIVES AND ACTIVITIES

The company is established:

1. To promote the relief of sickness and advance the education of the public by the provision of facilities and services to meet the emotional and medical needs of all individuals who require them and to improve the quality of life for such individuals by means of holistic care, services and medicines;
2. The advancement of religion;
3. To make grants to other charitable centres and organisations established for all or any of the objects, as the Trustees may in their absolute discretion determine.

A Council of Members/Trustees manages the charity with the assistance of a full-time executive, part-time reception and administration staff and voluntary help.

The charity operates from its centre at the above address and activities include:

1. Arranging and supporting a range of workshops, courses, classes and awareness events in keeping with its objectives;
2. Providing access to a broad spectrum of holistic and complementary therapies, medicines and advice;
3. Providing a supportive environment for the development of new therapies and practitioners;
4. Supporting a number of locally based charities in pursuit of their objectives.

Its large garden is a haven of peace near the centre of town and Life-Ways facilities can be hired, especially by charities, community and self-help groups for meetings and events.

**Report of the Trustees
for the year ended 31 March 2021**

ACHIEVEMENT AND PERFORMANCE

Overview

In the context of the national Coronavirus pandemic and associated restrictions, Life-Ways trustees have acted over the twelve months covered by this report to protect the financial security of the charity whilst continuing its contribution to the community and to prepare for the future. On 24th March 2020, the trustees took the decision to close the centre in line with government guidelines. From 4th July 2020, we opened the garden for counselling, using temporary gazebos charged at £4 per hour or £2 charity rate. As the national picture changed, we opened one room in the centre, from 16th September for emergency counselling, increasing to a second room on 26th October 2020. These opening arrangements continued for the period covered by this report.

Promotion

During the period April 2020 to 2021 Life-Ways has:

- Worked with other local and charities and Community Hubs to share best practice and publicise initiatives
- Maintained a presence on social media and published articles and blogs on our website, based on sharing information about wellbeing and mental health during the pandemic
- Engaged with our therapists and other users to gain feedback from Lifeways users on how the pandemic is affecting them and what support they require

Investments & business planning

Life-Ways has an investment portfolio with Transact which is managed by Warwick Financial Solutions. This has provided an invaluable safety-net during closure of the centre due to Coronavirus and enabled us to continue to pursue our charitable purposes. During the period covered by this report, the trustees set a target of low to medium risk for the portfolio, aiming for a 4% to 5% annual return. Following a small fall in value the previous year; in the 12 months ended March 2021 the portfolio performed strongly, delivering 15% growth in value.

Over the previous financial year, plans had been put in place to build a new room as an extension to the facilities we offer. With those building plans on hold due to Covid, it was agreed to invest in making improvements to the house and in looking at ways to increase use of the garden for counselling and groups. £15k was earmarked from our savings to construct a Forest Room as part of our charitable work to enable Life-Ways to increase its offering to the community by offering it free of charge to other charities or groups.

Improvements to house and grounds

Every year an audit of the property is carried out to ensure that the structure and comfort of the building is maintained and improved. We took advantage of the limited opening during Coronavirus to complete essential maintenance and some improvements, particularly in our garden in response to a demand for outdoor spaces.

Improvements to the house made this year:

- Refurbishment of wooden floor in entrance
- General repairs and maintenance of roof-tiles, plumbing and drains
- Purchase of therapy chairs to replace existing which were showing signs of wear and tear
- Purchase of chairs for rooms open during the pandemic in a wipeable material allowing sanitisation in between users
- Purchase of laptop for workshop leaders to use for blended online and in-person groups, and online counselling in our rooms by clients unable to access technology or wishing privacy away from home-Plans were drawn up and contractors appointed for fitting of a new timber front door, office refurbishment including replacement window, rebuild of front wall, redecoration and carpets, and replacement exterior noticeboard.

Improvements to the garden made this year:

- Creation of a new allotment by local charity, Escape Arts, as part of their Grow, Cook, CrEATe project
- Lifeways received a grant from Warwickshire County Council of £12k. Initially this was obtained to create a pathway to new planned facilities that had to be abandoned as a result of Covid. The grant was re-negotiated to build a semi-permanent garden gazebo with a timber deck - 6mx3m. Planning permission was applied for, granted, and building work began before the end of the financial year 2020/21.

Report of the Trustees for the year ended 31 March 2021

-Lifeways set aside £15k of funding to build a 6m x 4.2m Forest Room. Planning permission was obtained and work started. Ground preparation works for both the gazebo and Forest Room were completed by volunteers. Orders were placed for the structures but, due to delays caused by Covid, delivery was delayed until after the period covered by this report.

Therapies

Throughout lockdown and room closures, we continued to communicate with our therapists and to update them on room openings and garden spaces as they became available. Our decision to open for emergency appointments reflected the growing mental health issue caused by Covid. We are confident that the majority of users will return to Lifeways as restrictions ease.

The income that we can generate for charitable use is dependent on the number of rooms booked for therapy. Between April 2020 and March 2021, our bookings fell to 536.75 hours from 7,730.25 hours in the previous financial year.

Charitable and social usage

Lifeways supports social and charitable projects through;

- a) the provision of low-cost rooms for charitable and not-for-profit organisations.
- b) targeted donations to projects.
- c) creating facilities in the garden for the use of community and charitable groups

Between April 2020 and March 2021, many of the charities and not for profit groups that use our centre moved to video or phone sessions. When we re-opened rooms to therapists in September 2020, it was only to regular users of Lifeways providing emergency appointments. Rental of rooms in the house is charged at £8.80 per hour or £6.80 for charities or those seeing clients with low wage or no wage. In the garden, the rates are £4 per hour and £2 per hour respectively. Savings for charitable organisations using our rooms fell dramatically to £148 from £7,906.80 in 2019/20 - simply due to the dramatic reduction in room use.

In previous years Life-Ways trustees have shared the surpluses made by Life-Ways room lets with charities that work here in order to further enable their valuable work. Because there was a substantial deficit in the year and the future was uncertain due to Covid, donations were suspended.

Instead Lifeways looked for new ways to support local charities and to reflect the preference for outdoor spaces during the pandemic. Funding was obtained from Warwickshire County Council for an outdoor timber and canvas gazebo, and the trustees released £15K from reserves to fund the construction of a Forest Room. This building will be available to use free of charge to charitable groups, or at a reduced rate to private therapists reaching disadvantaged people.

Life-Ways grounds

Life-Ways has beautiful gardens that extend to nearly an acre. They are being used free of charge almost exclusively for community and environmental projects including easy-access spaces for special-needs gardeners, a community allotment space, community-owned chickens, a Permaculture garden and a wildlife area with beehives. The whole garden is maintained on a voluntary basis by local people and Life-Ways therapists.

Over the period covered by this report Life-Ways garden has been used free of any charge by a wide range of groups including;

- Warwickshire Youth Justice (reparations team)
- Springfield Mind
- Escape Community Arts

In addition, there are regular gardening contributions from people recovering from mental illness, those with learning difficulties and refugees. Throughout the period covered by this report, the garden has been open to the local community as an outside public space and a place to find wellbeing during the pandemic. During Covid, the garden has allowed Life-Ways to continue to offer spaces for face-to-face therapies and from July 2020 to March 2021 we provided two temporary gazebos whilst obtaining planning permission for the more permanent structures.

Public Benefit

The trustees believe that they have paid due regard to the Charity Commission's guidance on public benefit in deciding what activities the charity should undertake. The trustees are confident that despite Covid restrictions, public and social benefit from Life-Ways has continued to grow over the past twelve months as we have tried to find ways to support the community.

**Report of the Trustees
for the year ended 31 March 2021**

Management personnel and systems

Since the last Life-Ways annual report, James Pavitt has continued as Manager for Life-ways, with Angela Barnard employed to provide office support for 16 hours per week. During Covid closures Lifeways took advantage of the government furlough scheme. Manager, James Pavitt, worked reduced hours from May 2020 to March 2021.

Office support, Angela Barnard, was placed on full furlough from 27th April 2020 to 12th July 2020 with the government scheme providing 80% of her salary and Lifeways providing the other 20%. Thereafter, she was on flexible furlough, working hours as required from 13th July 2020.

Life-Ways has also continued to develop its policies and has now has the following policies agreed by the Trustees:

- Charitable Policy
- Complaints
- Conflicts of Interest
- Covid Policy
- Engagement of Practitioners
- Equality and Diversity
- Financial Policy
- Health and Safety
- Privacy Policy
- Risk Assessment
- Safeguarding
- Volunteering

James Pavitt keeps the books at Life-Ways, overseen by Trustee and Secretary/Treasurer John Wibberley. Life-Ways books are annually checked independently, and financial statements prepared. This year, independent financial statements have been prepared by Grenfell James Associates, 3, the Courtyard, Timothy Bridge Road, Stratford-upon-Avon, Warwickshire, CV37 9NP.

James Pavitt is employed for 30 hours per week, but also volunteers his time at Life-Ways, both in the office and in Life-Ways garden.

Angela Barnard, James' office support, was employed for 16 hours per week and also volunteers her time at Life-Ways.

Payroll services are kindly provided free of charge by Counters Consulting Limited, Chartered Management Accountants, Turnpike Gate House, Alcester Heath, Alcester, Warwickshire, B49 5JG

FINANCIAL REVIEW

Due to Covid restrictions the income from other trading activities during the year was minimal - £2K compared to £102K the previous financial year. Payroll costs were partially offset by Government assistance (£7K furlough grants). Overall there was a deficit in the year of £48K (excluding unrealised investment income). There was a £71K increase in the market value of investments at the year end, such that total funds showed a £23K increase.

The charity's bankers are the Co-operative Bank with which we hold a community account and the Charities Aid Foundation Bank where reserves are held for charitable giving.

**Report of the Trustees
for the year ended 31 March 2021**

FUTURE PLANS

Closures due to Covid have led the Trustees to look at how we could use the garden to both generate income and support local groups. In May 2021 we opened both semi-permanent gazebos which are being used by therapists and groups. We plan to publicise the use of these within the area and hope to attract new users to Lifeways. The forest room funded by the Trustees is going to be used as a base for sessions by Warwickshire Wildlife Trust and others.

Trustees are meeting monthly to review the changing Covid situation and opening additional rooms in the centre as is safe. We are confident that therapists and groups who have moved to online sessions will return to support us as 2021 progresses.

Over the 2021/22 period, Life-Ways trustees will continue to monitor the investments of the charity and to take professional advice to ensure that the portfolio is managed to safeguard the future of the charity and its ability to maintain charitable giving.

Work will continue to ensure that the fabric of the building is maintained and that energy efficiency and reduction of our environmental footprint is encouraged as much as possible.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Life-Ways is a Company Limited by Guarantee registered with Companies House, Number 3023526, incorporated on 17th February 1995. Life-Ways is established as a charity and was registered with the Charity Commission, Number 1050697, on 15th November 1995.

The charity's address is 30 Albany Road, Stratford-upon-Avon, Warwickshire CV37 6PG.
The charity's governing documents are its Memorandum of Association and Articles of Association.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

03023526 (England and Wales)

Registered Charity number

1050697

Registered office

30 Albany Road
Stratford upon Avon
Warwickshire
CV37 6PG

Trustees

Mrs G M Fletcher
Mr J S Grundy (resigned 30.7.2020)
Ms S Hershon
Mr M S Phillips
Mr J C Wibberley
Mrs M S Clausen
Mrs J S Ewing (appointed 12.11.2020)

Company Secretary

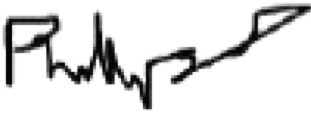
Mr J C Wibberley

Independent Examiner

Mr David Murphy
FCCA
Grenfell James Associates Limited
13 The Courtyard
Timothys Bridge Road
Stratford Upon Avon
Warwickshire
CV37 9NP

**Report of the Trustees
for the year ended 31 March 2021**

Approved by order of the board of trustees on 17 December 2021 and signed on its behalf by:

A handwritten signature in black ink, appearing to read 'M S Phillips', written in a cursive style.

Mr M S Phillips - Trustee

Independent Examiner's Report to the Trustees of Life-Ways

Independent examiner's report to the trustees of Life-Ways ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2021.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Mr David Murphy
FCCA
Grenfell James Associates Limited
13 The Courtyard
Timothys Bridge Road
Stratford Upon Avon
Warwickshire
CV37 9NP

17 December 2021

**Statement of Financial Activities
for the year ended 31 March 2021**

		2021 Unrestricted fund £	2020 Total funds £
	Notes		
INCOME AND ENDOWMENTS FROM			
Donations and legacies		56	2,653
Charitable activities			
Grant income		7,188	12,000
Other trading activities	2	2,262	101,774
Investment income	3	71,481	(849)
Total		<u>80,987</u>	<u>115,578</u>
EXPENDITURE ON			
Other		<u>57,550</u>	<u>74,652</u>
NET INCOME		23,437	40,926
RECONCILIATION OF FUNDS			
Total funds brought forward		912,428	871,502
TOTAL FUNDS CARRIED FORWARD		<u><u>935,865</u></u>	<u><u>912,428</u></u>

Balance Sheet
31 March 2021

	Notes	2021 Unrestricted fund £	2020 Total funds £
FIXED ASSETS			
Tangible assets	8	289,655	286,908
Investments	9	549,915	478,435
		<hr/>	<hr/>
		839,570	765,343
CURRENT ASSETS			
Debtors	10	813	6,639
Cash at bank		98,507	142,367
		<hr/>	<hr/>
		99,320	149,006
CREDITORS			
Amounts falling due within one year	11	(3,025)	(1,921)
		<hr/>	<hr/>
NET CURRENT ASSETS		96,295	147,085
		<hr/>	<hr/>
TOTAL ASSETS LESS CURRENT LIABILITIES		935,865	912,428
		<hr/>	<hr/>
NET ASSETS		935,865	912,428
		<hr/>	<hr/>
FUNDS	12		
Unrestricted funds		935,865	912,428
		<hr/>	<hr/>
TOTAL FUNDS		935,865	912,428
		<hr/>	<hr/>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2021.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2021 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

Balance Sheet - continued
31 March 2021

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 17 December 2021 and were signed on its behalf by:



Mr M S Phillips - Trustee



Mr J C Wibberley - Trustee

**Notes to the Financial Statements
for the year ended 31 March 2021**

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention, with the exception of investments which are included at market value, as modified by the revaluation of certain assets.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure 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 of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Freehold property	- 2% Straight Line
Plant and machinery	- 15% on reducing balance
Fixtures and fittings	- 15% on reducing balance

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

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.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

**Notes to the Financial Statements - continued
for the year ended 31 March 2021**

2. OTHER TRADING ACTIVITIES

	2021	2020
	£	£
Therapies, workshops & courses	<u>2,262</u>	<u>101,774</u>

3. INVESTMENT INCOME

	2021	2020
	£	£
Income from investments	<u>71,481</u>	<u>(849)</u>

4. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	2021	2020
	£	£
Depreciation - owned assets	<u>8,435</u>	<u>8,165</u>

5. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2021 nor for the year ended 31 March 2020.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2021 nor for the year ended 31 March 2020.

6. STAFF COSTS

The average monthly number of employees during the year was as follows:

	2021	2020
Admin	<u>2</u>	<u>2</u>

No employees received emoluments in excess of £60,000.

7. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £
INCOME AND ENDOWMENTS FROM	
Donations and legacies	2,653
Charitable activities	
Grant income	12,000
Other trading activities	101,774
Investment income	<u>(849)</u>
Total	<u>115,578</u>
EXPENDITURE ON	
Other	74,652

**Notes to the Financial Statements - continued
for the year ended 31 March 2021**

7. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted fund £
NET INCOME	40,926
RECONCILIATION OF FUNDS	
Total funds brought forward	871,502
TOTAL FUNDS CARRIED FORWARD	<u>912,428</u>

8. TANGIBLE FIXED ASSETS

	Freehold property £	Plant and machinery £	Fixtures and fittings £	Totals £
COST				
At 1 April 2020	370,000	13,053	5,818	388,871
Additions	7,868	-	3,314	11,182
At 31 March 2021	<u>377,868</u>	<u>13,053</u>	<u>9,132</u>	<u>400,053</u>
DEPRECIATION				
At 1 April 2020	88,800	11,968	1,195	101,963
Charge for year	7,439	163	833	8,435
At 31 March 2021	<u>96,239</u>	<u>12,131</u>	<u>2,028</u>	<u>110,398</u>
NET BOOK VALUE				
At 31 March 2021	<u>281,629</u>	<u>922</u>	<u>7,104</u>	<u>289,655</u>
At 31 March 2020	<u>281,200</u>	<u>1,085</u>	<u>4,623</u>	<u>286,908</u>

9. FIXED ASSET INVESTMENTS

	Listed investments £
MARKET VALUE	
At 1 April 2020	478,435
Revaluations	71,480
At 31 March 2021	<u>549,915</u>
NET BOOK VALUE	
At 31 March 2021	<u>549,915</u>
At 31 March 2020	<u>478,435</u>

There were no investment assets outside the UK.

**Notes to the Financial Statements - continued
for the year ended 31 March 2021**

9. FIXED ASSET INVESTMENTS - continued

Cost or valuation at 31 March 2021 is represented by:

	Listed investments £
Valuation in 2020	479,284
Valuation in 2021	71,481
Cost	(850)
	<u>549,915</u>

10. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2021	2020
	£	£
Other debtors	813	6,639
	<u>813</u>	<u>6,639</u>

11. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2021	2020
	£	£
Other creditors	3,025	1,921
	<u>3,025</u>	<u>1,921</u>

12. MOVEMENT IN FUNDS

	At 1.4.20	Net movement in funds	At
	£	£	31.3.21
			£
Unrestricted funds			
General fund	912,428	23,437	935,865
	<u>912,428</u>	<u>23,437</u>	<u>935,865</u>
TOTAL FUNDS	<u>912,428</u>	<u>23,437</u>	<u>935,865</u>

Net movement in funds, included in the above are as follows:

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General fund	80,987	(57,550)	23,437
	<u>80,987</u>	<u>(57,550)</u>	<u>23,437</u>
TOTAL FUNDS	<u>80,987</u>	<u>(57,550)</u>	<u>23,437</u>

**Notes to the Financial Statements - continued
for the year ended 31 March 2021**

12. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.4.19 £	Net movement in funds £	At 31.3.20 £
Unrestricted funds			
General fund	871,502	40,926	912,428
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>871,502</u>	<u>40,926</u>	<u>912,428</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	115,578	(74,652)	40,926
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>115,578</u>	<u>(74,652)</u>	<u>40,926</u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.4.19 £	Net movement in funds £	At 31.3.21 £
Unrestricted funds			
General fund	871,502	64,363	935,865
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>871,502</u>	<u>64,363</u>	<u>935,865</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	196,565	(132,202)	64,363
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>196,565</u>	<u>(132,202)</u>	<u>64,363</u>

**Notes to the Financial Statements - continued
for the year ended 31 March 2021**

13. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2021.

**Detailed Statement of Financial Activities
for the year ended 31 March 2021**

	2021 £	2020 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	56	2,653
Other trading activities		
Therapies, workshops & courses	2,262	101,774
Investment income		
Income from investments	71,481	(849)
Charitable activities		
Grant income	-	12,000
JRS Grant	7,188	-
	<hr/> 7,188	<hr/> 12,000
Total incoming resources	80,987	115,578
EXPENDITURE		
Other		
Wages	32,508	31,437
Support costs		
Management		
Pensions	1,014	986
Rates and water	2,066	2,102
Insurance	866	860
Light and heat	942	1,428
Telephone	792	646
Postage and stationery	551	285
Advertising	404	411
Sundries	2,354	2,510
Cleaning	1,774	4,208
Repairs and maintenance	3,187	6,129
Freehold property	7,439	7,400
Plant and machinery	163	191
Fixtures and fittings	833	574
Charitable donations	70	11,320
	<hr/> 22,455	<hr/> 39,050
Finance		
Accountancy fees	1,800	1,800
Consultancy Fees	487	2,090
Staff training & welfare	300	275
	<hr/> 2,587	<hr/> 4,165
Total resources expended	57,550	74,652
Net income	23,437	40,926

This page does not form part of the statutory financial statements