

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

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**

		31 March 2025		31 March 2024	
	Notes	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	-	1,339	1,170
Total Charitable Activities		106,961	-	106,961	90,039

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

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
Market value of investments at 31 March 2025	614,513	569,665
Historical cost of investments	380,800	350,800
Cash held by investment manager	-	-
Total value of investments at 31 March 2025	614,513	569,665
Investments at market value comprise of:		
Managed funds (equities, bonds, gilts)	471,233	466,253
Cash and Cash Products	143,280	103,412
Total Market value of investments at 31 March 2025	614,513	569,665

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	-	-	-	-
Total Cash at Bank and in Hand	47,933	-	47,933	75,681

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
Total	11,433	-	11,433	8,820

12) Analysis of current liabilities

Analysis of creditors: falling due within one year

	2025			2024
	Unrestricted	Restricted	Total	
	£	£	£	£
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)