

REALIFE TRUST

England & Wales · Charity number 1088751

Details

Status	Registered
Legal form	Charitable company
Company number	04099012
Registered	2001-10-04
Register	View on the Charity Commission register

Contact

Address	Realife Trust Orwell House Cowley Road Cambridge CB4 0PP
Phone	01223 420850
Email	info@realife.org.uk
Website	www.realife.org.uk

Activities

Objects: THE OBJECTS OF THE COMPANY SHALL BE TO RELIEVE THE NEEDS OF PERSONS WHO HAVE LEARNING DISABILITIES AND/OR OTHER DISABILITIES, BY THE PROVISION OF SERVICES AND FACILITIES TO ENABLE SUCH PERSONS TO OBTAIN THEIR FULL RIGHTS AND PRIVILEGES AS CITIZENS PARTICULARLY BUT NOT EXCLUSIVELY THROUGH THE PROVISION OF ADVOCACY, SUPPORT SERVICES AND TRAINING COURSES.

Activities: Developing user-led services, particularly in supported employment, social enterprises, community living, leisure, independent advocacy and support brokerage. Run by and for disabled people and family carers.

Classification

- **How:** Provides Advocacy/advice/information
- **What:** Education/training, Disability, Economic/community Development/employment
- **Who:** People With Disabilities, Other Charities Or Voluntary Bodies

Geography

- Austria
- Croatia
- Czech Republic
- Spain
- Throughout England

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£30,765	£33,738	-	-
2024-03-31	£30,765	£33,738	-	-
2023-03-31	£38,914	£31,430	-	-
2022-03-31	£32,266	£31,480	-	-
2021-03-31	£33,425	£28,886	-	-

Trustees

Name	Role	Appointed
Joanne Hough		2014-01-08
MARK BROOKES		
Tony James Phillips		2018-12-15

REALIFE TRUST

England & Wales - Charity number 1088751

Accounts

REGISTERED COMPANY NUMBER:04099012 (England and Wales)

REGISTERED CHARITY NUMBER: 1088751

REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2024
FOR

REALIFE TRUST
(LIMITED BY GUARANTEE)

Realife Trust
Orwell House
Cowley Road
Cambridge
CB4 0PP

REALIFE TRUST
(LIMITED BY GUARANTEE)

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FOR THE YEAR ENDED 31 MARCH 2024

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REALIFE TRUST (LIMITED BY GUARANTEE)

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2024

The trustees who are also the directors of the charity for the purposes of the Companies Act 2006, present their report within the financial statements of the charity for the year ended 31 March 2023. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) 'Accounting and Reporting by Charities' issued in March 2005.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

04099012 (England and Wales)

Registered Charity number

1088751

Registered Office

Orwell House
Cowley Road
Cambridge
Cams
CB4 0PP

Trustees

J Hough
M Brookes

Company Secretary

T Phillips

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing Document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

Risk Management

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

Approved by order of the board of trustees on 26.04.2024 and signed on its behalf by:



.....
Tony Phillips

Co Secretary

**REALIFE TRUST
(LIMITED BY GUARANTEE)**

**DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2024**

INCOMING RESOURCES	2024	2023
	£	£
Voluntary income		
Donations and Grants	0	4948
Incoming Resources from charitable activities	1 30765	33966
Total Incoming Resources	£30765	£38914
RESOURCES EXPENDED		
Charitable activities		
Charitable activities support (Freelance)	20685	19722
Development services	2798	2935
Event Costs	1313	919
Rent, rates, and water	4893	4695
Insurance	417	392
Postage and stationery	303	255
Sundries – repairs and maintenance	1405	1424
Motor, travel, and subsistence	526	76
IT / Telephone costs	1279	882
Subscriptions	79	130
Governance costs		
Accountancy	0	0
Legal and Professional	40	0
Total resources expended	£33738	£31430
Net Income	-£2973	£7484

NB. The statement of financial activities has been prepared on a cash accounting basis.

Notes:

1. Bad Debt written off £360 3 invoice Virtual Tenant PO Box & Registered Address invoices.

**REALIFE TRUST
(LIMITED BY GUARANTEE)**

**BALANCE SHEET
AT 31 MARCH 2024**

Notes		2024 £	2023 £
FIXED ASSETS			
Tangible assets	1	17850	17850
CURRENT ASSETS			
Debtors	2	432	822
Cash at bank		12916	15889
		31298	34561
CURRENT LIABILITIES			
Creditors	4	(960)	(5)
Prepayments		(0)	(1657)
NET CURRENT ASSETS		30338	32899

Notes:

2. Represented by the donation of a freehold property in Spain valued at £17850 (29.1.2018). Revaluation to be done in the later part of 2024.
3. Overdue Virtual Tenants PO Box invoices £432 (paid after 1st April 2024).
4. Estimate of Electricity used at Casarabonella Spanish property £960 based on £80 per month.

Exemption from Audit statement:

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 charitable company to obtain an audit of its financial statements for the year ended 31 March 2024 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

(A) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and

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

These financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small charitable companies and with the Financial Reporting Standard for Smaller Entities (effective January 2015).

The financial statements were approved by the Board of Trustees on 26.04.2023 and were signed on its behalf by:

.....

Tony Phillips

Co Secretary

REALIFE TRUST (LIMITED BY GUARANTEE)
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

ACCOUNTING POLICIES

Accounting Convention

The financial statements have been prepared under the historical cost convention, and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008), the Companies Act 2006 and the requirements of the Statement of Recommended Practice, Accounting and Reporting by Charities.

Incoming resources and resources expended

All income and expenditure is accounted for on an income and expenditure basis. Expenditure and expenditure has been classified under the headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings, they have been allocated to activities on a basis consistent with the use of the resources.

Taxation

The charity is exempt from corporation tax on its charitable activities. Deregistered for VAT 2019.

Fund Accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees. Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2024.

Trustees' expenses

There were £485 trustees' expenses paid for the year ended 31 March 2024.



Trustees' Annual Report for the period

Period start date: From 1.4.2024

To Period end date 31.3.2025

Charity name: Realife Trust

Charity registration number: 1088751

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	To provide support to people with a learning difficulty and/or other personal impairment, in terms of advice, information, training, education, direct assistance, advocacy and any other intervention to enable them to live a full life in their chosen community.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	Our main activities this year have been the same as our 2024 report namely: 1. Funky Flamingo clubnights 2. Reception Direct office service 3. Greenstage arts and music 4. Care and Treatment reviews with Inclusion East and NHS England 5. Wellbeing Centre project 6. Noisy People's Improvisation Orchestra 7. Work on our property in Casarbonela – the property is to be used again for respite breaks for families and individuals in the Realife network
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The trustees receive emailed copies of Charity Commission guidance sent to our main email address. Any specific new guidance that has a bearing on the work of Realife Trust is discussed in committee meetings although there have been no specific briefings deemed to be necessary for this year

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	
Policy on social investment including program related investment	Para 1.38	
Contribution made by volunteers	Para 1.38	Realife Trust is run by and for the people who use our services and relies on unpaid volunteers for all core services.
Other		

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<p>Our main development up to March 2025 continues to be the development of our proposed Wellbeing Centre at Orwell House</p> <p>The Noisy People's Improvisation Orchestra – multi arts project run by Fara Affifi – continues to hold live music events involving people with a learning disability alongside professional and amateur musicians and artists</p> <p>Our Reception Direct project at Orwell House Enterprise Centre continues to act as a booking service for our wellbeing centre therapists, Funky clubnight events management and all other Realife admin tasks</p> <p>Our arts and music projects include the quarterly Funky Flamingo club for people</p>

		with a learning disability and Greenstage outside concerts and music events
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Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	
Performance of fundraising activities against objectives set	Para 1.41	
Investment performance against objectives	Para 1.41	
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	Realife has benefited from expert leadership and guidance from our Finance and Office Manager, accruing a significant operational surplus
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	Following recommendations by the accountants in 2006, Realife adopted a maximum 50% of annual turnover reserves policy and is working on a fundraising plan to achieve that by 2024. This commitment is secondary to our primary purpose to ensure that people who use our services come first and we will seek to make up deficits by additional contracting, fundraising and grant applications to meet changing needs. The majority of our reserves are already set against known projects for the 2025-26

		which will involve shutting down the Cambridge office due to redevelopment by Cambridge City Council
Amount of reserves held	Para 1.22	£8000
Reasons for holding zero reserves	Para 1.22	Realife remains committed to building a solid reserves figure but is also focused on running sustainable, volunteer led projects that work on a break even basis and does not prioritise fund raising for general purposes
Details of fund materially in deficit	Para 1.24	No funds currently in deficit
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	Realife has gone over to a year on year contract with Cambridge City Council. This will end at the end of March 2026 when the building we manage will be redeveloped

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	Funding this year was split between grants and donations and a contract with Cambridge City Council to provide the Reception Direct service at Orwell House plus a grant from the Serpentine Trust for the Noisy Womens project
Investment policy and objectives including any social investment policy adopted	Para 1.46	
A description of the principal risks facing the charity	Para 1.46	The main risks currently facing Realife are to do with our new year on year contract with Cambridge City Council and the closure of the building in March 2026
Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document	Para 1.25	Registered Charity and Company limited by

(trust deed, royal charter)		guarantee standard documentation
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	Registered Charity and Company limited by guarantee
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Trustees are appointed largely from the volunteer group or from partner agencies involved in our work. Trustees can be recommended and proposed by any member of the Realife team and have to be approved at a Trustees meeting.

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

Reference and Administrative details

Charity name	Realife Trust
Other name the charity uses	
Registered charity number	1088751
Charity's principal address	Orwell House Cowley Road Cambridge CB4 0PP

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Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Tony Phillips			
2	Joanna Hough			
3	Mark Brookes	Chair		
4				
5				

Corporate trustees – names of the directors at the date the report was approved

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and	

segregation of such assets from the charity's own assets	
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Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
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Name of chief executive or names of senior staff members (Optional information)

Nicky Smith

Exemptions from disclosure

Reason for non-disclosure of key personnel details

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Other optional information

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Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
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Full name(s)	Tony Phillips	
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Trustee	
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Date	22.10.2025
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REALIFE TRUST

England & Wales - Charity number 1088751

Accounts

REGISTERED COMPANY NUMBER:04099012 (England and Wales)

REGISTERED CHARITY NUMBER: 1088751

REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023
FOR
REALIFE TRUST
(LIMITED BY GUARANTEE)

Realife Trust

Orwell House

Cowley Road

Cambridge

CB4 0PP

REALIFE TRUST
(LIMITED BY GUARANTEE)

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FOR THE YEAR ENDED 31 MARCH 2023

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REALIFE TRUST (LIMITED BY GUARANTEE)

REPORT OF THE TRUSTEES

FOR THE YEAR ENDED 31 MARCH 2023

The trustees who are also the directors of the charity for the purposes of the Companies Act 2006, present their report within the financial statements of the charity for the year ended 31 March 2023. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) 'Accounting and Reporting by Charities' issued in March 2005.

REFERENCE AND ADMINISTRATIVE DETAILS Registered Company number

04099012 (England and Wales)

Registered Charity number 1088751

Registered Office Orwell House

Cowley Road

Cambridge

Cambs

CB4 0PP

Trustees

J Hough

M Brookes

Company Secretary T Phillips

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing Document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

Risk Management

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

Approved by order of the board of trustees on 09.06.2023 and signed on its behalf by:

.....

Tony Phillips

Co Secretary

REALIFE TRUST
(LIMITED BY GUARANTEE)

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2023

INCOMING RESOURCES	2023		2022	
		£		£
Voluntary income				
Donations and Grants	4948		0	
Incoming Resources from charitable activities	33966	32266		
Total Incoming Resources	£38914	£32266		
RESOURCES EXPENDED				
Charitable activities				
Charitable activities support (Freelance)	19722		18997	Development services
2935	5891			
Event Costs	919		0	
Rent, rates, and water	4695		4371	
Insurance	392		383	
Postage and stationery	255		447	
Sundries – repairs and maintenance	1424	398		
Motor, travel, and subsistence	76		112	
IT / Telephone costs	882		811	
Subscriptions	130		70	
Governance costs				
Accountancy	0		0	
Legal and Professional	0		0	
Total resources expended	£31430	£31480		
Net Income	£7484		£786	

NB. The statement of financial activities has been prepared on a cash accounting basis.

REALIFE TRUST
(LIMITED BY GUARANTEE)

BALANCE SHEET
AT 31 MARCH 2023

	Notes	2023	2022
		£	£
FIXED ASSETS			
Tangible assets	1	17850	17850
CURRENT ASSETS			
Debtors	2	822	340
Cash at bank		15889	8780
		34561	26970
CURRENT LIABILITIES			
Creditors	3	(5)	(75) Prepayments
	4	(1657)	(1976)
NET CURRENT ASSETS		32899	24919

Notes:

1. Represented by the donation of a freehold property in Spain valued at £17850 (29.1.2018).
Revaluation to be done in the later part of 2023.
2. Overdue Virtual Tenants PO Box invoices £821.62 (paid after 1st April 2023).
3. City Council invoice for room hire March invoiced April £5 (DD paid 15th May 2023)
4. Prepayments £1657 - April Reception contract income (received 29th March 2023)

Exemption from Audit statement:

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

The members have not required the charitable company to obtain an audit of its financial statements for the year ended 31 March 2023 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

(A) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and

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

These financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small charitable companies and with the Financial Reporting Standard for Smaller Entities (effective January 2015).

The financial statements were approved by the Board of Trustees on 09.06.2023 and were signed on its behalf by:

.....

Tony Phillips

Co Secretary

REALIFE TRUST (LIMITED BY GUARANTEE)
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

ACCOUNTING POLICIES

Accounting Convention

The financial statements have been prepared under the historical cost convention, and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008), the Companies Act 2006 and the requirements of the Statement of Recommended Practice, Accounting and Reporting by Charities.

Incoming resources and resources expended

All income and expenditure is accounted for on an income and expenditure basis. Expenditure and expenditure has been classified under the headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings, they have been allocated to activities on a basis consistent with the use of the resources.

Taxation

The charity is exempt from corporation tax on its charitable activities. Deregistered for VAT 2019.

Fund Accounting

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

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2023.

Trustees' expenses

There were £76 trustees' expenses paid for the year ended 31 March 2023.



Trustees' Annual Report for the period

From 1.4.2022 **Period start date** **To** 31.3.2023 **Period end date**

Charity name: Realife Trust

Charity registration number: 1088751

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	To provide support to people with a learning difficulty and/or other personal impairment, in terms of advice, information, training, education, direct assistance, advocacy and any other intervention to enable them to live a full life in their chosen community.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	Our main activities this year have been: <ol style="list-style-type: none">1. Funky Flamingo clubnights2. Reception Direct office service3. Greenstage arts and music4. Care and Treatment reviews with Inclusion East and NHS England5. Wellbeing Centre project6. Noisy People's Improvisation Orchestra7. Work on our property in Casarbonela, Spain following the covid restriction years and Brexit changes – the property is to be used again for respite breaks for families and individuals in the Realife network
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The trustees receive emailed copies of Charity Commission guidance sent to our main email address. Any specific new guidance that has a bearing on the work of Realife Trust is discussed in committee meetings although there have been no specific briefings deemed to be necessary for this year

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	
Policy on social investment including program related investment	Para 1.38	

Contribution made by volunteers	Para 1.38	Realife Trust is run by and for the people who use our services and relies on unpaid volunteers for all core services.
Other		

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<p>Our main development up to March 2022 continues to be the development of our proposed Wellbeing Centre at Orwell House</p> <p>New for this year has been the Noisy People's Improvisation Orchestra – multi arts project run by Fara Affifi</p> <p>Our Reception Direct project at Orwell House Enterprise Centre usually provides disabled people with work experience on reception and in the post room but Covid caused us to stop that part of our service, remaining open for covid safe activities by phone, Zoom and Teams.</p> <p>Our arts and music projects include the quarterly Funky Flamingo club for people with a learning disability; and Greenstage outside concerts and music events have all been on hold during the covid lockdown</p>

Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	
Performance of fundraising activities against objectives set	Para 1.41	
Investment performance against objectives	Para 1.41	

Other		
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Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	Realife has benefited from expert leadership and guidance from our Finance and Office Manager, dealing with historical overspending and accruing a small operational surplus
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	Following recommendations by the accountants in 2006, Realife adopted a maximum 50% of annual turnover reserves policy and is working on a fundraising plan to achieve that by 2024. This commitment is secondary to our primary purpose to ensure that people who use our services come first and we will seek to make up deficits by additional contracting, fundraising and grant applications to meet changing needs. The majority of our reserves are already set against known projects for the 2023-24
Amount of reserves held	Para 1.22	£9000
Reasons for holding zero reserves	Para 1.22	Realife remains committed to building a solid reserves figure but is also focused on running sustainable, volunteer led projects that work on a break even basis and does not prioritise fund raising for general purposes
Details of fund materially in deficit	Para 1.24	No funds currently in deficit
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	Realife has gone over to a year on year contract with Cambridge City Council.

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	Funding this year was split between grants and donations and a contract with Cambridge City Council to provide the Reception Direct service at Orwell House
Investment policy and objectives including any social investment policy adopted	Para 1.46	Not applicable as we do not have surplus funds to invest. We own a small house in Spain as a rest and recuperation facility which will need some investment in the coming financial year.
A description of the principal risks facing the charity	Para 1.46	The main risks currently facing Realife are to do with our new year on year contract with Cambridge City Council.
Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Registered Charity and Company limited by guarantee standard documentation
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	Registered Charity and Company limited by guarantee
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Trustees are appointed largely from the volunteer group or from partner agencies involved in our work. Trustees can be recommended and proposed by any member of the Realife team and have to be approved at a Trustees meeting.

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

Reference and Administrative details

Charity name	Realife Trust
Other name the charity uses	
Registered charity number	1088751
Charity's principal address	Orwell House Cowley Road Cambridge CB4 0PP

Names of the charity trustees who manage the charity

Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
--------------	-----------------	-----------------------------------	---

1	Tony Phillips			
2	Joanna Hough			
3	Mark Brookes	Chair		
4				
5				

Corporate trustees – names of the directors at the date the report was approved

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser Name Address

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

Nick Smith

Exemptions from disclosure

Reason for non-disclosure of key personnel details

Other optional information

Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
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Full name(s)	Tony Phillips	
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Trustee	
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Date	09.06.2023
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REALIFE TRUST

England & Wales - Charity number 1088751

Accounts

REGISTERED COMPANY NUMBER:04099012 (England and Wales)

REGISTERED CHARITY NUMBER: 1088751

REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023
FOR
REALIFE TRUST
(LIMITED BY GUARANTEE)

Realife Trust

Orwell House

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REALIFE TRUST
(LIMITED BY GUARANTEE)

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REALIFE TRUST (LIMITED BY GUARANTEE)

REPORT OF THE TRUSTEES

FOR THE YEAR ENDED 31 MARCH 2023

The trustees who are also the directors of the charity for the purposes of the Companies Act 2006, present their report within the financial statements of the charity for the year ended 31 March 2023. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) 'Accounting and Reporting by Charities' issued in March 2005.

REFERENCE AND ADMINISTRATIVE DETAILS Registered Company number

04099012 (England and Wales)

Registered Charity number 1088751

Registered Office Orwell House

Cowley Road

Cambridge

Cambs

CB4 0PP

Trustees

J Hough

M Brookes

Company Secretary T Phillips

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing Document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

Risk Management

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

Approved by order of the board of trustees on 09.06.2023 and signed on its behalf by:

.....

Tony Phillips

Co Secretary

REALIFE TRUST
(LIMITED BY GUARANTEE)

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2023

INCOMING RESOURCES	2023		2022	
		£		£
Voluntary income				
Donations and Grants	4948		0	
Incoming Resources from charitable activities	33966	32266		
Total Incoming Resources	£38914	£32266		
RESOURCES EXPENDED				
Charitable activities				
Charitable activities support (Freelance)	19722		18997	Development services
	2935	5891		
Event Costs		919		0
Rent, rates, and water		4695		4371
Insurance		392		383
Postage and stationery		255		447
Sundries – repairs and maintenance	1424		398	
Motor, travel, and subsistence		76		112
IT / Telephone costs		882		811
Subscriptions		130		70
Governance costs				
Accountancy		0		0
Legal and Professional		0		0
Total resources expended	£31430	£31480		
Net Income	£7484		£786	

NB. The statement of financial activities has been prepared on a cash accounting basis.

REALIFE TRUST
(LIMITED BY GUARANTEE)

BALANCE SHEET
AT 31 MARCH 2023

	Notes	2023	2022
		£	£
FIXED ASSETS			
Tangible assets	1	17850	17850
CURRENT ASSETS			
Debtors	2	822	340
Cash at bank		15889	8780
		34561	26970
CURRENT LIABILITIES			
Creditors	3	(5)	(75) Prepayments
	4	(1657)	(1976)
NET CURRENT ASSETS		32899	24919

Notes:

1. Represented by the donation of a freehold property in Spain valued at £17850 (29.1.2018).
Revaluation to be done in the later part of 2023.
2. Overdue Virtual Tenants PO Box invoices £821.62 (paid after 1st April 2023).
3. City Council invoice for room hire March invoiced April £5 (DD paid 15th May 2023)
4. Prepayments £1657 - April Reception contract income (received 29th March 2023)

Exemption from Audit statement:

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

The members have not required the charitable company to obtain an audit of its financial statements for the year ended 31 March 2023 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

(A) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and

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

These financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small charitable companies and with the Financial Reporting Standard for Smaller Entities (effective January 2015).

The financial statements were approved by the Board of Trustees on 09.06.2023 and were signed on its behalf by:

.....

Tony Phillips

Co Secretary

REALIFE TRUST (LIMITED BY GUARANTEE)
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

ACCOUNTING POLICIES

Accounting Convention

The financial statements have been prepared under the historical cost convention, and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008), the Companies Act 2006 and the requirements of the Statement of Recommended Practice, Accounting and Reporting by Charities.

Incoming resources and resources expended

All income and expenditure is accounted for on an income and expenditure basis. Expenditure and expenditure has been classified under the headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings, they have been allocated to activities on a basis consistent with the use of the resources.

Taxation

The charity is exempt from corporation tax on its charitable activities. Deregistered for VAT 2019.

Fund Accounting

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

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2023.

Trustees' expenses

There were £76 trustees' expenses paid for the year ended 31 March 2023.



Trustees' Annual Report for the period

From 1.4.2022 **Period start date** **To** 31.3.2023 **Period end date**

Charity name: Realife Trust

Charity registration number: 1088751

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	To provide support to people with a learning difficulty and/or other personal impairment, in terms of advice, information, training, education, direct assistance, advocacy and any other intervention to enable them to live a full life in their chosen community.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	Our main activities this year have been: <ol style="list-style-type: none">1. Funky Flamingo clubnights2. Reception Direct office service3. Greenstage arts and music4. Care and Treatment reviews with Inclusion East and NHS England5. Wellbeing Centre project6. Noisy People's Improvisation Orchestra7. Work on our property in Casarbonela, Spain following the covid restriction years and Brexit changes – the property is to be used again for respite breaks for families and individuals in the Realife network
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The trustees receive emailed copies of Charity Commission guidance sent to our main email address. Any specific new guidance that has a bearing on the work of Realife Trust is discussed in committee meetings although there have been no specific briefings deemed to be necessary for this year

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	
Policy on social investment including program related investment	Para 1.38	

Contribution made by volunteers	Para 1.38	Realife Trust is run by and for the people who use our services and relies on unpaid volunteers for all core services.
Other		

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<p>Our main development up to March 2022 continues to be the development of our proposed Wellbeing Centre at Orwell House</p> <p>New for this year has been the Noisy People's Improvisation Orchestra – multi arts project run by Fara Affifi</p> <p>Our Reception Direct project at Orwell House Enterprise Centre usually provides disabled people with work experience on reception and in the post room but Covid caused us to stop that part of our service, remaining open for covid safe activities by phone, Zoom and Teams.</p> <p>Our arts and music projects include the quarterly Funky Flamingo club for people with a learning disability; and Greenstage outside concerts and music events have all been on hold during the covid lockdown</p>

Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	
Performance of fundraising activities against objectives set	Para 1.41	
Investment performance against objectives	Para 1.41	

Other		
-------	--	--

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	Realife has benefited from expert leadership and guidance from our Finance and Office Manager, dealing with historical overspending and accruing a small operational surplus
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	Following recommendations by the accountants in 2006, Realife adopted a maximum 50% of annual turnover reserves policy and is working on a fundraising plan to achieve that by 2024. This commitment is secondary to our primary purpose to ensure that people who use our services come first and we will seek to make up deficits by additional contracting, fundraising and grant applications to meet changing needs. The majority of our reserves are already set against known projects for the 2023-24
Amount of reserves held	Para 1.22	£9000
Reasons for holding zero reserves	Para 1.22	Realife remains committed to building a solid reserves figure but is also focused on running sustainable, volunteer led projects that work on a break even basis and does not prioritise fund raising for general purposes
Details of fund materially in deficit	Para 1.24	No funds currently in deficit
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	Realife has gone over to a year on year contract with Cambridge City Council.

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	Funding this year was split between grants and donations and a contract with Cambridge City Council to provide the Reception Direct service at Orwell House
Investment policy and objectives including any social investment policy adopted	Para 1.46	Not applicable as we do not have surplus funds to invest. We own a small house in Spain as a rest and recuperation facility which will need some investment in the coming financial year.
A description of the principal risks facing the charity	Para 1.46	The main risks currently facing Realife are to do with our new year on year contract with Cambridge City Council.
Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Registered Charity and Company limited by guarantee standard documentation
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	Registered Charity and Company limited by guarantee
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Trustees are appointed largely from the volunteer group or from partner agencies involved in our work. Trustees can be recommended and proposed by any member of the Realife team and have to be approved at a Trustees meeting.

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

Reference and Administrative details

Charity name	Realife Trust
Other name the charity uses	
Registered charity number	1088751
Charity's principal address	Orwell House Cowley Road Cambridge CB4 0PP

Names of the charity trustees who manage the charity

Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
--------------	-----------------	-----------------------------------	---

1	Tony Phillips			
2	Joanna Hough			
3	Mark Brookes	Chair		
4				
5				

Corporate trustees – names of the directors at the date the report was approved

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser Name Address

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

Nick Smith

Exemptions from disclosure


Reason for non-disclosure of key personnel details

Other optional information

Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
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Full name(s)	Tony Phillips	
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Trustee	
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Date	09.06.2023
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REALIFE TRUST

England & Wales - Charity number 1088751

Accounts



Trustees' Annual Report for the period

From 1.4.2021 Period start date To 31.3.2022 Period end date

Charity name: Realife Trust

Charity registration number: 1088751

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	To provide support to people with a learning difficulty and/or other personal impairment, in terms of advice, information, training, education, direct assistance, advocacy and any other intervention to enable them to live a full life in their chosen community.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	Our main activities this year have been: 1. Funky Flamingo clubnights 2. Reception Direct office service 3. Greenstage arts and music 4. Care and Treatment reviews with Inclusion East and NHS England 5. Wellbeing Centre project
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The trustees receive emailed copies of Charity Commission guidance sent to our main email address. Any specific new guidance that has a bearing on the work of Realife Trust is discussed in committee meetings although there have been no specific briefings deemed to be necessary for this year

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	
Policy on social investment including program related investment	Para 1.38	

Contribution made by volunteers	Para 1.38	Realife Trust is run by and for the people who use our services and relies on unpaid volunteers for all core services.
Other		

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<p>Our main development up to March 2022 has been the development of our proposed Wellbeing Centre at Orwell House</p> <p>Our Reception Direct project at Orwell House Enterprise Centre usually provides disabled people with work experience on reception and in the post room but Covid caused us to stop that part of our service, remaining open for covid safe activities by phone, Zoom and Teams.</p> <p>Our arts and music projects include the quarterly Funky Flamingo club for people with a learning disability; and Greenstage outside concerts and music events have all been on hold during the covid lockdown</p>

Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	
Performance of fundraising activities against objectives set	Para 1.41	
Investment performance against objectives	Para 1.41	
Other		

--	--	--

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	Realife has benefited from expert leadership and guidance from our Finance and Office Manager, dealing with historical overspending and accruing a small operational surplus
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	<p>Following recommendations by the accountants in 2006, Realife adopted a maximum 50% of annual turnover reserves policy and is working on a fundraising plan to achieve that by 2020. This commitment is secondary to our primary purpose to ensure that people who use our services come first and we will seek to make up deficits by additional contracting, fundraising and grant applications to meet changing needs.</p> <p>At present Realife has no reserves with legal freelance notice periods set by each specific contract or grant. Any surplus in the annual accounts is made up of restricted funding received in advance of services to be provided.</p>
Amount of reserves held	Para 1.22	Nil
Reasons for holding zero reserves	Para 1.22	Realife remains committed to building a solid reserves figure but is also focused on running sustainable, volunteer led projects that work on a break even basis and does not prioritise fund raising for general purposes
Details of fund materially in deficit	Para 1.24	No funds currently in deficit
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	Realife has gone over to a year on year contract with Cambridge City Council.

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	Funding this year was split between grants and donations and a contract with Cambridge City Council to provide the Reception Direct service at Orwell House
Investment policy and objectives including any social investment policy adopted	Para 1.46	Not applicable as we do not have surplus funds to invest. We own a small house in Spain as a rest and recuperation facility which will need some investment in the coming financial year.

A description of the principal risks facing the charity	Para 1.46	The main risks currently facing Realife are to do with our new year on year contract with Cambridge City Council.
Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed , royal charter)	Para 1.25	Registered Charity and Company limited by guarantee standard documentation
How is the charity constituted? (e.g unincorporated association , CIO)	Para 1.25	Registered Charity and Company limited by guarantee
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Trustees are appointed largely from the volunteer group or from partner agencies involved in our work. Trustees can be recommended and proposed by any member of the Realife team and have to be approved at a Trustees meeting.

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

Reference and Administrative details

Charity name	Realife Trust
Other name the charity uses	
Registered charity number	1088751
Charity's principal address	Orwell House Cowley Road Cambridge CB4 0PP

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Tony Phillips			
2	Joanna Hough			
3	Mark Brookes	Chair		
4				
5				

Corporate trustees – names of the directors at the date the report was approved

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	

Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

Nick Smith

Exemptions from disclosure

Reason for non-disclosure of key personnel details

--

Other optional information


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Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)

	
---	--

Full name(s)

Tony Phillips

Tony Phillips	
---------------	--

Trustee

Trustee	
---------	--

Date

06.10.2021

06.10.2021

REGISTERED COMPANY NUMBER:04099012 (England and Wales)
REGISTERED CHARITY NUMBER: 1088751

**REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2022
FOR**

**REALIFE TRUST
(LIMITED BY GUARANTEE)**

Realife Trust
Orwell House
Cowley Road
Cambridge
CB4 0PP

**REALIFE TRUST
(LIMITED BY GUARANTEE)**

**CONTENTS OF FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022**

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Report of the Trustees	2
Detailed Statement of Financial Activities	3
Balance Sheet	4
Notes to the Financial Statements	5

**REALIFE TRUST
(LIMITED BY GUARANTEE)**

**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2022**

The trustees who are also the directors of the charity for the purposes of the Companies Act 2006, present their report within the financial statements of the charity for the year ended 31 March 2022. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) 'Accounting and Reporting by Charities' issued in March 2005.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

04099012 (England and Wales)

Registered Charity number

1088751

Registered Office

Orwell House
Cowley Road
Cambridge
Cams
CB4 0PP

Trustees

J Hough
M Brookes

Company Secretary

T Phillips

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing Document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

Risk Management

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

Approved by order of the board of trustees on 16.09.2022 and signed on its behalf by:



.....
Tony Phillips
Co Secretary

**REALIFE TRUST
(LIMITED BY GUARANTEE)**

**DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2022**

INCOMING RESOURCES	2022	2021
	£	£
Voluntary income		
Donations and Grants	0	2545
Incoming Resources from charitable activities	32266	30880
Total Incoming Resources	£32266	£33425
RESOURCES EXPENDED		
Charitable activities		
Charitable activities support (Freelance)	18997	17970
Development services	5891	0
Event Costs	0	0
Rent, rates, and water	4371	4540
Insurance	383	379
Postage and stationery	447	1012
Sundries – repairs and maintenance	398	221
Motor, travel, and subsistence	112	328
Grants	0	250
IT / Telephone costs	811	1056
Training and Staff Welfare	0	0
Subscriptions	70	30
Bank interest and charges	0	0
Loan repayments	0	3100
Governance costs		
Accountancy	0	0
Legal and Professional	0	0
Total resources expended	£31480	£28886
Net Income	£786	£4539

NB. The statement of financial activities has been prepared on a cash accounting basis.

**REALIFE TRUST
(LIMITED BY GUARANTEE)**

**BALANCE SHEET
AT 31 MARCH 2022**

	Notes	2022 £	2021 £
FIXED ASSETS			
Tangible assets	1	17850	17850
CURRENT ASSETS			
Debtors	2	340	467
Cash at bank		8780	7994
		26970	26311
CURRENT LIABILITIES			
Creditors	3	(75)	(1592)
Prepayments	4	(1976)	0
		24919	24719

Notes:

1. Represented by the donation of a freehold property in Spain valued at £17850 (29.1.2018). No opportunity to re value due to Covid-19 travel restriction.
2. Overdue Virtual Tenants PO Box invoices £340 (paid after 1st April 2022).
3. City Council invoice for room hire Feb invoiced March (DD paid 19th April 2022)
4. Prepayments £1976 - April Reception contract income £1521 (received 25th March 2022) + £455 April invoice for Room 2 Claire Grazier (received 21st March 2022)

Exemption from Audit statement:

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

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

The trustees acknowledge their responsibilities for

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

These financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small charitable companies and with the Financial Reporting Standard for Smaller Entities (effective January 2015).

The financial statements were approved by the Board of Trustees on 16.09.2022 and were signed on its behalf by:



.....

Tony Phillips
Co Secretary

REALIFE TRUST (LIMITED BY GUARANTEE)
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021

ACCOUNTING POLICIES

Accounting Convention

The financial statements have been prepared under the historical cost convention, and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008), the Companies Act 2006 and the requirements of the Statement of Recommended Practice, Accounting and Reporting by Charities.

Incoming resources and resources expended

All income and expenditure is accounted for on an income and expenditure basis. Expenditure and expenditure has been classified under the headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings, they have been allocated to activities on a basis consistent with the use of the resources.

Fixed Assets

There are no fixed assets to address.

Taxation

The charity is exempt from corporation tax on its charitable activities. Deregistered for VAT 2019.

Fund Accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees. Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2022.

Trustees' expenses

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

Realife Trust Accounts April 2021 – Mar 2022

Exemption from Audit statement:

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

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

The trustees acknowledge their responsibilities for

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

These financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small charitable companies and with the Financial Reporting Standard for Smaller Entities (effective January 2015).

The financial statements were approved by the Board of Trustees on 16.09.2022 and were signed on its behalf by:



.....

.....

Tony Phillips
Co Secretary

**REALIFE TRUST
(LIMITED BY GUARANTEE)
NOTES TO THE FINANCIAL
STATEMENTS FOR THE YEAR
ENDED 31 MARCH 2021**

ACCOUNTING POLICIES

Accounting Convention

The financial statements have been prepared under the historical cost convention, and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008), the Companies Act 2006 and the requirements of the Statement of Recommended Practice, Accounting and Reporting by Charities.

Incoming resources and resources expended

All income and expenditure is accounted for on an income and expenditure basis. Expenditure and expenditure has been classified under the headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings, they have been allocated to activities on a basis consistent with the use of the resources.

Fixed Assets

There are no fixed assets to address.

Taxation

The charity is exempt from corporation tax on its charitable activities. Deregistered for VAT 2019.

Fund Accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees. Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2022.

Trustees' expenses

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

REALIFE TRUST

England & Wales - Charity number 1088751

Accounts



Trustees' Annual Report for the period

From 1.4.2020 Period start date To 31.3.2021 Period end date

Charity name: Realife Trust

Charity registration number: 1088751

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	To provide support to people with a learning difficulty and/or other personal impairment, in terms of advice, information, training, education, direct assistance, advocacy and any other intervention to enable them to live a full life in their chosen community.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	Our main activities this year have been: 1. Funky Flamingo clubnights 2. Reception Direct office service 3. Greenstage arts and music 4. Care and Treatment reviews with Inclusion East and NHS England
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The trustees receive emailed copies of Charity Commission guidance sent to our main email address. Any specific new guidance that has a bearing on the work of Realife Trust is discussed in committee meetings although there have been no specific briefings deemed to be necessary for this year

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	
Policy on social investment including program related investment	Para 1.38	

Contribution made by volunteers	Para 1.38	Realife Trust is run by and for the people who use our services and relies on unpaid volunteers for all core services.
Other		

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<p>Our main development up to March 2021 has been the development of our proposed Wellbeing Centre at Orwell House</p> <p>Our Reception Direct project at Orwell House Enterprise Centre usually provides disabled people with work experience on reception and in the post room but Covid caused us to stop that part of our service, remaining open for covid safe activities by phone, Zoom and Teams.</p> <p>Our arts and music projects include the quarterly Funky Flamingo club for people with a learning disability; and Greenstage outside concerts and music events have all been on hold during the covid lockdown</p>

Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	
Performance of fundraising activities against objectives set	Para 1.41	
Investment performance against objectives	Para 1.41	
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	Realife has benefited from expert leadership and guidance from our Finance and Office Manager, dealing with historical overspending and accruing a small operational surplus
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	<p>Following recommendations by the accountants in 2006, Realife adopted a maximum 50% of annual turnover reserves policy and is working on a fundraising plan to achieve that by 2020. This commitment is secondary to our primary purpose to ensure that people who use our services come first and we will seek to make up deficits by additional contracting, fundraising and grant applications to meet changing needs.</p> <p>At present Realife has no reserves with legal freelance notice periods set by each specific contract or grant. Any surplus in the annual accounts is made up of restricted funding received in advance of services to be provided.</p>
Amount of reserves held	Para 1.22	Nil
Reasons for holding zero reserves	Para 1.22	Realife remains committed to building a solid reserves figure but is also focused on running sustainable, volunteer led projects that work on a break even basis and does not prioritise fund raising for general purposes
Details of fund materially in deficit	Para 1.24	No funds currently in deficit
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	Realife has gone over to a year on year contract with Cambridge City Council.

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	Funding this year was split between grants and donations and a contract with Cambridge City Council to provide the Reception Direct service at Orwell House
Investment policy and objectives including any social investment policy adopted	Para 1.46	Not applicable as we do not have surplus funds to invest

A description of the principal risks facing the charity	Para 1.46	The main risks currently facing Realife are to do with our new year on year contract with Cambridge City Council.
Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed , royal charter)	Para 1.25	Registered Charity and Company limited by guarantee standard documentation
How is the charity constituted? (e.g. unincorporated association , CIO)	Para 1.25	Registered Charity and Company limited by guarantee
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Trustees are appointed largely from the volunteer group or from partner agencies involved in our work. Trustees can be recommended and proposed by any member of the Realife team and have to be approved at a Trustees meeting.

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

Reference and Administrative details

Charity name	Realife Trust
Other name the charity uses	
Registered charity number	1088751
Charity's principal address	Orwell House Cowley Road Cambridge CB4 0PP

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Tony Phillips			
2	Joanna Hough			
3	Mark Brookes	Chair		
4				
5				

Corporate trustees – names of the directors at the date the report was approved

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	

Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

Tony Phillips

Exemptions from disclosure

Reason for non-disclosure of key personnel details

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Other optional information


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Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)

	
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Full name(s)

Tony Phillips

Tony Phillips	
---------------	--

Trustee

Trustee	
---------	--

Date

30.6.2021

30.6.2021

REGISTERED COMPANY NUMBER:04099012 (England and Wales)
REGISTERED CHARITY NUMBER: 1088751

**REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2021
FOR**

**REALIFE TRUST
(LIMITED BY GUARANTEE)**

Realife Trust
Orwell House
Cowley Road
Cambridge
CB4 0PP

**REALIFE TRUST
(LIMITED BY
GUARANTEE)**

**CONTENTS OF FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021**

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**REALIFE TRUST
(LIMITED BY GUARANTEE)**

**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2021**

The trustees who are also the directors of the charity for the purposes of the Companies Act 2006, present their report within the financial statements of the charity for the year ended 31 March 2021. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) 'Accounting and Reporting by Charities' issued in March 2005.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

04099012 (England and Wales)

Registered Charity number

1088751

Registered Office

Orwell House
Cowley Road
Cambridge
Cambs
CB4 0PP

Trustees

J Hough
M Brookes

Company Secretary

T Phillips

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing Document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

Risk Management

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

Approved by order of the board of trustees on 30.06.2021 and signed on its behalf by:



.....
Tony Phillips
Trustee

**REALIFE TRUST
(LIMITED BY GUARANTEE)**

**DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2021**

INCOMING RESOURCES	2021	2020
	£	£
Voluntary income		
Donations and Grants	2545	30
Incoming Resources from charitable activities	30880	32865
Loans		4600
Refund		739
Total Incoming Resources	£33425	£38234
RESOURCES EXPENDED		
Charitable activities		
Wages	0	0
Rent, rates, and water	4540	4199
Insurance	379	397
Telephone	0	0
Postage and stationery	1012	3556
Sundries – repairs and maintenance	221	167
Motor, travel, and subsistence	328	178
Grants	250	0
Event Costs	0	3900
IT costs	1056	1348
Training and Staff Welfare	0	0
Subscriptions	30	105
Charitable activities support (Freelance)	17970	16162
Plant and machinery	0	0
Bank interest and charges	0	51
Loan repayments	3100	1500
HMRC VAT	0	3853
Governance costs		
Accountancy	0	0
Legal and Professional	0	13
Total resources expended	£28886	£35429
Net Income	£4539	£2805

**REALIFE TRUST
(LIMITED BY GUARANTEE)**

**BALANCE SHEET
AT 31 MARCH 2021**

	Notes	2021 £	2020 £
FIXED ASSETS			
Tangible assets	1	17850	17850
CURRENT ASSETS			
Debtors	2	467	1531
Cash at bank		7994	3455
		26311	22836
CURRENT LIABILITIES			
Creditors	3	(1592)	(1626)
Liabilities – 6-month loan	4		(1600)
Liabilities – 12-month loan	5		(1500)
NET CURRENT ASSETS		24719	18110

Notes:

1. Represented by the donation of a freehold property in Spain valued at £17850 (29.1.2018). No opportunity to re value due to Covid-19 travel restriction.
2. Overdue PO Box invoices and franking services £467.49 (paid after 1st April 2021). Some of 2020 debtors were written off in the current year due to Covid-19 effect on our clients.
3. Outstanding Charitable activities support (Freelancers) March 2021 invoices totaling £1591.60 (paid 6th April 2021). Two 2019 invoices totaling £618.92 w/o in current year.
4. Outstanding 6-month loan repayment £1600 (repayment made 1st April 2020).
5. Outstanding 12-month loan £1500 for HMRC liabilities (repayment made 21st April 2020).

Exemption from Audit statement:

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

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

The trustees acknowledge their responsibilities for

- (A) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and

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

These financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small charitable companies and with the Financial Reporting Standard for Smaller Entities (effective January 2015).

The financial statements were approved by the Board of Trustees on 30.06.2021 and were signed on its behalf by:



.....
Tony Phillips
Trustee

**REALIFE TRUST (LIMITED BY GUARANTEE)
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021**

ACCOUNTING POLICIES

Accounting Convention

The financial statements have been prepared under the historical cost convention, and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008), the Companies Act 2006 and the requirements of the Statement of Recommended Practice, Accounting and Reporting by Charities.

Incoming resources and resources expended

All income and expenditure is accounted for on an income and expenditure basis. Expenditure and has been classified under the headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings, they have been allocated to activities on a basis consistent with the use of the resources.

Fixed Assets

There are no fixed assets to address.

Taxation

The charity is exempt from corporation tax on its charitable activities. Deregistered for VAT 2019.

Fund Accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees. Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

TRUSTEES' REMUNERATION AND BENEFITS

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

Trustees' expenses

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

Exemption from Audit statement:

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Tony Phillips
Trustee