

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**

<b>INCOMING RESOURCES</b>	<b>2023</b>	<b>2022</b>
	<b>£</b>	<b>£</b>
<b>Voluntary income</b>		
Donations and Grants	4948	0
Incoming Resources from charitable activities	33966	32266
<b>Total Incoming Resources</b>	<b>£38914</b>	<b>£32266</b>
<b>RESOURCES EXPENDED</b>		
<b>Charitable activities</b>		
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
<b>Governance costs</b>		
Accountancy	0	0
Legal and Professional	0	0
<b>Total resources expended</b>	<b>£31430</b>	<b>£31480</b>
<b>Net Income</b>	<b>£7484</b>	<b>£786</b>

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

**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 1<sup>st</sup> April 2023).
3. City Council invoice for room hire March invoiced April £5 (DD paid 15<sup>th</sup> 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.



**CHARITY COMMISSION**  
FOR ENGLAND AND WALES

**Trustees' Annual Report for the period**

**From** 1.4.202 **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"><li>1. Funky Flamingo clubnights</li><li>2. Reception Direct office service</li><li>3. Greenstage arts and music</li><li>4. Care and Treatment reviews with Inclusion East and NHS England</li><li>5. Wellbeing Centre project</li><li>6. Noisy People's Improvisation Orchestra</li><li>7. 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</li></ol>
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)
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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**

**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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