

**Company number 3341420**  
**Charity number 1064848**



**OPTIONS FOR LIFE**  
**(A Company limited by Guarantee)**

**Financial Statements**

**Year ended 31 March 2025**

## **OPTIONS FOR LIFE**

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## **OPTIONS FOR LIFE**

### **CHARITY INFORMATION**

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#### **Directors**

Amrit Virk – Chair  
Alan Daffern - resigned 28/10/24  
Harriet Moat – resigned 28/10/24  
Rosina Singleton – resigned 27/4/25  
Cesar Alvarez  
Ariecho Gros - appointed 24/7/24  
Anthony Downes - appointed 28/10/24  
Matthew Small – appointed 28/10/24, resigned 29/4/25

#### **Charity Number**

1064848

#### **Company Number**

3341420

#### **Charity correspondence address**

Oak Green Lodge  
Oak Green Way  
Oldbury  
West Midlands  
B68 8LR

#### **Auditors**

Feltons  
Chartered Accountants & Business Advisers  
8 Sovereign Court  
8 Graham Street  
Birmingham  
B1 3JR

#### **Bankers**

Lloyds Bank plc  
125 High Street  
Harborne  
Birmingham  
B17 9NP

#### **Chief Executive Officer**

Nicola Thomson

## **OPTIONS FOR LIFE**

### **DIRECTORS' AND TRUSTEES' REPORT**

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The Directors present their report and financial statements for the year ended 31 March 2025.

#### **Governing Document**

The organisation is a charitable company limited by guarantee, incorporated on 27 March 1997 and registered as a charity on 13 October 1997. The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association. In the event of the company being wound up the members are required to contribute an amount not exceeding £1.

#### **Directors and Trustees**

The Board of Trustees is the governing body of the charity. The Board of Directors is the governing body of the company. Selection of Trustees is by application to the Board of Trustees and is managed by the Chair and brought to Board of Trustees Meetings for approval. Selection of Directors is by a vote of the trustees. The policy is to recruit people to be Trustees with knowledge, skills and experience relevant to the aims and objectives of the charity. Documents detailing the legal structure, organisation, finances and management of the company, which are regularly reviewed, are provided to all Board of Trustee members to facilitate effective governance of the charity. In addition, they are provided with training support and practical experience of the day-to-day running of the charity.

The Board of Trustees meets on a regular basis to manage the affairs of the charity and formulate policy. The Chief Executive manages the day-to-day running of the charity assisted by full time and part time employees.

No trustee receives any payment for carrying out their duties and none of the trustees have any beneficial interest in the company.

The directors / trustees who have served during all or part of 2024/25 are listed on page 1 and 6.

#### **Risk Management**

The Board of Trustees meet regularly to assess financial planning matters and review measures to control risk. A comprehensive risk register is completed annually and reviewed at least quarterly during the year.

External risks, which primarily concern funding, are continually addressed by closely managing the quality and cost effectiveness of all our contracts, identifying areas for new grant applications and ensuring adequate cash reserves are constantly maintained.

An on-going review of key operational and financial processes and procedures combined to mitigate against any potential internal control weaknesses.

#### **Mission and Vision Statement**

Our Mission is to provide high quality and coordinated services to all participants which is responsive, flexible and sensitive to their changing needs, enabling them to play an active part in their local community.

Our Vision is to give people with Learning Disabilities and/or Autism choice and control over their lives.

#### **Objectives of the Charity**

Options for Life is committed to enhancing the independence of people with learning disabilities and/or autism by providing person-centred, high-quality support that gives individuals real choice and control over their lives. Our services are coordinated, flexible, and responsive to changing needs, with a strong focus on personalised goal-setting through sessions such as aquafit, art, cooking, and football. We foster community engagement by building meaningful partnerships with schools and colleges and by promoting inclusive activities that reflect and celebrate cultural diversity. Continuous improvement is at the heart of our approach, with robust governance, quality assurance, and risk management frameworks, ongoing staff training, internal audits, and a participant-led advisory group driving our progress. We are also committed to sustainability and diversifying our income through digital fundraising, social enterprise initiatives like a shop and internet café, and increased use of volunteers. Inclusion, wellbeing, and innovation underpin everything we do, ensuring our support is not only effective but also enriching and empowering.



## **OPTIONS FOR LIFE**

### **DIRECTORS' AND TRUSTEES' REPORT**

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#### **Review of Activities for 2024 – 2025**

During the fiscal year 2024–2025, Options for Life maintained its unwavering commitment to delivering high-quality, personalised support for adults with learning disabilities and/or autism. Operating from three dedicated buildings across Sandwell, alongside a growing outreach provision, the charity has continued to adapt to changing local authority commissioning models and participant needs with agility and care.

Our outreach model remains strong and well-established, reflecting the long-term impact of the strategic changes we made in response to the COVID-19 pandemic. Outreach now represents a significant portion of our overall service offer, with community-based, strength-focused engagement at its heart.

We have sustained a stable and skilled workforce and continued to see interest in vacant roles, supported by our strong values, supportive culture, and the meaningful nature of our work.

Our service delivery during the year included:

- Over 25,000 hours of service delivered within our Profound and Multiple Learning Disabilities (PMLD) service
- More than 57,000 hours of outreach support
- Over 3,000 hours of building-based sessions
- 28 new referrals received, with 10 individuals currently on our waiting list

These figures demonstrate a continued rise in demand for our services, underscoring the trust placed in us by individuals, families, and commissioning partners.

#### **Achievements of the Year**

The year 2024–2025 has been defined by innovation, inclusivity, and strategic development. Key highlights include:

##### **Strategic Planning**

We completed the review of our three-year strategic plan and successfully transitioned to a new two-year strategic plan, recognising the need for adaptability amid a rapidly changing adult social care landscape. Our new plan is focused on five core goals: increasing independence, expanding flexible delivery, strengthening community connections, maintaining high-quality provision and diversifying income sources.

##### **Participant-Led Initiatives**

We deepened our commitment to person-centred support by enhancing how we set and track individual goals within sessions such as aquafit, art, cooking, and football. These structured goal-setting approaches ensure activities are tailored to each participant's interests, abilities, and aspirations, promoting independence and personal development.

##### **Environmental Sustainability**

In preparation for the upcoming 2025 waste legislation, we introduced new waste management procedures across all sites to separate dry recyclables, food waste and residual waste. This move aligns with our broader commitment to sustainability.

##### **Inclusive Activities and Cultural Awareness**

We increased the number of culturally inclusive activities offered, hosting and celebrating events such as Eid, Pride Month, and the International Day of Pink, while continuing to deliver female-only aquafit sessions for our Muslim participants. Our Healthy Minds sessions incorporated diverse wellness practices and new goal-setting initiatives to promote wellbeing.

##### **Community and Education Engagement**

We strengthened community ties through collaboration with Q3 Academy, Meadows School and Westminster School, enabling smoother transitions for young people with learning disabilities and autism and offering intergenerational opportunities.

## **OPTIONS FOR LIFE**

### **DIRECTORS' AND TRUSTEES' REPORT**

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#### **Participant Advisory Group**

We established a Participant Advisory Group, giving individuals we support a platform to influence decision-making at every level. This initiative reflects our ongoing commitment to co-production and participant empowerment.

#### **Quality Assurance and Continuous Improvement**

We enhanced our internal and external quality assurance frameworks, linking daily record-keeping to measurable outcomes and enabling more robust reviews by social workers. We also developed new systems for distinguishing between building-based and community-based support in line with local authority guidance.

#### **Looking Ahead**

As we close the year 2024–2025, we are proud of the progress made in strengthening our services, systems and community engagement. Options for Life continues to be a place where people with learning disabilities and/or autism are empowered to lead meaningful lives with choice and control.

We look forward to building on this year's momentum and further enhancing the impact we make through collaboration, innovation, and a continued focus on personal outcomes

#### **Public Benefit**

In planning and delivering our activities, the Trustees and management team continue to uphold the Charity Commission's guidance on public benefit. We remain deeply committed to inclusivity and actively welcome participants regardless of their background, personal circumstances, faith, gender, or economic status. This inclusive ethos not only reflects our values but also fosters a diverse and vibrant community where varied experiences, skills and perspectives are respected and shared.

Our central purpose is to support adults with learning disabilities and/or autism through personalised services that promote independence, wellbeing and meaningful engagement in the community. The individuals we support often face significant barriers in accessing healthcare, education and employment barriers that were amplified during the COVID-19 pandemic and continue to affect outcomes today.

We work to address these inequalities by offering high-quality, consistent and tailored support that focuses on building confidence, life skills and connections. As life expectancy increases for adults with learning disabilities and/or autism, we recognise the growing need to adapt services to meet more complex health and care requirements associated with ageing. Our flexible approach ensures that participants continue to receive the right level of support at every stage of life.

Our impact extends beyond individuals to their families and support networks. By providing reliable, structured care, we enable families to experience greater stability and relief from the demands of full-time caregiving. This contributes positively to the wider community by reducing pressure on statutory services and strengthening family resilience.

In summary, the public benefit of Options for Life is far-reaching. We enrich lives by promoting health, independence and inclusion for adults with learning disabilities and/or autism, while also supporting families and enhancing community wellbeing. This commitment remains at the heart of everything we do.

#### **Review of financial position**

The income of the charity for 2024/25 was £2,205,191 (2023/24: £1,674,859) and expenditure was £2,007,631 (2023/24: £1,724,331). This resulted in a net income surplus of £197,560 reducing to £189,715 if the restricted funds surplus of £7,845 is excluded (2023/24 net deficit £49,472). The charity balance sheet reflects an increase in funds due to the 2024/25 surplus.

The reason for the improvement in the charity finance position is due to the number of contracted sessions increasing both for building based sessions and outreach activities. The number of participants and sessions increased in 24/25 particularly at the Acorn Lodge Centre which provides services for adults with profound and multiple learning disabilities (PMLD). Acorn Lodge received additional participants from the closure of a PMLD centre in a neighbouring borough in the summer of 2024.

## **OPTIONS FOR LIFE**

### **DIRECTORS' AND TRUSTEES' REPORT**

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The charity is not expecting a recurring large surplus for 2025/26. The biggest commissioner of participant contracts for the charity is Sandwell Council and they have revised downwards the fee rates from 25/26. In addition the charity will be financially hit with higher employer national insurance costs from April 2025 as well as continuing general challenges from rising costs for utilities and services and a 6.7% rise in the statutory minimum wage rates. However, the Board remains confident that the organisation will achieve at least a break-even situation for 2025/26.

#### **Reserves policy**

It is the policy of the charity to establish designated reserve funds to manage any potential financial risks to the viability of the organization. The level of reserves links to our financial assessment of risks that the organisation faces over the medium term within a 5 year period.

The level of designated reserve had been extremely high in the years following the Covid-19 virus outbreak. This created unprecedented financial uncertainty and the designated reserve rose as high as £705,000 at 31/3/23.

The financial performance of the charity has been improving up to the end of 24/25. The charity still faces potential risks and these have been considered by the trustees. This will include designated reserve provision for loss of contracts or detrimental reviews of fees as well as possible future minimum wage pressures. There is a provision set aside for statutory redundancy costs of employees if ever the charity were to close. Taking account of these factors the trustees have agreed to set aside £400,000 at 31/3/25 as the charity designated reserve. This is the same level as previously set aside in our accounts at 31/3/24. It will mean that the charity will have free balances available at April 2025 of approximately £600,000 to support new projects and initiatives if opportunities to grow the business become available.

The Board trustees and Senior Leadership Team will continue to monitor closely our level of bank balances and reserves and on-going risks and financial performance during 2025/26.

#### **Future Developments**

As Options for Life embarks on its 2025–2027 strategic cycle, we remain focused on delivering responsive, high-quality services that empower people with learning disabilities and/or autism to live with greater independence, choice and inclusion. This plan has been shaped through meaningful engagement with participants, families, staff, and stakeholders and reflects the evolving needs of our community and the adult social care sector.

### **Strategic Priorities 2025–2027**

#### **1. Enhancing Participant Independence and Empowerment**

We are committed to ensuring that all participants have the opportunity to shape their own lives, make informed choices and feel confident in their abilities. Our approach centres on personalised support, skill-building and inclusive community participation. We will further develop individualised support plans that promote autonomy and self-determination, broaden access to training in essential life skills and strengthen links with community partners to support meaningful integration. Regular feedback mechanisms and peer-led initiatives will also be introduced to embed continuous improvement and mutual empowerment across our services.

#### **2. Expanding Flexible and Personalised Services**

We will continue to expand and adapt our service model to meet the diverse and changing needs of our participants. This includes offering flexible combinations of building-based and community outreach services tailored to individual goals. We will place greater emphasis on transitions, improving access to volunteering, employment pathways and person-centred planning that reflects each individual's ambitions and support requirements.

#### **3. Strengthening Community Connections and Inclusion**

Our focus will be on building deeper, more inclusive relationships with local communities. Through collaboration with schools, colleges, local businesses and faith and cultural organisations, we will create more opportunities for our participants to contribute to and be included in community life. Our outreach programmes and inclusive events will help reduce social isolation, promote diversity and enhance visibility for people with learning disabilities and/or autism.

## OPTIONS FOR LIFE

### DIRECTORS' AND TRUSTEES' REPORT

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#### 4. Driving Quality and Continuous Improvement

We are implementing a refreshed Governance, Risk and Quality Framework to ensure consistent, high-quality service delivery. This will include regular internal audits, participant-led advisory groups, outcome-focused reviews and benchmarking against external quality standards. Staff training and development will be a core component of our continuous improvement approach, ensuring we remain adaptive, responsive and person-centred.

#### 5. Diversifying and Strengthening Income

We are actively pursuing new income streams to ensure long-term sustainability and growth. This includes developing social enterprise initiatives such as a participant-led café or shop, launching digital fundraising campaigns, and increasing engagement with corporate partners. Volunteers will be key in extending our capacity and impact, and we will continue to explore opportunities to blend funding sources creatively and ethically.

#### 6. Additional Operational Developments

##### Environmental Sustainability

In line with new legislation requiring workplaces to separate recyclables, food waste, and residual waste, we are improving waste management systems across all sites and raising awareness about environmental responsibility among participants and staff.

##### Digital Innovation

We are piloting digital tools that support communication, goal setting, and service planning. Technology will play a greater role in promoting digital inclusion and improving internal systems, ensuring services remain efficient and user-friendly.

##### Estate Improvements

Continued investment will be made in our properties to ensure safety, accessibility and suitability for a range of needs. This includes updates to fire safety procedures, environmental design and maintenance across Acorn Lodge, Oak Green Lodge and Ocker Hill.

##### Workforce Development

Through our People Plan, we are enhancing recruitment, induction, and retention processes. We are committed to nurturing a skilled, motivated and values-driven workforce equipped to meet the challenges and opportunities of modern social care.

#### Employees and Remuneration

The charity operates policies based on a range of issues including those to ensure that no discrimination is made against any employee or participant based on their disabilities, age, gender or ethnicity.

The majority of staff for 2024/25 received a pay rise of 9.8% since their salary grades were linked to the National Minimum Wage which rose by this percentage in April 2024. The remaining staff received a general pay award of 3%.

#### Directors / Trustees

The directors, who served during the period, are shown below and all are trustees.

Amrit Virk – Chair

Alan Daffern – resigned 28/10/24

Harriet Moat – resigned 28/10/24

Rosina Singleton – resigned 27/4/25

Cesar Alvarez

Ariecho Gros – appointed 24/7/24

Anthony Downes – appointed 28/10/24

Matthew Small – appointed 28/10/24, resigned 29/4/25

#### Indemnity provision for Directors

Indemnity insurance cover has been taken out for all Directors and Trustees for any potential claim risk to value of £2 Million (2024 £2,000,000).

## OPTIONS FOR LIFE

### DIRECTORS' AND TRUSTEES' REPORT

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#### Responsibilities of Directors / Trustees

The directors are responsible for preparing the financial statements in accordance with applicable law and United Kingdom Generally Accepted Accounting Practice.

UK company law requires the directors to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the company and of the surplus or deficit of the company for that period. In preparing those financial statements, the directors are required to:

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK accounting standards have been followed; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The directors are responsible for maintaining proper accounting records which disclose with reasonable accuracy at any time the financial position of the company and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for the system of internal control, safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 of the financial statements and comply with the charity's Memorandum and Articles of Association, applicable law and the requirements of the Statement of Recommended Practice (FRS102), "Accounting and Reporting by Charities" (effective October 2019).

In accordance with company law, as the company directors, we certify that:

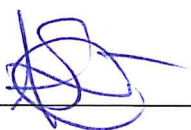
- so far as we are aware, there is no relevant audit information of which the company's auditor is unaware: and
- as the directors of the company we have taken all the steps that we ought to have taken in order to make ourselves aware of any relevant audit information and to establish that the charity's auditor is aware of that information.

#### Auditor

Feltons took over from 2022/23 the responsibility for direct audit support and auditor of the company accounts. Feltons were re-appointed by the Board in October 2024 to continue as auditors for 2024/25 and they operate in accordance with the Companies Act 2006 section 487(2).

In preparing this report, the Directors have taken advantage of the small companies exemption provided by section 415A of the Companies Act 2006.

**Approved by the Board on 27 October 2025 and signed on its behalf by**



Amrit Virk  
Chair of the Board of Trustees



Nicola Thomson  
Chief Executive Officer



## **INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF OPTIONS FOR LIFE**

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### **Opinion**

We have audited the financial statements of Options For Life (the 'charitable company') for the year ended 31 March 2025 which comprise the Statement of Financial Activities, Balance Sheet, Cash Flow Statement and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland* (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2025, and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

### **Basis for opinion**

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

### **Conclusions relating to going concern**

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

### **Other information**

The other information comprises the information included in the Directors' and Trustees' Report, other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

## **INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF OPTIONS FOR LIFE**

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### **Opinions on other matters prescribed by the Companies Act 2006**

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the Directors' and Trustees' Report for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the Directors' and Trustees' Report has been prepared in accordance with applicable legal requirements.

### **Matters on which we are required to report by exception**

In the light of our knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the Directors' and Trustees' Report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept; or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of directors' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the trustees were not entitled to prepare the financial statements in accordance with the small companies' regime and take advantage of the small companies' exemptions in preparing the Directors' and Trustees' Report and from the requirement to prepare a strategic report.

### **Responsibilities of trustees**

As explained more fully in the trustees' responsibilities statement set out on page 7 the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

### **Auditor's responsibilities for the audit of the financial statements**

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

- We reviewed the charitable company's control and risk management procedures and planned our work based on our assessment of those controls and procedures;
- This review included an assessment of the risk of material misstatement due to errors, fraud and management override of controls for all material areas in the financial statements;
- We made enquiries of management and the charitable company's lawyers regarding any actual or potential litigation and/or claims;
- Financial statements disclosures were reviewed and checked for compliance with applicable laws;
- Detailed testing was conducted on balances and transactions including unusual items and those of individual significance to the financial statements;
- Data analytics were used in order to identify unusual or significant trends;
- Communications with management and those charged with governance regarding relevant matters was undertaken throughout the audit and on completion.

## INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF OPTIONS FOR LIFE

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### Auditor's responsibilities for the audit of the financial statements (continued)

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at [www.frc.org.uk/auditorsresponsibilities](http://www.frc.org.uk/auditorsresponsibilities). This description forms part of our auditor's report.

### Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.



**David W Farnsworth FCA (Senior Statutory Auditor)**

For and on behalf of Feltons, Statutory Auditor

8 Sovereign Court  
8 Graham Street  
Birmingham B1 3JR

3/11/2025



## OPTIONS FOR LIFE

### STATEMENT OF FINANCIAL ACTIVITIES (incorporating Income and Expenditure Account) For the year ended 31 March 2025

	Notes	Restricted funds £	Designated funds £	Unrestricted funds £	Total funds 2025 £	Total funds 2024 £
<b>Income from:</b>						
Donations & legacies		-	-	2,742	2,742	4,135
Charitable activities	2	75,780	-	2,077,125	2,152,905	1,640,806
Other trading activities	2	-	-	23,897	23,897	13,361
Investments		-	-	25,647	25,647	16,557
		<u>75,780</u>	<u>0</u>	<u>2,129,411</u>	<u>2,205,191</u>	<u>1,674,859</u>
<b>Expenditure on:</b>						
Charitable activities	3, 11	<u>67,935</u>	<u>-</u>	<u>1,939,696</u>	<u>2,007,631</u>	<u>1,724,331</u>
		<u>67,935</u>	<u>0</u>	<u>1,939,696</u>	<u>2,007,631</u>	<u>1,724,331</u>
Net income / (expenditure)		<u>7,845</u>	<u>0</u>	<u>189,715</u>	<u>197,560</u>	<u>(49,472)</u>
Transfer between funds	12	-	0	0	-	-
Net movement in funds		7,845	0	189,715	197,560	(49,472)
<b>Reconciliation of funds:</b>						
Total funds brought forward		<u>38,547</u>	<u>400,000</u>	<u>1,579,890</u>	<u>2,018,437</u>	<u>2,067,909</u>
Total funds carried forward		<u>46,392</u>	<u>400,000</u>	<u>1,769,605</u>	<u>2,215,997</u>	<u>2,018,437</u>

The notes on pages 14 to 24 form part of these financial statements.

There were no recognised gains or losses other than those in the Statement of Financial Activities.

All surpluses are a result of continuing activities as one-off activities are structured so as to produce no surplus or deficit.

# **OPTIONS FOR LIFE**


## **BALANCE SHEET** **As at 31 March 2025**

**Company No. 3341420**

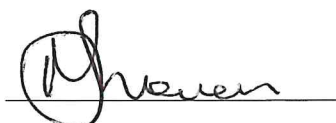
	Notes	2025		2024	
		£	£	£	£
<b>Fixed assets</b>					
Tangible assets	6	1,147,729		1,165,653	
<b>Current assets</b>					
Debtors	7	242,036		140,560	
Investments	8	528,000		255,900	
Cash at bank and in hand	9	350,199		496,228	
		<u>1,120,235</u>		<u>892,688</u>	
<b>Liabilities</b>					
Creditors: Amounts falling due in less than one year	10	(51,967)		(39,904)	
<b>Net current assets</b>			1,068,268		852,784
<b>Total assets</b>			<u>2,215,997</u>		<u>2,018,437</u>
<b>The Funds of the charity</b>					
<b>Restricted funds</b>	11	46,392		38,547	
<b>Unrestricted funds</b>					
Designated funds	12	400,000		400,000	
Unrestricted funds	12	1,769,605		1,579,890	
		<u>2,215,997</u>		<u>2,018,437</u>	

These financial statements have been prepared in accordance with the special provisions relating to companies subject to the small companies regime within Part 15 of the Companies Act 2006.

**Approved and authorised for issue by the Board on 27 October 2025**  
**and signed on their behalf by:**



Amrit Virk  
Chair of the Board of Trustees.



Nicola Thomson  
Chief Executive Officer.

The notes on pages 14 to 24 form part of these financial statements.

**OPTIONS FOR LIFE****CASH FLOW STATEMENT  
As at 31 March 2025****Company No. 3341420**

	2025	2024
	£	£
<b>Cash flows from operating activities:</b>		
Net cash used in operating activities	144,385	47,808
<b>Cash flows from investing activities:</b>		
Dividends, interest and rent from investments	25,647	16,557
Proceeds from the sale of investments	85,900	85,002
Purchase of investments	(358,000)	(205,900)
Purchase of property, plant and equipment	(43,961)	(19,305)
Net cash provided by investing activities	(290,414)	(123,646)
<b>Reconciliation of net cash flow to movement in funds</b>		
Change in cash and cash equivalents in the year	(146,029)	(75,838)
Cash and cash equivalents at 1 April	496,228	572,066
Cash and cash equivalents at 31 March	350,199	496,228
<b>Reconciliation of next movement in funds to net cash outflow from operating activities</b>		
Net movement in funds for the year ended 31 March 2025	197,560	(49,472)
<b>Adjustments for:</b>		
Depreciation	61,885	46,326
Dividends, interest and rent from investments	(25,647)	(16,557)
Decrease / (Increase) in debtors	(101,475)	62,706
Increase / (Decrease) in other creditors	12,062	4,805
Net cash used in operating activities	144,385	47,808
<b>Analysis of cash and cash equivalents</b>		
Notice deposits (up to 3 months)	51,477	295,248
Cash in hand	298,722	200,980
Cash and cash equivalents	350,199	496,228

## OPTIONS FOR LIFE

### NOTES TO THE FINANCIAL STATEMENTS For the year ended 31 March 2025

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#### **1 Accounting policies**

Options for Life is incorporated as a company limited by guarantee, registered in England and Wales (No. 3341420)

##### **Basis of Accounting**

The financial statements are prepared under the historical cost convention, in accordance with Accounting and Reporting by Charities; the Statement of Recommended Practice applicable to Charities preparing their accounts in accordance with the Financial Reporting Standards applicable in the UK and Republic of Ireland (FRS102) (effective 1<sup>st</sup> January 2019) – (Charities SORP (FRS102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) and the Companies Act 2006.

##### **Income**

Income is predominantly service contracts for participants with some income from external grants and meal sales and donations. This income is recognised in the Statement of Financial Activities when received or on completion of the delivery of the specified terms of the Service Level Agreement.

##### **Expenditure**

All expenditure is accounted for on an accruals basis and is recognised where there is a legal or constructive obligation to pay. Expenditure has been classified under headings that aggregate all costs related to that category.

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and includes both the direct and support costs relating to these activities.

Support costs consist of central administration and property costs. These are disclosed in more detail in Note 4.

##### **Governance**

Governance costs of the charity include those costs associated with meeting the constitutional and statutory requirements of the charity and include audit fees and costs linked to the strategic management of the charitable company. Details on governance costs are shown in Note 4.

##### **Fund Accounting**

Unrestricted funds are available for use at the discretion of the trustees in the furtherance of the objectives of the Charity unless the funds have been designated for other purposes.

Designated funds comprise unrestricted funds that have been set aside by the trustees for particular purposes or to meet potential financial risks or pressures that the charity may face.

Restricted funds are subject to specific terms and conditions by donors as to how they may be used.

##### **Grants and donations**

Grants and donations are only included in the Statement of Financial Activities when the charity has unconditional entitlement to the resources.

##### **Donated services and facilities**

These are only included in incoming resources (with an equivalent amount in resources expended) where the benefit to the charity is reasonably quantifiable, measurable and material. The value placed on these resources is the estimated value to the charity of the service or facility received.

##### **Judgments in applying accounting policies and key sources of estimation uncertainty**

The charity makes estimates and assumptions concerning the future. The resulting accounting estimates will, by definition, seldom equal the related actual results. The trustees confirm there are no estimates and assumptions that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next financial year.

## OPTIONS FOR LIFE

### NOTES TO THE FINANCIAL STATEMENTS For the year ended 31 March 2025

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#### 1. Accounting policies (continued)

##### **Value Added Tax**

VAT has been treated as irrecoverable by the Charity, due to the scale and type of activities being regarded as exempt. To ensure the charity complies with HMRC's regulatory requirements both the sources of income and the aggregate amounts that could constitute taxable supplies, are frequently reviewed.

##### **Tangible fixed assets and depreciation**

Tangible fixed assets for use by the charity are stated at cost less depreciation. Since April 2019 individual items costing less than £5,000 are written off in the Statement of the Financial Activities.

Depreciation is provided at rates calculated to write off the cost less estimated residual value, over their expected useful lives.

Office equipment - 25% on a straight line basis

Motor vehicles - 25% on a straight line basis

Building – Leasehold - 10% on a straight line basis

Building – Freehold - 2% on a straight line basis

Freehold land is not depreciated

##### **Pension costs**

The charity fulfilled its legal obligation in adopting the Governments Workplace Pension Scheme Auto-Enrolment in October 2014 integrating this with the defined contributions pension scheme that was already part of the remuneration policy. Those employees who have opted for the minimum contribution of 5% of pensionable salary under auto-enrolment rules enjoy an employer's contribution of 4%, this increases to 5% after 10 years service.

##### **Employee Benefits**

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the Charity has committed to terminate the employment of an employee or to provide termination benefits.

##### **Going concern**

At the time of preparing the financial statements, the trustees have a reasonable expectation that the Charity has adequate resources to continue its operational existence for the foreseeable future. There are no other material uncertainties that may cast a significant doubt about the Charity's ability to continue as a going concern. Therefore, the accounts have continued to be prepared on the going concern basis of accounting.

There will be continuing future challenges to be faced by the Charity. The Board are reviewing the strategic direction of the Charity and the agreed business plan and model will look to deliver both continuing but new and flexible ways of service delivery.

##### **Liability recognition**

Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to pay out resources.

##### **Operating leases**

Rental costs under operating leases are charged to the income and expenditure account in equal annual amounts over the period of the lease.

##### **Cash and cash equivalents**

Cash is represented by cash in hand and deposits with financial institutions repayable without penalty on notice of not more than 24 hours. Cash equivalents are highly liquid investments that mature in no more than three months from the date of acquisition and that are readily convertible to known amounts of cash with insignificant risk of change in value.

## OPTIONS FOR LIFE

### NOTES TO THE FINANCIAL STATEMENTS For the year ended 31 March 2025

#### 2 Income

	2025	2024
	£	£
<b>Restricted income</b>		
<b>Charitable activities</b>		
Sandwell Council	15,727	13,579
Roger and Douglas Turner Charitable Trust	3,000	3,000
Barclays Community Football Fund	1,000	-
Npower Business Solutions Foundation	7,538	-
Edward Cadbury Charitable Trust	3,000	-
Heart of England Community Foundation	31,515	-
The Saintbury Trust	5,000	-
Eveson Charitable Trust	7,500	-
Arnold Clark Community Fund	500	-
Finnis Scott Foundation	1,000	-
Boshier Hinton Foundation	-	2,000
Bruce Wake Trust	-	2,000
Solvay Community Prize	-	2,415
Owen Family Trust	-	1,000
David Solomans Trust	-	750
D'Oyley Carte Charitable Trust	-	3,000
Patrick Trust	-	1,000
SCVO	-	500
Creative Black Country	-	1,825
Pedmore Sporting Club	-	1,000
Geoff Hill Charitable Trust	-	250
Will Charitable Trust	-	8,000
Beatrice Laing Charitable Fund	-	2,500
Total restricted income from charitable activities	<u>75,780</u>	<u>42,819</u>
<b>Unrestricted income</b>		
<b>Charitable activities</b>		
Adult social care – Sandwell MBC	1,594,544	1,151,155
Direct payments	301,747	301,817
NHS Black Country ICB	171,408	135,812
One to One Support – Sandwell MBC	9,426	9,203
Total unrestricted income from charitable activities	<u>2,077,125</u>	<u>1,597,987</u>
Total income from charitable activities	<u>2,152,905</u>	<u>1,640,806</u>
<b>Other trading activities income</b>		
Activities and fund raising	3,153	3,177
Food and drink sales	14,044	9,884
Room hire charges	5,560	300
Sales on disposal of assets	1,140	-
	<u>23,897</u>	<u>13,361</u>

## OPTIONS FOR LIFE

### NOTES TO THE FINANCIAL STATEMENTS For the year ended 31 March 2025

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<b>3 Expenditure</b>	<b>2025</b>	<b>2024</b>
	<b>£</b>	<b>£</b>
<b>Charitable Service Operational Costs</b>		
Direct staffing costs	<b>1,316,534</b>	1,076,768
Indirect staff related costs	<b>8,639</b>	17,203
Premises, repairs and running costs	<b>29,394</b>	30,554
Cleaning, personal protective equipment and waste disposal	<b>20,968</b>	17,767
Vehicle and transport costs	<b>64,057</b>	56,345
Activities and materials	<b>74,282</b>	66,442
IT and office costs	<b>15,016</b>	13,101
Depreciation costs	<b>37,715</b>	36,017
Total charitable operational costs	<b>1,566,605</b>	1,314,197
Management and Support Costs	<b>358,257</b>	367,268
Governance costs	<b>14,834</b>	16,161
Total charitable expenditure	<b>1,939,696</b>	1,697,626

## OPTIONS FOR LIFE

### NOTES TO THE FINANCIAL STATEMENTS For the year ended 31 March 2025

#### 4 Expenditure – Charitable activities

	2025	2024
	£	£
<b>Management support costs</b>		
Salaries	248,803	257,656
Staff recruitment, training, travel, other	4,126	6,169
Office costs	28,772	24,398
External professional support	49,032	49,168
Equipment depreciation	2,363	3,684
Vehicle costs	571	4,007
Premises related costs	24,590	22,186
	<u>358,257</u>	<u>367,268</u>

#### Governance costs

	2025	2024
	£	£
Audit	9,180	6,660
Other insurance costs	1,726	3,367
Bank charges	1,400	1,894
Professional & consultancy fees	1,002	2,598
Trustee expenses and associated costs	1,526	1,642
	<u>14,834</u>	<u>16,161</u>



## OPTIONS FOR LIFE

### NOTES TO THE FINANCIAL STATEMENTS For the year ended 31 March 2025

#### 5 Staff costs

	2025 £	2024 £
Wages & salaries	1,411,250	1,216,742
Social security costs	97,961	75,990
Pension costs	38,947	36,478
	<u>1,548,158</u>	<u>1,329,210</u>

The average monthly number of staff employed by the charity during the year was as follows:

	Number	Number
Administrative	8	9
Project based	<u>59</u>	<u>56</u>
	<u>67</u>	<u>65</u>

#### Employer benefits to Senior Management Team Members

During the year to 31 March 2025 payments to key members of the management team in the form of salary and pensions amounted to £155,742. This compares with £154,757 for the prior year.

There was one employee whose annual emoluments were in the band £60,000 to £70,000.

#### Termination Payments

In 2024/2025 there were no termination payments to former employees. There had also been no termination payments in 2023/24.

#### Payments to Directors/Trustees

The trustees neither received nor waived any emoluments during the year (2024: £nil).

In 2024/25 there were total expenses re-imbursements of £346 to trustees. In 2023/24 there had been payments of £589.

## OPTIONS FOR LIFE

### NOTES TO THE FINANCIAL STATEMENTS For the year ended 31 March 2025

#### 6 Tangible fixed assets for use by the charity

	Freehold properties	Leasehold Improvements	Office equipment / fixtures & fittings	Vehicles	Total
	£	£	£	£	£
<b>Cost</b>					
As at 1 April 2024	1,585,963	34,172	207,900	33,199	1,861,234
Additions	-	-	11,581	32,380	43,961
Disposals	-	(21,391)	-	(7,200)	(28,591)
As at 31 March 2025	<u>1,585,963</u>	<u>12,781</u>	<u>219,481</u>	<u>58,379</u>	<u>1,876,604</u>
<b>Depreciation</b>					
As at 1 April 2024	468,779	16,040	187,843	22,919	695,581
Charge for the year	27,521	15,434	9,559	9,371	61,885
Disposals	-	(21,391)	-	(7,200)	(28,591)
As at 31 March 2025	<u>496,300</u>	<u>10,083</u>	<u>197,402</u>	<u>25,090</u>	<u>728,875</u>
<b>Net Book Value</b>					
As at 31 March 2025	<u>1,089,663</u>	<u>2,698</u>	<u>22,079</u>	<u>33,289</u>	<u>1,147,729</u>
As at 31 March 2024	<u>1,117,184</u>	<u>18,132</u>	<u>20,057</u>	<u>10,280</u>	<u>1,165,653</u>

Land at cost carried forward £210,000 is not depreciated (2024 - £210,000)

## OPTIONS FOR LIFE

### NOTES TO THE FINANCIAL STATEMENTS For the year ended 31 March 2025

#### 7 Debtors

	2025	2024
	£	£
Trade debtors	201,976	117,966
Prepayments & sundry debtors	40,060	22,594
	<u>242,036</u>	<u>140,560</u>

#### 8 Investments

	2025	2024
	£	£
Market value brought forward	255,900	135,002
Additions to investments at cost	358,000	205,900
Disposals at carrying value	(85,900)	(85,002)
Market value as at 31 March	<u>528,000</u>	<u>255,900</u>
Comprised:		
Investments at fair value comprised		
Cash on deposit	<u>528,000</u>	<u>255,900</u>

#### 9 Bank and cash

	2025	2024
	£	£
Bank accounts	344,577	491,984
Procurement cards and petty cash	5,622	4,244
	<u>350,199</u>	<u>496,228</u>

#### 10 Creditors: Amounts falling due in less than one year

	2025	2024
	£	£
Trade creditors	5,141	3,615
Accrued expenses	13,800	12,995
Tax and social security	24,515	17,500
Pensions	8,511	5,794
	<u>51,967</u>	<u>39,904</u>

## OPTIONS FOR LIFE

### NOTES TO THE FINANCIAL STATEMENTS For the year ended 31 March 2025

#### 11 Restrictive Funds

External Grants	1 April 2024	Income	Expenditure	31 March 2025
	£	£	£	£
Bruce Wake Trust	2,000	0	(2,000)	0
Solway Community Prize	2,241	0	(2,241)	0
Owen Family Trust	1,000	0	(1,000)	0
David Solomans Trust	750	0	(750)	0
D'Oyley Carte Charitable Trust	3,000	0	(3,000)	0
Patrick Trust	1,000	0	(1,000)	0
Boshier Hinton Foundation	2,000	0	(2,000)	0
Geoff Hill Charitable Trust	250	0	(250)	0
Sandwell Council	5,592	15,727	(20,317)	1,002
Will Charitable Trust	6,722	0	(6,722)	0
Beatrice Laing Trust	2,292	0	(2,292)	0
Clothworkers Foundation	2,611	0	(2,611)	0
Edward Gosling Foundation	1,922	0	(1,922)	0
Baily Thomas Charitable Fund	7,167	0	(7,167)	0
N-Power Foundation	0	7,538	(2,504)	5,034
Edward Cadbury Trust	0	3,000	(3,000)	0
Eveson Trust	0	7,500	(208)	7,292
Heart of England Foundation	0	31,515	(6,565)	24,950
Saintbury Trust	0	5,000	(1,042)	3,958
Barclays Community Fund	0	1,000	(1,000)	0
Arnold Clark Community Fund	0	500	(100)	400
Finnis Scott Foundation	0	1,000	(244)	756
Turner Trust Foundation	0	3,000	0	3,000
<b>Total restricted funds</b>	<b>38,547</b>	<b>75,780</b>	<b>(67,935)</b>	<b>46,392</b>

#### Further information on all funds held during 2024/25:

Bruce Wake Trust and Geoff Hill Charitable Trust	To fund participant theatre trips, in particular for those requiring wheelchair access
Solvay Community Prize, Owen Family Trust, David Solomans Trust, D'Oyley Carte Trust, Patrick Trust, Boshier Hinton Foundation, N-Power Foundation, Edward Cadbury Trust	This is funding used together to install new play equipment and renovation of the sensory garden at Acorn Lodge
Sandwell Council	Grants to fund art, yoga and other sessions to enhance mental health and well-being.
Will Charitable Trust	To purchase additional musical equipment for sessions.
Beatrice Laing Trust and Eveson Trust	Used to purchase a 7-seater car to transport participants
Heart of England Foundation	Grant towards new electric car and charging point
Saintbury Trust	Towards additional air conditioning units at Acorn Lodge
Barclays Community Fund	Towards football kit and pitch bookings
Arnold Clark Community Fund	To fund therapeutic art sessions at Acorn Lodge
Finnis Scott Foundation	To fund tools, clothing and seeds for a local allotment plot
Turner Trust Foundation	Will be used towards the extension of parking bays at Acorn
Clothworkers Foundation	Prior year purchase of music and sensory equipment at Acorn Lodge – now depreciation costs
Edward Gosling Foundation	Prior year wet room improvements at the Ashes centre – now depreciation costs
Baily Thomas Charitable Fund	Prior year supported living flat renovation at Ashes centre – now depreciation costs

## OPTIONS FOR LIFE

### NOTES TO THE FINANCIAL STATEMENTS For the year ended 31 March 2025

#### 12 Unrestricted funds

	2025	2024
	£	£
Unrestricted capital funds brought forward	1,579,890	1,340,476
Movement for the year	189,715	(65,586)
Transfer from Designated Funds	0	305,000
Unrestricted funds carried forward	<u>1,769,605</u>	<u>1,579,890</u>

#### 12 Designated funds

	2025	2024
	£	£
Designated funds brought forward	400,000	705,000
Movement in the year	0	(305,000)
Total designated funds carried forward	<u>400,000</u>	<u>400,000</u>
<b>Total unrestricted funds</b>	<u><b>2,169,605</b></u>	<u><b>1,979,890</b></u>

#### 13 Analysis of net assets between funds

	Tangible fixed assets	Other net assets/ liabilities	Total
	£	£	£
<b>Restricted</b>	-	46,392	46,392
<b>Unrestricted funds</b>			
Designated funds	-	400,000	400,000
Unrestricted funds	1,147,729	621,876	1,769,605
	<u>1,147,729</u>	<u>1,068,268</u>	<u>2,215,997</u>

#### 14 Commitments under operating leases

At 31 March 2025 the Company had commitments under non-cancellable leases in respect of minibus vehicles and photocopiers:

	2025	2024
	£	£
Within one year	33,893	7,319
Within two to five years	90,976	6,675
	<u>124,869</u>	<u>13,994</u>

## OPTIONS FOR LIFE

### NOTES TO THE FINANCIAL STATEMENTS For the year ended 31 March 2025

#### 15 Related party transactions

There were no transactions in 2024/25 involving payments to a business with connections to either the trustees or other senior charity employees. In 2023/24 there were no related party payments.

#### 16 Post balance sheet events

There are no other events that occurred after 31 March 2025 that are likely to significantly change what is presented in the financial statements or have an impact upon the status of the organisation as a going concern.

#### 17 Pension Commitments

The Charity operates a defined contribution scheme. The assets of the scheme are held separately from those of the Charity in an independently administered fund. The pension cost represents contributions payable by the Charity to the fund and amounted to £38,947 (2024 £36,478). At 31 March 2025 there were total staff and employer contributions of £8,511 outstanding to be paid relating to 2024/25.

#### 18 Statement of financial activities 2024

	Notes	Restricted funds £	Designated funds £	Unrestricted funds £	Total funds 2024 £
<b>Income from:</b>					
Donations & legacies		-	-	4,135	4,135
Charitable activities	2	42,819	-	1,597,987	1,640,806
Other trading activities	2	-	-	13,361	13,361
Investments		-	-	16,557	16,557
		<u>42,819</u>	<u>0</u>	<u>1,632,040</u>	<u>1,674,859</u>
<b>Expenditure on:</b>					
Charitable activities	3	<u>26,705</u>	<u>-</u>	<u>1,697,626</u>	<u>1,724,331</u>
Net (expenditure) / income		<u>16,114</u>	<u>-</u>	<u>(65,586)</u>	<u>(49,472)</u>
Transfer between funds	11	-	(305,000)	305,000	-
Net movement in funds		16,114	(305,000)	239,414	(49,472)
<b>Reconciliation of funds:</b>					
Total funds brought forward		<u>22,433</u>	<u>705,000</u>	<u>1,340,476</u>	<u>2,067,909</u>
Total funds carried forward		<u>38,547</u>	<u>400,000</u>	<u>1,579,890</u>	<u>2,018,437</u>