

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 funds	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 funds	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 funds	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	
	£	£	£	£
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)