

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

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for the year ended 31 March 2021**

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**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', with a stylized flourish at the end.

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		80,987	115,578
EXPENDITURE ON			
Other		57,550	74,652
NET INCOME		23,437	40,926
RECONCILIATION OF FUNDS			
Total funds brought forward		912,428	871,502
TOTAL FUNDS CARRIED FORWARD		935,865	912,428

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/> 839,570	<hr/> 765,343
CURRENT ASSETS			
Debtors	10	813	6,639
Cash at bank		98,507	142,367
		<hr/> 99,320	<hr/> 149,006
CREDITORS			
Amounts falling due within one year	11	(3,025)	(1,921)
		<hr/> 96,295	<hr/> 147,085
NET CURRENT ASSETS			
		<hr/> 96,295	<hr/> 147,085
TOTAL ASSETS LESS CURRENT LIABILITIES			
		<hr/> 935,865	<hr/> 912,428
NET ASSETS			
		<hr/> 935,865	<hr/> 912,428
FUNDS	12		
Unrestricted funds		935,865	912,428
TOTAL FUNDS		<hr/> 935,865	<hr/> 912,428

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	115,578
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	912,428

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	377,868	13,053	9,132	400,053
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	96,239	12,131	2,028	110,398
NET BOOK VALUE				
At 31 March 2021	281,629	922	7,104	289,655
At 31 March 2020	281,200	1,085	4,623	286,908

9. FIXED ASSET INVESTMENTS

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

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	<u>813</u>	<u>6,639</u>

11. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2021	2020
	£	£
Other creditors	<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	<hr/> 80,987	<hr/> 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	<hr/> 57,550	<hr/> 74,652
Net income	<hr/> 23,437	<hr/> 40,926

This page does not form part of the statutory financial statements