CHOOSELIFE CYMRU

England & Wales · Charity number 1106639

Details

Other names	CHOOSELIFE UK
Status	Registered
Legal form	Charitable company
Company number	05137644
Registered	2004-11-08
Register	View on the Charity Commission register

Contact

Address	Antioch Centre Copperworks Road Llanelli SA15 2NE
Phone	01554 771122
Email	ADMIN@CHOOSELIFEUK.COM

Activities

Objects: A) TO RELIEVE PERSONS WHO ARE IN CONDITIONS OF NEED OR HARDSHIP PR WHO ARE AGED OR SICK (PARTICULARLY BUT NOT EXCLUSIVELY AS A RESULT OF DRUG OR ALCOHOL ABUSE) AND TO RELIEVE THE DISTRESS CAUSED THEREBY (PARTICULARLY BUT NOT EXCLUSIVELY BY PROVIDING ADVICE, INFORMATION, GUIDANCE AND ACCOMMODATION TO THEIR FAMILIES) IN LLANELLI AND IN SUCH OTHER PARTS OF THE UNITED KINGDOM OR THE WORLD AS THE TRUSTEES MAY FROM TIME TO TIME THINK ;B) TO ADVANCE EDUCATION IN ACCORDANCE WITH CHRISTIAN PRINCIPLES OF CHILDREN AND ADULTS (PARTICULARLY BUT NOT EXCLUSIVELY IN RELATION TO THE AVOIDANCE OF DRUG AND ALCOHOL MISUSE) BY SUCH MEANS AS THE TRUSTEES MAY CONSIDER APPROPRIATE IN THE SAID LOCATION AND IN SUCH OTHER PARTS OF THE UNITED KINGDOM OR THE WORLD AS THE TRUSTEES MAY FROM TIME TO TIME THINK FIT.

Activities: To relieve persons who are in need or hardship particularly but not exclusively as a result of alcohol or drug abuse.

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Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** The Advancement Of Health Or Saving Of Lives, The Prevention Or Relief Of Poverty
- **Who:** Children/young People, Elderly/old People, Other Defined Groups, The General Public/mankind

Geography

- **Area of benefit:** CARMARTHENSHIRE.
- Carmarthenshire

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£343,636	£356,383	-	-
2024-03-31	£302,217	£294,644	-	-
2023-03-31	£240,101	£306,399	-	-
2022-03-31	£296,175	£278,446	-	-
2021-03-31	£388,059	£303,100	-	-

Trustees

Name	Role	Appointed
WILLIAM GEORGE PETTIFORD	Chair	
ALAN TOOTILL		
Laura Jane Bates		2015-04-27

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CHOOSELIFE CYMRU

England & Wales - Charity number 1106639

Accounts

REGISTERED COMPANY NUMBER: 05137644 (England and Wales)
REGISTERED CHARITY NUMBER: 1106639

Report of the Trustees and

Unaudited Financial Statements for the Year Ended 31 March 2025

for

Chooselife Cymru

Ashmole & Co
First Floor
1 St John's Court
Upper Fforest Way
Enterprise Park
Swansea
SA6 8QQ

Contents of the Financial Statements for the Year Ended 31 March 2025

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Report of the Trustees
for the Year Ended 31 March 2025

The Trustees, who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2025. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) 'Accounting and Reporting by Charities' :Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019). The Report of the Trustees also comprises a Directors Report as required by company law.

OBJECTIVES AND ACTIVITIES

Objectives and aims including public benefit

The Trustees confirm that they have complied with their duty, under the Charities Act 2011, to have regard to the Charity Commissions published public benefit guidelines in determining the activities undertaken by the charity.

The charity's objectives are to relieve persons who are in need or hardship or who are aged or sick (particularly but not exclusively as a result of drug or alcohol abuse); to relieve the distress caused thereby (particularly but not exclusively by providing advice, information, guidance and accommodation to individuals, to enable them to access suitable treatment); to give advice and assistance to their families in Llanelli and in such other parts of the United Kingdom or the world as the trustees from time to time think fit.

The Charity also aims to advance education in accordance with Christian principles of children and adults (particularly but not exclusively in relation to the avoidance of drug and alcohol misuse), by such means as the trustees may consider appropriate in the said location and in such other parts of the United Kingdom or the world as the trustees may from time to time think fit.

Due to ever increasing problems with drug & alcohol abuse in the Carmarthenshire area, Chooselife's aim is not only to help those who already have a substance misuse problem but to offer a positive alternative for those who might have a future substance misuse problem. Advice, information and guidance are provided to individuals to enable them to access suitable treatment and to help support their families also.

The benefits of our activities are summarised in the Achievement and Performance section (below) and relate directly to our objectives.

ACHIEVEMENTS AND PERFORMANCE

Chooselife Cymru was founded in 1996 by our current Managing Director and became a registered charity in 2004. Based in one of the most deprived areas of Llanelli, our mission is to support individuals facing challenges such as addiction, homelessness, mental health difficulties, and social exclusion. We offer flexible, person-centred, and compassionate support to some of the most marginalised people in our community.

The year 2024-2025 presented significant social and economic challenges, including the ongoing cost-of-living crisis and rising demand for services. Despite this, we continued to grow our impact, adapt our service delivery, and reach more individuals with vital support.

Overview of Services and Key Statistics: 1 April 2024 - 31 March 2025

Individuals Supported

Description	Number
Total individuals supported	334
Male	258
Female	76
Polish community members	54 (39 male, 15 female)

Support Sessions Delivered

Types of support	Number of sessions
Benefit suppport	355
Residential rehab referrals	16
Food parcels	122
Health & wellbeing support	19
Financial support	11
Online training sessions - Certificatied courses	8
General support	18
Total	549

Lunch Provision

Description	Number
Free takeaway lunches served	4,474
Individuals who received lunches	291

Additional Engagement

Category	Number
Volunteers	2
"On the MOVE" participants	7

Accommodation

Description	Number
Residents at start of year	26
Residents who moved out	11
Residents who moved in	12

Residents at end of year	28
Available beds at year end	30

ARC Homes - Supported Accommodation

ARC Homes (Accommodation - Recovery - Community) has provided supported accommodation in Llanelli since 2012. What began as a single 5-bed property has grown into six properties with a total of 30 available beds, all located within walking distance of the Chooselife Centre.

During this reporting period (1 April 2024 - 31 March 2025):

- 26 residents were in place at the start of the year
- 10 residents moved out
- 12 new residents moved in
- 28 residents were living in ARC Homes at year-end

We work to minimise gaps in occupancy. When a resident moves out, our team prepares the room-often within 24 hours-so it can be offered quickly to someone in urgent need.

The Housing Context

The demand for supported accommodation continues to grow across Carmarthenshire. According to Welsh Government statistics (2023-24):

- 12,537 households were assessed as homeless - a 7% increase on the previous year
- 5,094 households were found unintentionally homeless and in priority need - up 25%
- 5,481 households were in temporary accommodation - the highest on record
- There is a severe shortage of affordable one-bedroom accommodation across the county

In this context, ARC Homes plays a vital role in offering stability, structure, and support to those most in need.

A Stable Foundation for Recovery

ARC Homes delivers supported accommodation - a safe, structured, and compassionate environment where people can begin to rebuild their lives after experiencing homelessness, addiction, trauma, or systemic disadvantage.

Many residents arrive at ARC with complex life experiences. Some have endured childhood trauma, time in care, or spent periods in prison due to offending behaviour linked to addiction or instability. Others have experienced long-term rough sleeping, sofa surfing, or unsafe housing conditions. Regardless of their background, every individual is welcomed without judgment and supported with empathy and consistency.

We know that many of the struggles people face come from difficult experiences in their past. That's why we take things step by step, building trust through small, everyday interactions, being there when needed, and offering practical help that fits each person's situation.

We do not require deposits or upfront rent payments. Most residents arrive with few possessions and are immediately provided with food, clothing, and essential items.

Our staff conduct daily welfare and property checks (Monday-Friday), providing a consistent and reassuring presence within the homes. Residents have the freedom to come and go as they choose and may not always be present during these visits. However, checks ensure that rooms remain safe and secure, and when residents are at home, they offer a valuable opportunity to check in, provide support, or simply have a conversation. This regular contact helps build trust, reduce isolation, and flag any early signs of difficulty. Out-of-hours support is also available for emergencies or crises.

Substance Misuse & Recovery Support

Many residents have experienced problems with drugs or alcohol, often linked to difficult life events, poor mental health, or long-term instability. At ARC Homes we offer ongoing, non-judgemental support to help people find stability, reduce harm, and move forward with recovery at their own pace. This can include:

- Linking residents with local agencies or residential rehabilitation programmes
- Providing encouragement and emotional support to prevent relapse and build motivation
- Offering practical harm reduction advice and pathways to specialist care
- Helping with prescriptions, health reviews, detox, or stabilisation services
- Standing alongside residents with consistent, compassionate support, even during setbacks or relapse

Everyday and Emotional Support

A safe place to live is just the start. For residents, ARC Homes is their home, not an institution, so we work hard to make engagement feel as informal and natural as possible, at a pace that suits each individual.

We know many of the challenges people face are rooted in past experiences. That's why we take time to build trust through everyday interactions, a listening ear, and practical support that fits each person's needs. Staff offer companionship and guidance to help residents manage feelings such as anxiety, grief, or loneliness, and to find healthier ways of coping. When more specialist support is needed, we help residents connect with the right services and, if necessary, accompany them so they feel confident and supported.

Life Skills Development

Residents are supported to build core everyday skills, including cooking, budgeting, hygiene, timekeeping, and maintaining daily routines - all of which are essential for independent living.

Health & Wellbeing

We encourage and support residents to access GPs, mental health services, addiction clinics, and other healthcare providers. Staff often accompany residents to appointments to make sure they feel supported and don't face barriers to care.

Engagement with Services

We work closely with probation, housing officers, services that support people leaving prison, mental health professionals, and other agencies to make sure residents receive joined-up, consistent support.

Benefits, Budgeting & Correspondence

Many residents struggle with complex systems like Universal Credit and PIP. We help them make claims, manage debts, and understand or respond to official correspondence, reducing stress and preventing financial crises.

Shared Living & Relationship Support

Sharing accommodation can be challenging. We provide support to manage shared spaces, resolve conflicts, and, where appropriate, rebuild positive connections with family or loved ones.

Move-On Support

When residents are ready, we help them plan for more independent accommodation, as well as explore education, training, or employment opportunities. Planning is flexible and paced to each individual, ensuring that move-on happens when the resident feels prepared and supported.

"They didn't push me to talk or get involved - I knew they were there if I needed them, and that meant everything."
- ARC Homes Resident

Looking Ahead

ARC Homes remains in consistently high demand. As homelessness and housing need continue to rise, we remain committed to:

- Walking alongside people with care, patience, and awareness of their life experiences
- Upholding the dignity and potential of every resident
- Increasing capacity and flexibility where possible to meet growing need

At ARC Homes, no one is defined by their past. With safety, consistency, and meaningful support, individuals are empowered to take their next steps - and begin again.

Case Study: Ben - Gaining Independence

Ben came to ARC Homes earlier this year, having previously lived in very substandard accommodation that had a serious impact on his mental well-being. Since joining us, he has made remarkable progress in both his independence and social confidence.

Ben now takes care of his personal hygiene and daily routines-something he wasn't able to do before due to the limitations of his previous living situation. He has also become more sociable, engaging with peers and staff, and participating in activities that support his growth and confidence.

Seeing Ben develop self-reliance, make positive daily choices, and build a sense of community has been incredibly rewarding. His journey is a great example of how stable accommodation and supportive staff can help someone thrive. (Name has been changed to protect anonymity.)

Case Study: Tom - Building Life Skills and Confidence

Tom joined ARC Homes with very limited social skills, significant childhood trauma, and a history of alcohol misuse. He spent much of his time isolated in his room and struggled with depression and anxiety. Basic day-to-day tasks, such as making a cup of coffee, were challenging, and social engagement was minimal.

Since joining ARC Homes, Tom has made remarkable progress. He is actively participating on the MOVE programme, learning practical life skills, and consistently making positive daily choices. He now prepares meals for himself and others, engages in social activities, and has started building friendships, attending birthday parties and meals-experiences he had never tried before.

Tom's journey demonstrates the powerful impact of a supportive environment combined with structured learning and encouragement. Watching him grow in confidence, manage his mental health, and take steps toward independence has been incredibly inspiring. (Name has been changed to protect anonymity.)

Residential Rehabilitation Support

We supported 16 individuals into residential rehabilitation this year. Fast access to rehab is critical-motivation can change rapidly and many face significant barriers including poor health, trauma, or involvement in the criminal justice system.

Our team removes logistical and financial barriers by providing transport, accompaniment, and encouragement at the point of need. We work with rehab providers that can act quickly, ensuring no delay once someone is ready to seek help.

Many of those referred have experienced chronic homelessness, addiction, and cycles of offending. The transformation we've seen has been remarkable: individuals completing rehab, securing stable accommodation, gaining employment, and rebuilding relationships.

"I went into rehab not knowing what to expect, but it changed my life. Without Chooselife stepping in when they did, I don't think I'd be alive."

We maintain contact and continue to support individuals after their rehab placement. Our strong relationships with rehab providers remain key to this life-saving pathway.

Case Study: A Journey of Recovery

Jane contacted Chooselife Cymru after struggling with a crack cocaine habit that had severely damaged her family relationships and was destroying her life. Following a swift referral process-just two days-she entered residential rehabilitation and has been making excellent progress ever since.

During her time in rehab, Jane has worked on addressing childhood trauma, developing strategies to manage day-to-day life, and rebuilding her sense of self-worth and stability. She is consistently making positive choices and describes Chooselife's support, combined with the rehab programme, as having "saved her life."

Jane's story highlights the importance of timely support, ongoing care, and the transformative potential of rehabilitation. Her journey is a powerful example of resilience and determination, showing that recovery is possible, even when life feels completely out of control. (Name has been changed to protect anonymity)

Case Study: A Fresh Start

John, a former businessman, faced serious challenges due to an expensive cocaine habit. Determined to change, he completed an 8-week residential rehabilitation programme.

Since returning to his hometown, John has been volunteering with Chooselife Cymru-helping serve free lunches, supporting the Centre, and assisting with ARC Homes. These activities have given him structure, purpose, and a sense of community.

John has also rebuilt his family life, reconnecting with his wife and children and restoring trust. Looking ahead, he plans to restart his own business and recommit his marriage vows next year.

His journey shows that with determination and the right support, recovery is more than overcoming addiction-it's about creating a meaningful, renewed life. (Name has been changed to protect anonymity)

Takeaway Lunches and Food Support

Our free takeaway lunch service continues to provide essential support for individuals facing poverty, homelessness, and food insecurity. Operating five days per week, this service provides not just nourishment but also a regular point of contact and care.

In 2024-25:

- 4,474 takeaway lunches were served
- 291 individuals accessed the service

For many, this lunch is the only hot meal they receive that day. Several individuals expressed how this provision helps them to manage their limited income, especially during times when benefits are delayed or reduced.

We are especially grateful to our volunteers, many of whom are on their own recovery journey. They contribute to the preparation and distribution of meals and help foster a sense of dignity and community. Thanks also go to Castell Howell for their ongoing food donations, particularly at Christmas, when we provide a festive meal during the week leading up to the holidays.

Polish Community Engagement

We supported 54 individuals from the Polish community this year (39 men and 15 women). English remains a significant barrier for many, especially in accessing benefits, healthcare, or housing support. Until December 2024, we offered weekly English classes in partnership with the local authority, and we are actively seeking new opportunities to reinstate these sessions.

We continue to work with partner organisations and translators when needed, ensuring no one is excluded from support due to language or cultural barriers.

Train, Equip, Empower (TEE) Programme

The Train, Equip, Empower (TEE) Programme is one of several strands of support offered through our wider service. It focuses specifically on helping individuals develop the practical skills, confidence, and motivation they need to take positive steps forward - whether that means engaging more actively with services, building routines, or preparing for employment.

This year, training support was delivered through eight dedicated sessions, forming part of the 549 total support sessions provided across the service. These included:

- 355 sessions of benefit support
- 122 food parcels
- 19 health & wellbeing support sessions
- 11 financial support sessions
- 18 general support sessions
- 16 residential rehab referrals
- 8 training sessions delivered through the TEE Programme

Through these sessions:

- 8 individuals engaged in structured training opportunities
- 2 participants completed eight online courses, including fire safety, food hygiene, and awareness of ASD and ADHD.
- 1 individual successfully moved into employment, showing what can be achieved when encouragement and practical learning come together

The TEE Programme complements our core support work by helping residents build essential life and work-related skills in a flexible, supportive environment. While not every resident is ready to engage with training immediately, those who do often report increased confidence, motivation, and hope for the future.

On the MOVE Programme & Volunteering

The On the MOVE programme saw 7 individuals participating this year. This programme supports those in recovery who are not yet ready for formal volunteering or employment but want to begin rebuilding their confidence and skills.

Activities included:

- Cooking meals for up to 20+ people daily
- Cleaning, hygiene, and property maintenance tasks
- Working alongside staff and peers to build routines and social confidence

Participants have expressed how the programme helped reduce isolation, improve mental health, and offer purpose. One person shared that they used to remain in their room all day struggling with alcohol, but now get up early, have structure, no longer drink, and are planning to pass their driving test and pursue independent living.

Volunteers (2 this year) played an invaluable role in supporting food service, transport, and maintenance. Many come from a lived experience background, creating a strong sense of empathy and understanding in all they do.

Alongside practical involvement, individuals also engaged with online learning at their own pace, including Food Hygiene, First Aid, and other relevant courses.

Developments During the Year

- We purchased a new supported accommodation property at 62 New Dock Road with the help of a £15,000 grant and £25,000 no-interest loan from the Quaker Housing Trust.
- £65,000 of designated reserves were used to secure the property while awaiting the release of funds.
- Refurbishments were completed in kitchens and bathrooms across 2 properties to maintain quality.
- Significant progress was made on CRM development to streamline digital records, property management, and service user information.
- We received further digital skills support from Lloyds Bank Foundation, including Canva and video marketing training.
- Plans are progressing to secure a new Centre/Community Hub before the current lease ends in 2027.

Challenges Ahead

- Sustained high demand for housing, food, and support
- Staff capacity and the time demands of CRM rollout
- Volunteer recruitment and retention

- Securing all necessary funding for the future Centre/Community Hub and property refurbishment

FINANCIAL REVIEW

Result for the year

The Charity's total income for the year was £344k (2024 £302k), with a deficit of 12.8k (2024 surplus of 7.6k).

Principal funding sources

Principal funding sources for the Charity during the year: the Third Sector Resilience Fund for Wales Scheme, administered by WCVA on behalf of the Welsh Government, The Lloyds Bank Foundation - funding received for the following year, Rental Income.

Reserves policy and review of financial position.

The Trustees have reviewed the Charity's reserve requirements in light of the main risks to the organisation. Policy states that unrestricted funds not committed or invested in tangible fixed assets should be between 3-6 months of expenditure. Based on accounts to 31st March 2025 the target for free reserves is between £89,096 and £178,192. Free reserves includes designated reserves for this purpose. The present level of free reserves available to the Charity of £269,185 is over the 6 month target level and Trustees aim is to keep the reserves over the target for the medium to long term. However, the Trustees are mindful of the need to maintain service levels.

FUTURE DEVELOPMENTS

Looking Ahead

Our strategic priorities for 2025-26 include:

- Increasing accommodation provision in response to ongoing need
- Finalising and funding the relocation to a permanent Centre/Community Hub
- Expanding the On the MOVE and TEE programmes
- Strengthening our volunteer base and pathways into employment
- Enhancing digital infrastructure and service reporting
- Deepening partnerships across health, justice, and housing sectors

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The organisation is a charitable company limited by guarantee, incorporated on 25th May 2004 and registered as a charity on 8th November 2004. The company was established under a Memorandum of Association which established the objectives and powers of the charitable company and is governed under its Articles if Association. In the event of the company being wound up its members are required to contribute an amount not exceeding £10.

Recruitment and appointment of trustees

Trustees are nominated and appointed by the members in a general meeting. A recruitment policy and procedure has been developed and used in recruiting and training new trustees to ensure a robust process is in place.

The directors of the company are also charity trustees for the purposes of charity law.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Organisational structure

The day to day management of the charity is delegated by the Trustees to the Chief Executive Officer, Alan Andrews and the rest of the Management Team. The Management Team has been set up as a working group involved with the daily running of the organisation and is responsible to the Trustees. The group is responsible for drafting policies and guidelines and meets regularly to monitor and evaluate the progress of the project. Financial decisions can only be made within the guidelines set by the Trustees. The group provides a forum for discussions on issues that arise from daily operations and enables perspectives to be processed and presented to the Trustees for consideration.

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. Internal control risks are minimised by the implementation of procedures for all transactions and procedures. Procedures are in place to ensure compliance with Health & Safety of staff, volunteers, clients and visitors to the Centre. Procedures are periodically reviewed to ensure that they continue to meet the needs of the charity.

The trustees conintued to meet up four times a year to consider reports from the management team.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number
05137644 (England and Wales)

Registered Charity number
1106639

Registered office
Canolfan Antioch Centre
Copperworks Road
LLANELLI
Carmarthenshire
SA15 2NE

Trustees
Mr W G Pettiford
Mr A Tootill
Miss L J Augustyn

Company Secretary
Mrs A J Howells

Independent Examiner
Ashmole & Co
First Floor
1 St John's Court
Upper Fforest Way
Enterprise Park
Swansea
SA6 8QQ

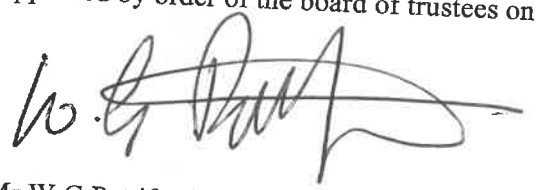
REFERENCE AND ADMINISTRATIVE DETAILS

Bankers
Barclays Bank Plc
Leicester
LE87 2BB

Management Team

Alan Andrews - Managing Director
Amanda Howells - Business & Administration Officer
Ann Heycock - Marketing Development Manager

Approved by order of the board of trustees on 16 December 2025 and signed on its behalf by:



Mr W G Pettiford - Trustee

Independent Examiner's Report to the Trustees of Chooselife Cymru

Independent examiner's report to the trustees of Chooselife Cymru ('the Company')
I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2025.

Responsibilities and basis of report
As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

Independent examiner's statement
Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Association of Chartered Certified Accountants, which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



C E Daultrey FCCA

Ashmole & Co

16 December 2025

Chooselife Cymru

Statement of Financial Activities
(Incorporating an Income and Expenditure Account)
for the Year Ended 31 March 2025

	Notes	Unrestricted funds £	Restricted funds £	Restricted Capital Grant Funds £	2025 Total funds £	2024 Total funds £
INCOME AND ENDOWMENTS FROM						
Donations and legacies		1,450	500	-	1,950	483
Charitable activities	3					
ARC Homes		-	-	-	-	7,407
All Activities		323,732	15,000	-	338,732	292,761
Investment income	2	2,954	-	-	2,954	1,566
Total		328,136	15,500	-	343,636	302,217
EXPENDITURE ON						
Raising funds	4	8,744	-	-	8,744	9,400
Charitable activities	5					
All Activities		308,370	31,920	7,349	347,639	285,244
Total		317,114	31,920	7,349	356,383	294,644
NET INCOME/(EXPENDITURE)		11,022	(16,420)	(7,349)	(12,747)	7,573
Transfers between funds	17	105,892	(325)	(105,567)	-	-
Net movement in funds		116,914	(16,745)	(112,916)	(12,747)	7,573
RECONCILIATION OF FUNDS						
Total funds brought forward		153,405	22,105	147,561	323,071	315,498
TOTAL FUNDS CARRIED FORWARD		270,319	5,360	34,645	310,324	323,071

The notes form part of these financial statements

Chooselife Cymru

Balance Sheet
31 March 2025

	Notes	Unrestricted funds £	Restricted funds £	Restricted Capital Grant Funds £	2025 Total funds £	2024 Total funds £
FIXED ASSETS						
Tangible assets	12	326,059	-	31,672	357,731	260,334
CURRENT ASSETS						
Debtors	13	21,899	4,175	-	26,074	4,881
Cash at bank		108,734	11,961	3,000	123,695	244,643
		130,633	16,136	3,000	149,769	249,524
CREDITORS						
Amounts falling due within one year	14	(36,215)	(10,777)	(27)	(47,019)	(33,015)
NET CURRENT ASSETS		94,418	5,359	2,973	102,750	216,509
TOTAL ASSETS LESS CURRENT LIABILITIES		420,477	5,359	34,645	460,481	476,843
CREDITORS						
Amounts falling due after more than one year	15	(150,157)	-	-	(150,157)	(153,772)
NET ASSETS		270,320	5,359	34,645	310,324	323,071
FUNDS	17					
Unrestricted funds					270,320	153,405
Restricted funds					40,004	169,666
TOTAL FUNDS					310,324	323,071

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2025.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2025 in accordance with Section 476 of the Companies Act 2006.

The notes form part of these financial statements

continued...

Balance Sheet - continued
31 March 2025

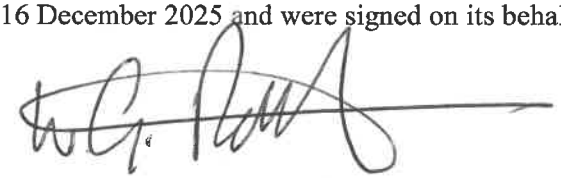
The trustees acknowledge their responsibilities for

(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 provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 16 December 2025 and were signed on its behalf by:



Mr W G Pettiford - Trustee

The notes form part of these financial statements

1. ACCOUNTING POLICIES

Basis of preparing the financial statements
The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland', the Charities Act 2011 and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

The charitable company has taken advantage of the following disclosure exemptions in preparing these financial statements, as permitted by FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland':

- the requirements of Section 7 Statement of Cash Flows;
- the requirement of paragraph 3.17(d);
- the requirements of paragraphs 11.42, 11.44, 11.45, 11.47, 11.48(a)(iii), 11.48(a)(iv), 11.48(b) and 11.48(c);
- the requirements of paragraphs 12.26, 12.27, 12.29(a), 12.29(b) and 12.29A;
- the requirement of paragraph 33.7.

Income
All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure
Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under 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 resources.

Tangible fixed assets
Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Leasehold property	- 5% on cost
Leasehold improvements	- 5% on cost
Fixtures, fittings & equipment	- 15% on reducing balance

Assets acquired with restricted income are initially treated as restricted assets. Where the acquisition of the asset discharges the restriction imposed, the related asset is transferred to unrestricted funds.

Taxation
The charity is exempt from corporation tax on its charitable activities.

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

continued...

1. ACCOUNTING POLICIES - continued

Fund accounting
Designated funds comprise the funds that have been set aside at the discretion of the Trustees for specific purposes. The purpose and use of the designated unrestricted funds is set out in the notes to the accounts.

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.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Debtors
Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid after taking account of any trade discounts due.

Cash at bank in hand
Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

Creditors and Provisions
Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for and trade discounts due

Financial instruments
The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at the carrying value plus accrued interest less repayments. The financing charge to expenditure is at a constant rate calculated using the effective interest method.

Pension costs and other post-retirement benefits
The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

continued...

2. INVESTMENT INCOME

	2025	2024
	£	£
Rents received	950	-
Deposit account interest	2,004	1,566
	2,954	1,566

3. INCOME FROM CHARITABLE ACTIVITIES

	Activity	2025	2024
		£	£
Other income	ARC Homes	-	7,407
Accommodation	All Activities	273,578	260,895
Grants	All Activities	65,000	30,471
Other income	All Activities	154	1,395
		338,732	300,168

Grants received, included in the above, are as follows:

	2025	2024
	£	£
Lloyds	50,000	-
Community Foundation in Wales	5,000	5,000
Darkley Trust	5,000	-
Moondance	5,000	5,000
Groundwork UK	-	1,500
Community Fund Via The National Lottery	-	18,971
	65,000	30,471

continued...

4. RAISING FUNDS

Other trading activities

	2025	2024
	£	£
Staff costs	8,744	9,400

5. CHARITABLE ACTIVITIES COSTS

	Direct Costs (see note 6)	Support costs (see note 7)	Totals
	£	£	£
All Activities	207,631	140,008	347,639

6. DIRECT COSTS OF CHARITABLE ACTIVITIES

	2025	2024
	£	£
Staff costs	47,299	46,044
Travel and subsistence	1,933	1,398
Care fund	136	249
Health and fitness costs	7,298	7,867
Refreshments and food	-	(291)
Rehab Referral	1,517	1,825
Events and workshops	522	357
D.A.R.E. Expenditure	10,242	7,172
Accommodation expenditure	138,684	87,047
	207,631	151,668

7. SUPPORT COSTS

	Management	Finance	Information technology
	£	£	£
All Activities	9,827	2,062	14,623

continued...

7. SUPPORT COSTS - continued

	Human resources	Depreciation	Governance costs	Totals
	£	£	£	£
All Activities	92,648	12,049	8,799	140,008

Support costs, included in the above, are as follows:

	2025 All Activities	2024 Total activities
	£	£
Premises costs	9,573	8,331
Advertising and marketing etc	95	263
Subscription & membership fees	159	357
Bank charges	357	386
Staff training	1,705	2,774
IT Support	845	287
Communications	2,973	3,289
Printing, post and stationery	622	441
Repairs and renewals	7,776	-
Sundries	2,407	1,557
Office and finance staff	73,497	79,411
Social security	4,715	4,530
Pensions	568	661
Interest payable and similar charges	13,868	14,214
Depreciation	12,049	12,647
Accountancy fees	4,725	4,428
Consultancy fees	4,074	-
	140,008	133,576

8. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	2025	2024
	£	£
Depreciation - owned assets	12,097	12,647

continued...

9. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2025 nor for the year ended 31 March 2024.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2025 nor for the year ended 31 March 2024.

10. STAFF COSTS

	2025	2024
	£	£
Wages and salaries	125,888	131,333
Social security costs	7,351	7,058
Other pension costs	1,584	1,655
	134,823	140,046

Staff costs include £60,626 salary and benefits paid to key management personnel during the year.

The average monthly number of employees during the year was as follows:

	2025	2024
Management	1	2
Administration	1	1
Project and day care staff	2	2
	4	5

No employees received emoluments in excess of £60,000.

11. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds	Restricted funds	Restricted Capital Grant Funds	Total funds
	£	£	£	£
INCOME AND ENDOWMENTS FROM				
Donations and legacies	483	-	-	483
Charitable activities				
ARC Homes	-	7,407	-	7,407
All Activities	262,290	30,471	-	292,761
Investment income	1,565	1	-	1,566
Total	264,338	37,879	-	302,217

continued...

11. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted funds £	Restricted funds £	Restricted Capital Grant Funds £	Total funds £
EXPENDITURE ON				
Raising funds	8,710	690	-	9,400
Charitable activities				
All Activities	261,035	15,638	8,571	285,244
Total	269,745	16,328	8,571	294,644
NET INCOME/(EXPENDITURE)	(5,407)	21,551	(8,571)	7,573
Transfers between funds	4,655	(4,655)	-	-
Net movement in funds	(752)	16,896	(8,571)	7,573
RECONCILIATION OF FUNDS				
Total funds brought forward	154,155	5,211	156,132	315,498
TOTAL FUNDS CARRIED FORWARD	153,403	22,107	147,561	323,071

12. TANGIBLE FIXED ASSETS

	Freehold property £	Leasehold property £	Leasehold improvements £	Improvements to property £
COST				
At 1 April 2024	203,760	107,886	34,233	10,000
Additions	106,446	-	-	-
Disposals	-	-	-	-
At 31 March 2025	310,206	107,886	34,233	10,000
DEPRECIATION				
At 1 April 2024	-	91,690	25,691	-
Charge for year	-	5,394	1,712	-
Eliminated on disposal	-	-	-	-
At 31 March 2025	-	97,084	27,403	-
NET BOOK VALUE				
At 31 March 2025	310,206	10,802	6,830	10,000
At 31 March 2024	203,760	16,196	8,542	10,000

continued...

12. TANGIBLE FIXED ASSETS - continued

	Plant and machinery £	Fixtures, fittings & equipment £	Motor vehicles £	Totals £
COST				
At 1 April 2024	15,238	113,110	26,755	510,982
Additions	-	-	5,999	112,445
Disposals	-	-	(6,995)	(6,995)
At 31 March 2025	15,238	113,110	25,759	616,432
DEPRECIATION				
At 1 April 2024	14,709	102,089	16,469	250,648
Charge for year	165	1,618	3,208	12,097
Eliminated on disposal	-	-	(4,044)	(4,044)
At 31 March 2025	14,874	103,707	15,633	258,701
NET BOOK VALUE				
At 31 March 2025	364	9,403	10,126	357,731
At 31 March 2024	529	11,021	10,286	260,334

13. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025 £	2024 £
Sundry debtors and prepayments	26,074	4,881

14. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025 £	2024 £
Bank loans and overdrafts (see note 16)	17,690	18,683
Other creditors	29,329	14,332
	47,019	33,015

continued...

15. CREDITORS: AMOUNTS FALLING DUE AFTER MORE THAN ONE YEAR

	2025	2024
	£	£
Bank loans (see note 16)	150,157	153,772

16. LOANS

An analysis of the maturity of loans is given below:

	2025	2024
	£	£
Amounts falling due within one year on demand:		
Bank loans	17,690	18,683
Amounts falling between one and two years:		
Bank loans - 1-2 years	17,945	18,683
Amounts falling due between two and five years:		
Bank loans - 2-5 years	53,834	56,049
Amounts falling due in more than five years:		
Repayable by instalments:		
Bank loans more 5 yr by instal	78,378	79,040

continued...

17. MOVEMENT IN FUNDS

	At 1/4/24 £	Net movement in funds £	Transfers between funds £	At 31/3/25 £
Unrestricted funds				
General fund	-	(21,531)	21,618	87
DARE (formally Care Project)	-	(24)	24	-
ARC Homes Donations	14,109	-	-	14,109
Accommodation	-	188	(188)	-
Lloyds Bank Foundation	-	26,960	-	26,960
ARC Homes Accomodation	137,188	14,073	76,386	227,647
Marketing Video - Design fund	2,108	(591)	-	1,517
Annex refurb costs	-	(8,052)	8,052	-
	153,405	11,023	105,892	270,320
Restricted funds				
Substance Misuse Action Fund - Leasehold Property and Equipment (*)	20,238	(5,454)	-	14,784
Big Lottery Fund - Leasehold Property Improvements (*)	1,981	(511)	-	1,470
UK Steel Ltd - Computer Equipment (*)	80	(12)	-	68
Welsh Government - Various Equipment (*)	797	(120)	-	677
Community Development Fund - Various Equipment (*)	345	(56)	-	289
Big Lottery Fund - Various Equipment (*)	586	(88)	-	498
Co-op Community Fund - Pool Table (*)	46	(7)	-	39
Lloyds TSB - Various Equipment (*)	37	(6)	-	31
Big Lottery D.R.A.W - Various Equipment (*)	2,350	(353)	-	1,997
SMAF Capital Funding - Leasehold Property Improvments and Fixtues and Fittings (*)	5,086	(675)	-	4,411
CFAP Capital Funding - The Neville Arms (*)	105,567	-	(105,567)	-
Awards For All - Various equipment (*)	10,448	(67)	-	10,381
Community Foundation in Wales	2,288	(1,199)	-	1,089
Moondance	-	4,270	-	4,270
Third Sector Resilience Fund 3	-	(1)	1	-
Ins. Claim 1SSS R4 fire 120923	846	-	(846)	-
Community fund - Awards4all	18,971	(18,971)	-	-
Keegan & Pennykid - Food	-	(520)	520	-
	169,666	(23,770)	(105,892)	40,004
TOTAL FUNDS	323,071	(12,747)	-	310,324

continued...

17. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	4,557	(26,088)	(21,531)
DARE (formally Care Project)	-	(24)	(24)
Accommodation	-	188	188
Lloyds Bank Foundation	50,001	(23,041)	26,960
ARC Homes Accomodation	273,578	(259,505)	14,073
Marketing Video - Design fund	-	(591)	(591)
Annex refurb costs	-	(8,052)	(8,052)
	328,136	(317,113)	11,023
Restricted funds			
Substance Misuse Action Fund - Leasehold Property and Equipment (*)	-	(5,454)	(5,454)
Big Lottery Fund - Leasehold Property Improvements (*)	-	(511)	(511)
UK Steel Ltd - Computer Equipment (*)	-	(12)	(12)
Welsh Government - Various Equipment (*)	-	(120)	(120)
Community Development Fund - Various Equipment (*)	-	(56)	(56)
Big Lottery Fund - Various Equipment (*)	-	(88)	(88)
Co-op Community Fund - Pool Table (*)	-	(7)	(7)
Lloyds TSB - Various Equipment (*)	-	(6)	(6)
Big Lottery D.R.A.W - Various Equipment (*)	-	(353)	(353)
SMAF Capital Funding - Leasehold Property Improvments and Fixtues and Fittings (*)	-	(675)	(675)
Awards For All - Various equipment (*)	-	(67)	(67)
Community Foundation in Wales	5,001	(6,200)	(1,199)
Darkley Trust	5,000	(5,000)	-
Moondance	5,000	(730)	4,270
Third Sector Resilience Fund 3	(1)	-	(1)
Community fund - Awards4all	-	(18,971)	(18,971)
Keegan & Pennykid - Food	500	(1,020)	(520)
	15,500	(39,270)	(23,770)
TOTAL FUNDS	343,636	(356,383)	(12,747)

continued...

17. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1/4/23 £	Net movement in funds £	Transfers between funds £	At 31/3/24 £
Unrestricted funds				
General fund	12,410	(18,625)	6,215	-
DARE (formally Care Project)	-	(32)	32	-
ARC Homes Donations	14,109	-	-	14,109
Accommodation	-	(188)	188	-
Lloyds Bank Foundation	25,000	(25,864)	864	-
ARC Homes Accomodation	100,426	39,406	(2,644)	137,188
Marketing Video - Design fund	2,210	(102)	-	2,108
	154,155	(5,405)	4,655	153,405
Restricted funds				
Lloyds Bank Foundation	-	3,552	(3,552)	-
Substance Misuse Action Fund - Leasehold Property and Equipment (*)	26,765	(6,527)	-	20,238
Big Lottery Fund - Leasehold Property Improvements (*)	2,492	(511)	-	1,981
UK Steel Ltd - Computer Equipment (*)	94	(14)	-	80
Welsh Government - Various Equipment (*)	938	(141)	-	797
Community Development Fund - Various Equipment (*)	410	(65)	-	345
Big Lottery Fund - Various Equipment (*)	689	(103)	-	586
Co-op Community Fund - Pool Table (*)	54	(8)	-	46
Lloyds TSB - Various Equipment (*)	44	(7)	-	37
Big Lottery D.R.A.W - Various Equipment (*)	2,765	(415)	-	2,350
SMAF Capital Funding - Leasehold Property Improvments and Fixtues and Fittings (*)	5,787	(701)	-	5,086
CFAP Capital Funding - The Neville Arms (*)	105,567	-	-	105,567
Awards For All - Various equipment (*)	10,527	(79)	-	10,448
Community Foundation in Wales	-	2,363	(75)	2,288
National Lottery Community Fund	173	-	(173)	-
Darkley Trust	2,504	(1,496)	(1,008)	-
Third Sector Resilience Fund for Wales Phase 2	-	(167)	167	-
Third Sector Resilience Fund 3	2,534	(2,520)	(14)	-
Ins. Claim 1SSS R4 fire 120923	-	846	-	846
Community fund - Awards4all	-	18,971	-	18,971

continued...

17. MOVEMENT IN FUNDS - continued

	161,343	12,978	(4,655)	169,666
TOTAL FUNDS	315,498	7,573	-	323,071

continued...

17. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	3,446	(22,071)	(18,625)
DARE (formally Care Project)	-	(32)	(32)
Accommodation	-	(188)	(188)
Lloyds Bank Foundation	(2)	(25,862)	(25,864)
ARC Homes Accomodation	260,894	(221,488)	39,406
Marketing Video - Design fund	-	(102)	(102)
	264,338	(269,743)	(5,405)
Restricted funds			
Lloyds Bank Foundation	1	3,551	3,552
Substance Misuse Action Fund - Leasehold Property and Equipment (*)	-	(6,527)	(6,527)
Big Lottery Fund - Leasehold Property Improvements (*)	-	(511)	(511)
UK Steel Ltd - Computer Equipment (*)	-	(14)	(14)
Welsh Government - Various Equipment (*)	-	(141)	(141)
Community Development Fund - Various Equipment (*)	-	(65)	(65)
Big Lottery Fund - Various Equipment (*)	-	(103)	(103)
Co-op Community Fund - Pool Table (*)	-	(8)	(8)
Lloyds TSB - Various Equipment (*)	-	(7)	(7)
Big Lottery D.R.A.W - Various Equipment (*)	-	(415)	(415)
SMAF Capital Funding - Leasehold Property Improvments and Fixtues and Fittings (*)	-	(701)	(701)
Awards For All - Various equipment (*)	-	(79)	(79)
Community Foundation in Wales	5,000	(2,637)	2,363
Darkley Trust	-	(1,496)	(1,496)
Groundwork UK	1,500	(1,500)	-
Moondance	5,000	(5,000)	-
Third Sector Resilience Fund for Wales Phase 2	-	(167)	(167)
Third Sector Resilience Fund 3	-	(2,520)	(2,520)
Ins. Claim 1SSS R4 fire 120923	7,407	(6,561)	846
Community fund - Awards4all	18,971	-	18,971
	37,879	(24,901)	12,978

continued...

17. MOVEMENT IN FUNDS - continued			
TOTAL FUNDS	302,217	(294,644)	7,573

Restricted Funds

Funds towards capital expenditure

Funds denoted (*) are restricted funds towards the purchase of fixed assets, including property and equipment. These are grouped together on the face of the balance sheet and the fund balances are reduced where appropriate by the depreciation of the equipment during the year.

Other restricted funds are as follows:

SMAF Tier 4 Residential Rehab - Funding received to provide for transportation costs in relation to residential rehabilitation referrals.

National Lottery Community Fund - TEE - Grant provided in respect of the Train, equip, empower program.

Community Foundation in Wales - Funding for Tee project salaries etc.

Awards 4 All - funding to provide the properties patio, planters etc

Community Fund Via National Lottery 'Awards 4 All' - Funding provided for 2 new bathrooms

Moondance - Funding for food received 19/04/2023.

Keegan & Pennykid - A restricted donation from Keegan and Pennykid to be used specifically for purchasing food for the daily lunches

Insurance Claim - Claim for fire in a room at Stafford Court

Unrestricted Designated Funds

ARC Homes Donations - Donations received designated to the support of the ARC Homes project.

Community Development Fund - Funds designated for the purchase of fixed assets in 2010, reduced by the depreciation of those assets on an annual basis.

ARC Homes Accommodation - Income generated from operating the supported accommodation project designated to the support of the Accommodation Recovery Community Homes project.

Annex Refurb Costs - Unrestricted funds set aside to contribute towards refurbishment of the annex, including improvements to the building to support service delivery. This was not supported by secured or restricted funding.

Lloyds Bank Foundation - A three-year unrestricted grant from the Lloyds Bank Foundation totalling £75,000 (£25,000 per year). The payment received relates to Year 2 of the grant.

continued...

17. MOVEMENT IN FUNDS - continued

Marketing Videos - Funds allocated to support the charity in producing marketing and informational videos, including the purchase of software, equipment, and any other related resources needed to create the videos.

18. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2025.

CHOOSELIFE CYMRU

England & Wales - Charity number 1106639

Accounts

REGISTERED COMPANY NUMBER: 05137644 (England and Wales)
REGISTERED CHARITY NUMBER: 1106639

Report of the Trustees and

Unaudited Financial Statements for the Year Ended 31 March 2024

for

Chooselife Cymru

Ashmole & Co
First Floor
1 St John's Court
Upper Fforest Way
Enterprise Park
Swansea
SA6 8QQ

Chooselife Cymru

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for the Year Ended 31 March 2024

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Chooselife Cymru

Report of the Trustees
for the Year Ended 31 March 2024

The Trustees, who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2024. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) 'Accounting and Reporting by Charities' :Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019). The Report of the Trustees also comprises a Directors Report as required by company law.

OBJECTIVES AND ACTIVITIES

Objectives and aims including public benefit

The Trustees confirm that they have complied with their duty, under the Charities Act 2011, to have regard to the Charity Commissions published public benefit guidelines in determining the activities undertaken by the charity.

The charity's objectives are to relieve persons who are in need or hardship or who are aged or sick (particularly but not exclusively as a result of drug or alcohol abuse); to relieve the distress caused thereby (particularly but not exclusively by providing advice, information, guidance and accommodation to individuals, to enable them to access suitable treatment); to give advice and assistance to their families in Llanelli and in such other parts of the United Kingdom or the world as the trustees from time to time think fit.

The Charity also aims to advance education in accordance with Christian principles of children and adults (particularly but not exclusively in relation to the avoidance of drug and alcohol misuse), by such means as the trustees may consider appropriate in the said location and in such other parts of the United Kingdom or the world as the trustees may from time to time think fit.

Due to ever increasing problems with drug & alcohol abuse in the Carmarthenshire area, Chooselife's aim is not only to help those who already have a substance misuse problem but to offer a positive alternative for those who might have a future substance misuse problem. Advice, information and guidance are provided to individuals to enable them to access suitable treatment and to help support their families also.

The benefits of our activities are summarised in the Achievement and Performance section (below) and relate directly to our objectives.

ACHIEVEMENT AND PERFORMANCE
ACHIEVEMENTS OF PERIOD

Chooselife was set up in 1996 by the current Managing Director with a passion for helping people struggling with addiction and in 2004 it gained charitable status. The Chooselife Centre is located in one of the most deprived areas of Llanelli and the services provided have adapted over the years to continue to meet the needs of its beneficiaries.

We are proud to have been able to continue to run valuable services amidst challenging times as many businesses and charities have struggled and closed, and we are still delivering services to the disadvantaged in our community. We have continued to find new ways of working to ensure that we are still meeting the needs of vulnerable and homeless people in our community after the Covid 19 Pandemic and offer an appointment Drop in Service which has improved the quality-of-service provision as the appointment system provides more time for support staff to focus on the needs of our service users.

The charity continues to meet the changing demands from beneficiaries, providing support to some of the most disadvantaged and excluded people. Having worked with people in the community for over 28 years, we recognise that many have similar problems and face similar challenges: -

o Low self-esteem/confidence/no communication skills
o Suffering effects of Adverse Childhood Experiences
o Lacking social skills/literacy & numeracy problems
o Involved in the criminal justice system.
o Poor health/mental health
o Homelessness
o Controlling their addictions

Currently the main challenges facing our beneficiaries are:

o Accessing services and benefit issues - beneficiaries that have no computer skills/ fear of technology and inability to verbally communicate with other providers.
o Homelessness - individuals who have difficulty in securing and maintaining tenancies.
o Financial issues - beneficiaries spending money on substances, gambling with little remaining to buy food and energy supplies.
o Other problems include controlling addictions, lack of training, limited employment opportunities due to their addictions and establishing new social networks.

Current services:

ARC Homes (Accommodation-Recovery-Community) Supported accommodation.

In 2012 Chooselife started to provide supported accommodation with one property which could house 5 people, this was due to the lack of suitable accommodation and the much-needed support for the vulnerable in our community.

Due to the ongoing demand for supported accommodation, we have continued to expand the service with us currently having the capacity to house and support 26 residents within 5 properties which are all situated within a 2-mile radius of the Chooselife Centre. Two of the properties are owned by Chooselife, and it is our aim long term goal to own properties opposed to renting, as it provides added security to residents and enables us to have more control over maintaining properties, which in turn enables us to provide a higher standard of accommodation.

The challenge of finding suitable properties for ARC Homes is ongoing and it would be more beneficial for us to purchase a property opposed to renting as it would eliminate any potential risk of the Landlord ceasing his lease agreement with Chooselife. Having capital funding or capacity to identify and secure funds for capital projects would be an ideal solution.

During the year we have supported 47 vulnerable individuals with their accommodation needs, with 23 residents being in supported accommodation at the start of the year, 21 residents moving out during the year and 24 new residents moving in during the year. At the end of the year, we had 26 individuals living in our properties. ARC Homes accommodation is running at the highest occupancy rate since it was established in 2012 and the need for additional accommodation is more evident as we are having to turn people away regularly.

Chooselife provides HMO supported accommodation where an individual has their own room and then shares the communal areas such as bathroom, kitchen and living room. Support workers carry out daily checks on the properties and individuals we support who often have complex needs such as substance misuse, mental health, offending history etc. and can lack daily living skills or even the ability to manage their own room. Support is provided by staff to help residents and we also work with other agencies where required. Helping individuals with their benefits and attending appointments, supporting them to register with health services such as GP, Dentist etc. can also be part of the support provided.

Supported accommodation offers housing stability which can then enable individuals to work on other areas of their lives which they are having difficulties with. Negative life experiences and events can often leave people feeling disempowered and hopeless, having stable accommodation and support can often be the tool that enables people to slowly rebuild their lives. We work with many other organisations to enable residents to benefit from specialised support appropriate to their needs and often with the support of different organisations pooling expertise residents can move into their own accommodation.

In Carmarthenshire, Wales, during 2022-23, **9,246 households** were threatened with homelessness, similar to the previous year. However, **12,537 households** were assessed as homeless and owed a duty to help secure accommodation, marking a **7% increase** from the previous year. Additionally, **5,094 households** were identified as unintentionally homeless and in priority need, representing a **25% increase**. The number of households in temporary accommodation reached 5,481, the highest figure reported since the legislation was introduced in April 2015.

There is a high demand for 1-bedroom flats/properties and there is a shortage of these even amongst private rentals and with the continual increases to rents these are often unaffordable to individuals on benefits. Due to the cost-of-living crisis and with shortage of accommodation we have seen many vulnerable individuals with nowhere to be housed. Individuals with complex life issues can also struggle to secure accommodation due to advance rents, bonds, references, and the issues of long waiting lists. Chooselife doesn't charge a bond or upfront rent and try to make housing as accessible as possible for individuals on low income and can often house an individual within a day if necessary and this is very rewarding to see someone coming to you homeless and on the same day to be able to help them move in to a warm, safe place to live and have helped them to claim benefits, provided them with a food parcel and clean clothes.

During the year we have received more referrals from the Probation Service and our accommodation has seen an increase in demand as we have marketed the service more widely and have created stronger links within the community, we are still getting referrals through Probation, HMP leavers, NACRO, Carmarthen Community Money Advice, The Wallich and other organisations and we are continue to raise awareness of our service through local GP surgeries and other services in the wider community.

In the upcoming year we have planned internal refurbishment works which were not forthcoming during the reporting year due to finding reputable tradesmen and timings required to carry out works.

We have supported residents to gain employment during the year and due to the success of ARC homes several tenants have moved on into secured private accommodation which is very difficult in the current climate.

Christmas which can be a difficult time of year for residents with no family and difficult life circumstances and we were able to provide Food Hampers for all our residents. Having no extra money to buy luxury food items or having presents from family can make it a difficult time, but the Food Hamper was a real treat and helped residents to feel as if someone cares!

Take-away free lunch.

Our takeaway lunches are a valuable service to the vulnerable individuals in our community which we provide 5 days per week during the lunch time from 12.30 - 2pm and this year we have served 4508 lunches to 274 individuals.

As we work in an area of high deprivation, due to the cost-of-living crisis, many families/individuals are just getting by on benefits and are relying on Soup Stations and foodbanks to make ends meet. Many were from the Polish Community, some of whom do not receive benefits, so the food is something relied on by many. The main issue for several of the Polish community is the inability to speak /understand English, which has proved difficult for staff/volunteers handing out take away lunches. We have worked with Carmarthen County Council during the year, who provided a tutor for weekly lessons which has proved beneficial to learners and staff, unfortunately the service ended in December.

Individuals who access free lunches can also benefit from other support with their daily living needs, benefits and any other problems arising. For many the free lunch is the only meal they have in a day. Comments from service users include: **"It means a lot to me to have the option to go and have the free takeaway lunch at the Centre as some days I am really short of cash due to being on benefits and having 2 daughters to provide for, so without Chooselife some days I wouldn't be able to eat at all"**

We are extremely grateful to our volunteers, most of whom are on their recovery journey, giving something back by volunteering daily to prepare lunches for others in need. Castell Howell have donated food to us on occasions throughout the year and this has enabled us to make our budgets go further or dependent on the product we have been able to distribute goods to service users. We were fortunate to receive support for our Christmas lunches again from Castell Howell who supplied us with the ingredients to make our festive takeaway lunch and Jenkins Bakery who provided us with the "Big Softie" Rolls and we made a very tasty Christmas Festive Roll with Turkey, roast potato, cranberry and stuffing, topped with roast turkey gravy. We were able to provide our Christmas Lunch throughout the week leading up to Christmas which was a real treat for many who would not be able to have their own Christmas lunch. Comments from individuals include: **"It was great to have Christmas lunch at the Centre as it was the only Christmas dinner I had this year" and " without the lunch during the week I'd not be able to afford to eat regular as being on universal credit I regularly struggle for cash"**

The rise in food costs is continuing to impact our community and we are seeing regular faces daily who comment that they would not have a warm meal if they didn't access our service and they are very grateful for our support.

Referrals to local foodbanks

FOOD BANKS -We continue to work with two local food banks and have made 80 referrals this year due to the challenging times we are living in. These figures could have been much higher if individuals weren't limited to the number of times they could access them. Having no money to buy food is a real problem for many when faced with challenging changes in circumstances and our links with local agencies and being able to signpost people to vital support is crucial. Often individuals are waiting for benefits and do not have any income or who have been released from prison etc.

Clothes Bank

We have been able to distribute second hand clothes from a small clothes bank (due to lack of space) and provide clothes to anyone who is in need. These are primarily given to homeless and individuals moving into our Supported Accommodation, but we have also supported individuals who access the takeaway lunches. The winter months were challenging for many, and we distributed warm coats, hats, shoes etc from our supply to many who were in need.

Residential Rehabilitation Referrals

Our referrals to residential rehabilitation have increased this year. We have supported 22 individuals to access Betel of Britain Residential Rehabilitation within a couple of days of being referred which is a fantastic turnaround with no other provision made so quickly elsewhere. This is often needed as individuals' motivation can change quickly and can often save desperate lives. We provide train fare or provide the transport ourselves to ensure barriers to service are removed. Individuals receive 24-hour support to overcome their addiction with the aim of achieving recovery and to live independently in the community. Life changes of some of the individuals we have referred have been astounding and they have been unrecognisable in the change in their appearance some having been in life-threatening near-death circumstances before going and are now fully recovered living a positive meaningful life.

Success Stories - These are a couple of examples of lives changed through accessing Betel of Britain Residential Rehabilitation.

In February this year we assessed and provided transport for an individual to access rehab. He wasn't really sure if it was for him at the time, but he was prepared to give it a go to help him with his addictions. He left after two weeks and went back home then realised after a weekend that he needed this to help change his life, he has since settled in and is a well-liked and loved member of the community working in the gardens and other areas and addressing his substance misuse issues.

I just recently met up with an individual who has settled in the north of England (staff member) after initially doing two years in rehab and it is so encouraging to see lives transformed. He met his wife who was in the woman's rehab, and they got married in 2022. Both of them are now living as part of the community, they have their own accommodation and support people to overcome their addiction.

He would've been in rehab two years in October when he left town, he was dealing in crack cocaine and his life was spiralling out of control. He decided to deal with his past and the reasons why he takes drugs. His time in rehab has helped him to overcome his addiction as well as learning new skills, he has learned how to do gardening, lay down patios and also leads the team of men. He's also a leader of one of the houses which helps other people with drug and alcohol problems, and he has settled into the community where he is accepted, loved and everyone appreciates his hard work serving others. Chooselife meet up with him regularly when we visit Betel and it's so encouraging to see the transformational changes in his life. Last Christmas we had the privilege of taking his parents to the Christmas pantomime and seeing the joy on their faces was priceless.

English lessons for the Polish community accessing the centre for support.

We have worked with Carmarthenshire County Council to facilitate English Lessons for the Polish Community in the Chooselife Centre. The room was offered free of charge and enabled the Polish community to benefit from support to learn the English language. Lessons were held every Thursday and 3-4 people from the Polish community attended these lessons. Sadly, the service ended in December, but we are looking for opportunities to restart the support.

TEE Project (Train Equip and Empower)

The Tee project was initially funded by The Community Fund, Big Lottery for two years to support the transition of the new Universal Credit system in 2019. From 2021/2023 further funding was secured from the WCVA which enabled us to continue with the TEE Project and we received £5,000 this year from the Community Foundation in Wales.

After running the project for a number of years we gained an insight into the needs of our beneficiaries and tailored the services to offer the in-depth support required by the majority, offering access to computers to support with benefit claims, accessing their Universal Credit Online Journals to keep track of appointments etc to avoid sanctions of benefits, access to online training, accompanied visits to set up bank accounts, medical appointments, supported court appearances, access to housing, etc. Since April 2021 we have recorded 42 Polish beneficiaries registering for support and to facilitate communication barriers, we collaborated with Carmarthenshire County Council to offer English lessons on a Thursday with 3-4 people from the Polish community attending these lessons.

Chooselife Cymru

Report of the Trustees
for the Year Ended 31 March 2024

Support Statistics 23-24

Date	Support Sessions	Benefit Support	Food Bank	Reahb	Other	Medical	Polish	New Sign Ups	Lunches
April	40	30	3	3	1	1	2	17	322
May	61	37	2	1	7	5	9	18	355
June	61	41	7	0	2	2	9	16	428
July	48	29	9	2	2	2	4	11	453
August	41	25	9	2	4	1	0	4	424
September	47	25	6	4	3	0	9	4	409
October	57	34	8	4	4	3	4	13	425
November	53	32	7	1	3	2	8	7	373
December	28	23	5	0	0	0	0	5	309
January	53	37	9	2	5	0	0	5	383
February	50	34	8	2	7	0	0	2	271
March	48	35	7	1	6	0	0	10	356
TOTAL	**587**	**382**	**80**	**22**	**44**	**16**	**45**	**112**	**4508**

Statistics gathered clearly shows the impact of the cost-of-living crisis as 4508 lunches were served this year compared to 4025 were served and the total yearly lunches served continues to rise. An average of six polish beneficiaries attended the centre for English lessons per month, 587 support sessions were delivered to beneficiaries. A fantastic outcome has been that 21 beneficiaries have been referred to residential rehabilitation during this period and we receive regular contact from many with stories of changed lives which is really encouraging for others.

The main organisations currently worked with are:

o BAROD - referrals made for prescribing and substance misuse training.
o Probation - work alongside IOMs to ensure appropriate support for those leaving prison.
o Dyfed Powys Police - work with PCSOS to discuss clients in common.
o Carmarthenshire Adult Health and Social Care team - continue to work with social workers, youth workers etc. to resolve beneficiaries' issues.
o Foodbanks -Lifeshare and the Llanelli Foodbank provide us with vouchers for beneficiaries in need.
o Carmarthenshire County Council - continue to work with and report on the levels of occupation, etc. to the housing department.
o Betel of Britain providing residential rehabilitation.
o GP's, hospitals, dentists, mental health providers, Job Centre/DWP, prisons, NACRO, housing associations, Banks etc.

The project still provides valuable support, for many the daily struggle with mental health issues, feelings of isolation can often be daunting when having to deal with bills, debt, job centre appointments etc and having someone who will come along side them is a great source of security and that helping hand can be the difference between facing responsibilities and getting things done instead of hiding away from them. The fear of technology is also felt by many with the ever-increasing speed of new technology which is leaving many behind and feeling helpless.

We continue to work closely with other services which enables individuals to benefit from the expertise that other services have to offer. Making referrals and signposting and having a good knowledge of what support is available in the community and ensures that individuals receive the right support. Some of the organisations we work with include National Probation Service, HMP, Social Services, Community Mental Health Team, PCN'S, Psychiatrists, MIND, The Wallich, Housing Associations, Llanelli Skill Centre, Communities for Work+, Nacro, Food Banks, Blue light project, Carmarthen Community Money Advice, Derwyn Newydd, Betel of Britain, amongst others. We often have other organisations visit to share service information and leaflets etc. which helps to strengthen joint working. Staff recorded working with other organisations on 296 occasions.

In 2022 we became an accredited Living Wage Employer, joining thousands of organisations, businesses, and people, across the UK, who believe that a hard day's work deserves a fair day's pay. Together we can continue to ensure everyone can earn enough to live on. Paying a real Living Wage improves the employer brand, boosts staff productivity and motivation at work. We also know paying a real Living Wage helps employers to remain competitive, retain existing staff and attract new staff.

Volunteer Support and on the M.O.V.E (Moving On towards Volunteering and Employment)

During the year we have had 5 volunteers supporting the service helping out with lunches and transporting individuals to Betel of Britain Residential Rehabilitation service and supporting with ARC Homes maintenance. We appreciate the help and support that volunteers provide and the added value which is brought to the services. We will continue to recruit into volunteer roles as they are an invaluable part of our service delivery. Primarily volunteers are people who have accessed services and want to give back to their community, this brings empathy and understanding to the role and is supportive of service users on their journeys.

The On the MOVE programme is a way of helping service users who are stabilising their addictions to keep busy and find useful things to do to help them on their recovery journey, it has been more difficult with the Drop-In Centre closed but we have still found meaningful ways to keep people busy. It is a step before volunteering and tasks included shopping, cooking, clearing up, property maintenance etc. On the MOVE programme has helped individuals to develop their self-confidence, skills, and knowledge with the aim of helping them to build a life free from addiction and participating in meaningful work.

Developments

There have been no major developments during the year.

FINANCIAL REVIEW

Result for the year

The Charity's total income for the year was £302k (2023 £240k), with a surplus 8k (2023 deficit 66k).

Principal funding sources

Principal funding sources for the Charity during the year: the Third Sector Resilience Fund for Wales Scheme, administered by WCVA on behalf of the Welsh Government, The Lloyds Bank Foundation - funding received for the following year, Rental Income.

FINANCIAL REVIEW

Reserves policy and review of financial position.

The Trustees have reviewed the Charity's reserve requirements in light of the main risks to the organisation. Policy states that unrestricted funds not committed or invested in tangible fixed assets should be between 3-6 months of expenditure. Based on accounts to 31st March 2024 the target for free reserves is between £73,661 and £147,322. Free reserves includes designated reserves for this purpose. The present level of free reserves available to the Charity of £153,405 is over the 6 month target level and Trustees aim is to keep the reserves over the target for the medium to long term. However, the Trustees are mindful of the need to maintain service levels.

FUTURE DEVELOPMENTS

Our aim for 2024/25 is to continue to deliver and develop good quality, safe, sustainable service, while strengthening our infrastructure to monitor improvement, support growth and respond to the external operating environment. This includes:

o Continuing with the expansion and development of ARC Homes which provides supported accommodation to vulnerable residents with the aim of purchasing additional properties to meet the growing demand.
o To review volunteer roles and actively recruit to meet the needs of service development areas.
o To relocate the Chooselife service by 2027 within the local area. We have identified a number of suitable properties and are pursuing options to facilitate the relocation before the end of our lease to ensure continuity of services and avoid any unnecessary disruptions to existing service users.

Testimonials

I have been strongly supported by Chooselife since 2019, and it is my privilege to write a few words as a testimonial. Being made homeless twice during the last five years, and also at the same time suffering with prolonged mental health challenges, I reached out for help in '19 and then also in '23. Choose Life have since provided me with supported accommodation for near enough four of the last five years, I truly cannot say just how much their kindness has meant to me across time.

The accommodation is warm and dry, I have a private bedroom (I'm 1 of 5 service-users living in the property) and use of all communal areas such as kitchen, bathroom, etc., these areas being cleaned through weekly by Chooselife. The house is visited by support worker(s) daily, which is reassuring for me and others, and any maintenance issues are always dealt with promptly. The accommodation has allowed me, on two separate occasions, to recover in peace from mental illness, to get well, and then to get up & on with life in some fashion.

Support workers have always been very generous with their time, and I feel comfortable in their company, we were all strangers at first. To be fair all the staff at Chooselife are good souls, and sure enough they give of themselves helping a lot of lost souls with their empathy. Friends for life hopefully! The management of Chooselife does seem solid, firm but fair would sum it up for me, strong characters steering the ship for sure.

From time to time, I have taken advantage of the hot meal that's provided daily by Chooselife. It's free of charge to any hungry soul that turns up at lunch time on weekdays, I guess maybe thirty or forty people get fed daily, maybe being the only food eaten on that particular day … mal-nutrition does seem to be a common theme with ill mental health, and addictions too.

I'm proud to say that I have volunteered some of my time weekly to Chooselife since 2019, I help with collecting the general waste from the 5 HMO's. Volunteering has been great for me, provided some structure and purpose initially, also happy to give something back. I'm always assisting a Support Worker whilst volunteering, so that gives me chance to have long chats in good company. Volunteering for CL was my first step to regaining paid employment again after recovering from my illnesses. I'm proud to say that I have gained employment, and I have been supported every step of the way by staff (I won't name any, but hopefully ALL know that they're held high in my estimation and thank you from the bottom of my heart).

I have been supported by Chooselife for many years when Chooselife had a Drop-in Centre. Through my past life before being accommodated by ARC Homes supported accommodation, I found myself living life in and out of prison, being homeless living anywhere I could (streets etc) which wasn't good for my mental health. Up until September 2022 after coming out of prison again I was living in Swansea with the Wallich Foyer, which was very helpful for my needs at the time, I had a support worker who helped me find my feet after coming out of prison, I lived with them for a short time before I was found a room back in my hometown with ARC Homes. I felt really comfortable living with ARC Homes as I used to use their Drop-in Centre many years ago and got on really well with the staff.

I moved into ARC Homes in 2022 and the support that I have received from them is amazing. The staff have always been very good with their time for me. Since living with them I have had help and support with referrals to Bryn Mair clinic for my mental health, support with doctor's appointments, hospital appointments, blood appointments, probation appointments, job centre appointments and support to access Citizens Advice Bureau to help me get PIP forms completed. Staff have had to remind me of all my appointments and have also taken me to them all which is still ongoing as my memory is really bad. If it wasn't for the staff, I wouldn't have gone to any appointments.

I have my own room and share the other parts of the house with 5 other residents, and I feel very safe living in supported accommodation, and I also find it hard to say how grateful and lucky I am to have a room and support off Chooselife/ARC Homes.

Chooselife have been a fantastic help for me over the last couple of years, I can't thank them enough for what they have done for me. Unfortunately, I was diagnosed with arthritis, which due to the pain led to me becoming addicted to the painkiller I was prescribed. This led to me losing my wife and becoming homeless, which meant I no longer lived with my 2 daughters too. My brother phoned Chooselife, and they were so quick to offer my help and within 2 days they had got me into rehab which thankfully helped me so much and got me off the painkillers I was addicted to. After rehab when I came out,

I was homeless, but again Chooselife were there to help again, and I moved into ARC Homes within a day. Thankfully I am still at the property and any help I need regardless of what that maybe they are always so quick and happy to help. Thanks to Chooselife they helped me to sort out my benefits which helped me to become more financially stable. Also, thanks to Chooselife I now frequently see my 2 daughters and have a fantastic relationship with them both. I honestly can't thank Chooselife enough and genuinely think that without them my life would be a mess, and certainly wouldn't be where I am now. Thanks to Chooselife my mental health has been the best it has been in ages.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The organisation is a charitable company limited by guarantee, incorporated on 25th May 2004 and registered as a charity on 8th November 2004. The company was established under a Memorandum of Association which established the objectives and powers of the charitable company and is governed under its Articles if Association. In the event of the company being wound up its members are required to contribute an amount not exceeding £10.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Recruitment and appointment of trustees

Trustees are nominated and appointed by the members in a general meeting. A recruitment policy and procedure has been developed and used in recruiting and training new trustees to ensure a robust process is in place.

The directors of the company are also charity trustees for the purposes of charity law.

Organisational structure

The day to day management of the charity is delegated by the Trustees to the Chief Executive Officer, Alan Andrews and the rest of the Management Team. The Management Team has been set up as a working group involved with the daily running of the organisation and is responsible to the Trustees. The group is responsible for drafting policies and guidelines and meets regularly to monitor and evaluate the progress of the project. Financial decisions can only be made within the guidelines set by the Trustees. The group provides a forum for discussions on issues that arise from daily operations and enables perspectives to be processed and presented to the Trustees for consideration.

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. Internal control risks are minimised by the implementation of procedures for all transactions and procedures. Procedures are in place to ensure compliance with Health & Safety of staff, volunteers, clients and visitors to the Centre. Procedures are periodically reviewed to ensure that they continue to meet the needs of the charity.

The trustees conintued to meet up four times a year to consider reports from the management team.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number
05137644 (England and Wales)

Registered Charity number
1106639

Registered office
Canolfan Antioch Centre
Copperworks Road
LLANELLI
Carmarthenshire
SA15 2NE

Trustees
Mr W G Pettiford
Mr A Tootill
Miss L J Augustyn

Company Secretary
Mrs A J Howells

REFERENCE AND ADMINISTRATIVE DETAILS

Independent Examiner
Ashmole & Co
First Floor
1 St John's Court
Upper Fforest Way
Enterprise Park
Swansea
SA6 8QQ

Bankers
Barclays Bank Plc
Leicester
LE87 2BB

Management Team

Alan Andrews - Managing Director
Amanda Howells - Business & Administration Officer
Ann Heycock - Marketing Development Manager

Approved by order of the board of trustees on 2 December 2024 and signed on its behalf by:



Mr W G Pettiford - Trustee

Independent Examiner's Report to the Trustees of Chooselife Cymru

Independent examiner's report to the trustees of Chooselife Cymru ('the Company')
I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2024.

Responsibilities and basis of report
As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

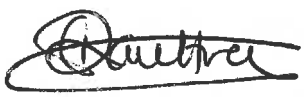
Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

Independent examiner's statement
Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Association of Chartered Certified Accountants, which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



C E Daultrey FCCA

Ashmole & Co

2 December 2024

Chooselife Cymru

Statement of Financial Activities
(Incorporating an Income and Expenditure Account)
for the Year Ended 31 March 2024

	Notes	Unrestricted funds £	Restricted funds £	Restricted Capital Grant Funds £	2024 Total funds £	2023 Total funds £
INCOME AND ENDOWMENTS FROM						
Donations and legacies		483	-	-	483	7,202
Charitable activities	3					
ARC Homes		-	7,407	-	7,407	-
All Activities		262,290	30,471	-	292,761	232,448
Investment income	2	1,565	1	-	1,566	451
Total		264,338	37,879	-	302,217	240,101
EXPENDITURE ON						
Raising funds	4	8,710	690	-	9,400	10,137
Charitable activities	5					
All Activities		261,035	15,638	8,571	285,244	296,262
Total		269,745	16,328	8,571	294,644	306,399
NET INCOME/(EXPENDITURE)		(5,407)	21,551	(8,571)	7,573	(66,298)
Transfers between funds	17	4,655	(4,655)	-	-	-
Net movement in funds		(752)	16,896	(8,571)	7,573	(66,298)
RECONCILIATION OF FUNDS						
Total funds brought forward		154,155	5,211	156,132	315,498	381,796
TOTAL FUNDS CARRIED FORWARD		153,403	22,107	147,561	323,071	315,498

The notes form part of these financial statements

Chooselife Cymru

Balance Sheet
31 March 2024

	Notes	Unrestricted funds £	Restricted funds £	Restricted Capital Grant Funds £	2024 Total funds £	2023 Total funds £
FIXED ASSETS						
Tangible assets	12	218,340	-	41,994	260,334	272,981
CURRENT ASSETS						
Debtors	13	4,307	574	-	4,881	4,373
Cash at bank		84,013	55,063	105,567	244,643	229,062
		88,320	55,637	105,567	249,524	233,435
CREDITORS						
Amounts falling due within one year	14	517	(33,532)	-	(33,015)	(32,096)
NET CURRENT ASSETS		88,837	22,105	105,567	216,509	201,339
TOTAL ASSETS LESS CURRENT LIABILITIES		307,177	22,105	147,561	476,843	474,320
CREDITORS						
Amounts falling due after more than one year	15	(153,772)	-	-	(153,772)	(158,822)
NET ASSETS		153,405	22,105	147,561	323,071	315,498
FUNDS	17					
Unrestricted funds					153,405	154,155
Restricted funds					169,666	161,343
TOTAL FUNDS					323,071	315,498

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2024.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2024 in accordance with Section 476 of the Companies Act 2006.

The notes form part of these financial statements

continued...

Balance Sheet - continued
31 March 2024

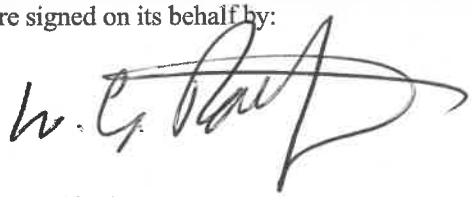
The trustees acknowledge their responsibilities for

(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 provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 2 December 2024 and were signed on its behalf by:



Mr W G Pettiford - Trustee

The notes form part of these financial statements

1. ACCOUNTING POLICIES

Basis of preparing the financial statements
The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland', the Charities Act 2011 and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

The charitable company has taken advantage of the following disclosure exemptions in preparing these financial statements, as permitted by FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland':

- the requirements of Section 7 Statement of Cash Flows;
- the requirement of paragraph 3.17(d);
- the requirements of paragraphs 11.42, 11.44, 11.45, 11.47, 11.48(a)(iii), 11.48(a)(iv), 11.48(b) and 11.48(c);
- the requirements of paragraphs 12.26, 12.27, 12.29(a), 12.29(b) and 12.29A;
- the requirement of paragraph 33.7.

Income
All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure
Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under 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 resources.

Tangible fixed assets
Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Leasehold property	- 5% on cost
Leasehold improvements	- 5% on cost
Fixtures, fittings & equipment	- 15% on reducing balance

Assets acquired with restricted income are initially treated as restricted assets. Where the acquisition of the asset discharges the restriction imposed, the related asset is transferred to unrestricted funds.

Taxation
The charity is exempt from corporation tax on its charitable activities.

continued...

1. ACCOUNTING POLICIES - continued

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

Designated funds comprise the funds that have been set aside at the discretion of the Trustees for specific purposes. The purpose and use of the designated unrestricted funds is set out in the notes to the accounts.

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.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Debtors
Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid after taking account of any trade discounts due.

Cash at bank in hand
Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

Creditors and Provisions
Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for and trade discounts due

Financial instruments
The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at the carrying value plus accrued interest less repayments. The financing charge to expenditure is at a constant rate calculated using the effective interest method.

Pension costs and other post-retirement benefits
The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

continued...

2. INVESTMENT INCOME

	2024	2023
	£	£
Deposit account interest	1,566	451

3. INCOME FROM CHARITABLE ACTIVITIES

	Activity	2024	2023
		£	£
Other income	ARC Homes	7,407	-
Accommodation	All Activities	260,895	188,143
Grants	All Activities	30,471	44,305
Other income	All Activities	1,395	-
		300,168	232,448

Grants received, included in the above, are as follows:

	2024	2023
	£	£
Lloyds Bank Foundation	-	27,250
Albert Hunt Trust	-	5,000
Community Foundation in Wales	5,000	-
Moondance	5,000	-
Third Sector resilience fund	-	12,055
Groundwork UK	1,500	-
Community Fund Via The National Lottery	18,971	-
	30,471	44,305

continued...

4. RAISING FUNDS

Other trading activities

	2024	2023
	£	£
Staff costs	9,400	10,137

5. CHARITABLE ACTIVITIES COSTS

	Direct Costs (see note 6)	Support costs (see note 7)	Totals
	£	£	£
All Activities	151,668	133,576	285,244

6. DIRECT COSTS OF CHARITABLE ACTIVITIES

	2024	2023
	£	£
Staff costs	46,044	44,334
Travel and subsistence	1,398	1,867
Care fund	249	449
Health and fitness costs	7,867	5,136
Refreshments and food	(291)	291
Rehab Referral	1,825	2,004
Events and workshops	357	427
D.A.R.E. Expenditure	7,172	8,732
Accommodation expenditure	87,047	92,905
	151,668	156,145

continued...

7. SUPPORT COSTS

	Management	Finance	Information technology
	£	£	£
All Activities	8,951	3,160	5,574

	Human resources	Depreciation	Governance costs	Totals
	£	£	£	£
All Activities	98,816	12,647	4,428	133,576

Support costs, included in the above, are as follows:

	2024 All Activities	2023 Total activities
	£	£
Premises costs	8,331	7,777
Advertising and marketing etc	263	30
Subscription & membership fees	357	265
Bank charges	386	938
Staff training	2,774	3,770
IT Support	287	1,144
Communications	3,289	3,666
Printing, post and stationery	441	646
Sundries	1,557	705
Office and finance staff	79,411	85,022
Social security	4,530	5,414
Pensions	661	801
Interest payable and similar charges	14,214	11,635
Depreciation	12,647	14,188
Accountancy fees	4,428	4,116
	133,576	140,117

continued...

8. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	2024	2023
	£	£
Depreciation - owned assets	12,647	14,188

9. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2024 nor for the year ended 31 March 2023.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2024 nor for the year ended 31 March 2023.

10. STAFF COSTS

	2024	2023
	£	£
Wages and salaries	131,333	135,858
Social security costs	7,058	8,093
Other pension costs	1,655	1,757
	140,046	145,708

Staff costs include £58,323 salary and benefits paid to key management personnel during the year.

The average monthly number of employees during the year was as follows:

	2024	2023
Management	2	2
Administration	1	1
Project and day care staff	2	2
	5	5

No employees received emoluments in excess of £60,000.

continued...

11. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	Restricted Capital Grant Funds £	Total funds £
INCOME AND ENDOWMENTS FROM				
Donations and legacies	7,202	-	-	7,202
Charitable activities				
All Activities	215,393	17,055	-	232,448
Investment income	451	-	-	451
Total	223,046	17,055	-	240,101
EXPENDITURE ON				
Raising funds	8,537	1,600	-	10,137
Charitable activities				
All Activities	217,904	59,388	18,970	296,262
Total	226,441	60,988	18,970	306,399
NET INCOME/(EXPENDITURE)	(3,395)	(43,933)	(18,970)	(66,298)
Transfers between funds	972	(2,748)	1,776	-
Net movement in funds	(2,423)	(46,681)	(17,194)	(66,298)
RECONCILIATION OF FUNDS				
Total funds brought forward	156,575	51,895	173,326	381,796
TOTAL FUNDS CARRIED FORWARD	154,152	5,214	156,132	315,498

continued...

12. TANGIBLE FIXED ASSETS

	Freehold property £	Leasehold property £	Leasehold improvements £	Improvements to property £
COST				
At 1 April 2023 and 31 March 2024	203,760	107,886	34,233	10,000
DEPRECIATION				
At 1 April 2023	-	86,296	23,979	-
Charge for year	-	5,394	1,712	-
At 31 March 2024	-	91,690	25,691	-
NET BOOK VALUE				
At 31 March 2024	203,760	16,196	8,542	10,000
At 31 March 2023	203,760	21,590	10,254	10,000

	Plant and machinery £	Fixtures, fittings & equipment £	Motor vehicles £	Totals £
COST				
At 1 April 2023 and 31 March 2024	15,238	113,110	26,755	510,982
DEPRECIATION				
At 1 April 2023	14,549	100,137	13,040	238,001
Charge for year	160	1,952	3,429	12,647
At 31 March 2024	14,709	102,089	16,469	250,648
NET BOOK VALUE				
At 31 March 2024	529	11,021	10,286	260,334
At 31 March 2023	689	12,973	13,715	272,981

continued...

13. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024	2023
	£	£
Sundry debtors and prepayments	4,881	4,373

14. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024	2023
	£	£
Bank loans and overdrafts (see note 16)	18,683	17,910
Other creditors	14,332	14,186
	33,015	32,096

15. CREDITORS: AMOUNTS FALLING DUE AFTER MORE THAN ONE YEAR

	2024	2023
	£	£
Bank loans (see note 16)	153,772	158,822

16. LOANS

An analysis of the maturity of loans is given below:

	2024	2023
	£	£
Amounts falling due within one year on demand:		
Bank loans	18,683	17,910
Amounts falling between one and two years:		
Bank loans - 1-2 years	18,683	17,910
Amounts falling due between two and five years:		
Bank loans - 2-5 years	56,049	53,729
Amounts falling due in more than five years:		
Repayable by instalments:		
Bank loans more 5 yr by instal	79,040	87,183

continued...

17. MOVEMENT IN FUNDS

	At 1/4/23 £	Net movement in funds £	Transfers between funds £	At 31/3/24 £
Unrestricted funds				
General fund	12,410	(18,625)	6,215	-
DARE (formally Care Project)	-	(32)	32	-
ARC Homes Donations	14,109	-	-	14,109
Accommodation	-	(188)	188	-
Lloyds Bank Foundation	25,000	(25,864)	864	-
ARC Homes Accomodation	100,426	39,406	(2,644)	137,188
Marketing Video - Design fund	2,210	(102)	-	2,108
	154,155	(5,405)	4,655	153,405
Restricted funds				
Lloyds Bank Foundation	-	3,552	(3,552)	-
Substance Misuse Action Fund - Leasehold Property and Equipment (*)	26,765	(6,527)	-	20,238
Big Lottery Fund - Leasehold Property Improvements (*)	2,492	(511)	-	1,981
UK Steel Ltd - Computer Equipment (*)	94	(14)	-	80
Welsh Government - Various Equipment (*)	938	(141)	-	797
Community Development Fund - Various Equipment (*)	410	(65)	-	345
Big Lottery Fund - Various Equipment (*)	689	(103)	-	586
Co-op Community Fund - Pool Table (*)	54	(8)	-	46
Lloyds TSB - Various Equipment (*)	44	(7)	-	37
Big Lottery D.R.A.W - Various Equipment (*)	2,765	(415)	-	2,350
SMAF Capital Funding - Leasehold Property Improvments and Fixtues and Fittings (*)	5,787	(701)	-	5,086
CFAP Capital Funding - The Neville Arms (*)	105,567	-	-	105,567
Awards For All - Various equipment (*)	10,527	(79)	-	10,448
Community Foundation in Wales	-	2,363	(75)	2,288
National Lottery Community Fund	173	-	(173)	-
Darkley Trust	2,504	(1,496)	(1,008)	-
Third Sector Resilience Fund for Wales Phase 2	-	(167)	167	-
Third Sector Resilience Fund 3	2,534	(2,520)	(14)	-
Ins. Claim 1SSS R4 fire 120923	-	846	-	846
Community fund - Awards4all	-	18,971	-	18,971
	161,343	12,978	(4,655)	169,666

continued...

TOTAL FUNDS	315,498	7,573	-	323,071

continued...

17. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	3,446	(22,071)	(18,625)
DARE (formally Care Project)	-	(32)	(32)
Accommodation	-	(188)	(188)
Lloyds Bank Foundation	(2)	(25,862)	(25,864)
ARC Homes Accomodation	260,894	(221,488)	39,406
Marketing Video - Design fund	-	(102)	(102)
	264,338	(269,743)	(5,405)
Restricted funds			
Lloyds Bank Foundation	1	3,551	3,552
Substance Misuse Action Fund - Leasehold Property and Equipment (*)	-	(6,527)	(6,527)
Big Lottery Fund - Leasehold Property Improvements (*)	-	(511)	(511)
UK Steel Ltd - Computer Equipment (*)	-	(14)	(14)
Welsh Government - Various Equipment (*)	-	(141)	(141)
Community Development Fund - Various Equipment (*)	-	(65)	(65)
Big Lottery Fund - Various Equipment (*)	-	(103)	(103)
Co-op Community Fund - Pool Table (*)	-	(8)	(8)
Lloyds TSB - Various Equipment (*)	-	(7)	(7)
Big Lottery D.R.A.W - Various Equipment (*)	-	(415)	(415)
SMAF Capital Funding - Leasehold Property Improvments and Fixtues and Fittings (*)	-	(701)	(701)
Awards For All - Various equipment (*)	-	(79)	(79)
Community Foundation in Wales	5,000	(2,637)	2,363
Darkley Trust	-	(1,496)	(1,496)
Groundwork UK	1,500	(1,500)	-
Moondance	5,000	(5,000)	-
Third Sector Resilience Fund for Wales Phase 2	-	(167)	(167)
Third Sector Resilience Fund 3	-	(2,520)	(2,520)
Ins. Claim 1SSS R4 fire 120923	7,407	(6,561)	846
Community fund - Awards4all	18,971	-	18,971
	37,879	(24,901)	12,978

continued...

17. MOVEMENT IN FUNDS - continued

TOTAL FUNDS	302,217	(294,644)	7,573

continued...

17. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1/4/22 £	Net movement in funds £	Transfers between funds £	At 31/3/23 £
Unrestricted funds				
General fund	12,550	(5,435)	5,295	12,410
ARC Homes Donations	14,035	74	-	14,109
Community Development Fund	43	(43)	-	-
Lloyds Bank Foundation	25,000	798	(798)	25,000
ARC Homes Accomodation	104,279	(328)	(3,525)	100,426
Marketing Video - Design fund	668	1,542	-	2,210
	156,575	(3,392)	972	154,155
Restricted funds				
Substance Misuse Action Fund - Leasehold Property and Equipment (*)	35,421	(6,907)	(1,749)	26,765
Big Lottery Fund - Leasehold Property Improvements (*)	2,985	(493)	-	2,492
UK Steel Ltd - Computer Equipment (*)	111	(17)	-	94
Welsh Government - Various Equipment (*)	1,103	(165)	-	938
Community Development Fund - Various Equipment (*)	469	(59)	-	410
Big Lottery Fund - Various Equipment (*)	814	(125)	-	689
Co-op Community Fund - Pool Table (*)	63	(9)	-	54
Lloyds TSB - Various Equipment (*)	52	(8)	-	44
Big Lottery D.R.A.W - Various Equipment (*)	3,253	(488)	-	2,765
SMAF Capital Funding - Leasehold Property Improvments and Fixtues and Fittings (*)	6,523	(736)	-	5,787
CFAP Capital Funding - The Neville Arms (*)	102,042	-	3,525	105,567
Awards For All - Various equipment (*)	20,490	(9,963)	-	10,527
National Lottery Community Fund	173	-	-	173
Darkley Trust	4,954	(3,008)	558	2,504
Antonio Calucio Foundation	4,480	(4,480)	-	-
Third Sector Resilience Fund for Wales Phase 2	6,123	(5,101)	(1,022)	-
Third Sector Resilience Fund 3	36,165	(31,347)	(2,284)	2,534
	225,221	(62,906)	(972)	161,343

continued...

17. MOVEMENT IN FUNDS - continued

TOTAL FUNDS	381,796	(66,298)	-	315,498

continued...

17. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	6,040	(11,475)	(5,435)
ARC Homes Donations	74	-	74
Community Development Fund	-	(43)	(43)
Lloyds Bank Foundation	27,248	(26,450)	798
ARC Homes Accomodation	188,142	(188,470)	(328)
Marketing Video - Design fund	1,542	-	1,542
	223,046	(226,438)	(3,392)
Restricted funds			
Substance Misuse Action Fund - Leasehold Property and Equipment (*)	-	(6,907)	(6,907)
Big Lottery Fund - Leasehold Property Improvements (*)	-	(493)	(493)
UK Steel Ltd - Computer Equipment (*)	-	(17)	(17)
Welsh Government - Various Equipment (*)	-	(165)	(165)
Community Development Fund - Various Equipment (*)	-	(59)	(59)
Big Lottery Fund - Various Equipment (*)	-	(125)	(125)
Co-op Community Fund - Pool Table (*)	-	(9)	(9)
Lloyds TSB - Various Equipment (*)	-	(8)	(8)
Big Lottery D.R.A.W - Various Equipment (*)	-	(488)	(488)
SMAF Capital Funding - Leasehold Property Improvments and Fixtues and Fittings (*)	-	(736)	(736)
Awards For All - Various equipment (*)	-	(9,963)	(9,963)
Darkley Trust	-	(3,008)	(3,008)
Antonio Calucio Foundation	-	(4,480)	(4,480)
Third Sector Resilience Fund for Wales Phase 2	(1)	(5,100)	(5,101)
Third Sector Resilience Fund 3	12,056	(43,403)	(31,347)
Albert Hunt Trust	5,000	(5,000)	-
	17,055	(79,961)	(62,906)
TOTAL FUNDS	240,101	(306,399)	(66,298)

continued...

17. MOVEMENT IN FUNDS - continued

Restricted Funds

Funds towards capital expenditure

Funds denoted (*) are restricted funds towards the purchase of fixed assets, including property and equipment. These are grouped together on the face of the balance sheet and the fund balances are reduced where appropriate by the depreciation of the equipment during the year.

Other restricted funds are as follows:

SMAF Tier 4 Residential Rehab - Funding received to provide for transportation costs in relation to residential rehabilitation ref errals.

National Lottery Community Fund - TEE - Grant provided in respect of the Train, equip, empower program.

Community Foundation in Wales - Funding for Tee project salaries etc.

Darkley Trust - Funding to provide services to service users and the homeless in the area, including gates and locks bike shelters for properties

Third Sector Resilience Fund for Wales - Phase 2 - Funding provided in respect of the Train, equip, empower program.

Third Sector Resilience Fund for Wales - Phase 3 - Funding provided in respect of the Train, equip, empower program.

Awards 4 All - funding to provide the properties patio, planters etc

Community Fund Via National Lottery 'Awards 4 All' - Funding provided for 2 new bathrooms

Albert Hunt Trust - funding towards charity core costs

Moondance - Funding for food received 19/04/2023.

Groundworks UK - Tesco - Funding for food.

Insurance Claim - Claim for fire in a room at Stafford Court

Unrestricted Designated Funds

ARC Homes Donations - Donations received designated to the support of the ARC Homes project.

Community Development Fund - Funds designated for the purchase of fixed assets in 2010, reduced by the depreciation of those ass ets on an annual basis.

continued...

17. MOVEMENT IN FUNDS - continued

ARC Homes Accommodation - Income generated from operating the supported accommodation project designated to the suppor t of the Accommodation Recovery Community Homes project.

18. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2024.

CHOOSELIFE CYMRU

England & Wales - Charity number 1106639

Accounts

REGISTERED COMPANY NUMBER: 05137644 (England and Wales)
REGISTERED CHARITY NUMBER: 1106639

Report of the Trustees and

Unaudited Financial Statements for the Year Ended 31 March 2023

for

Chooselife Cymru

Ashmole & Co
First Floor
1 St John's Court
Upper Fforest Way
Enterprise Park
Swansea
SA6 8QQ

Chooselife Cymru

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for the Year Ended 31 March 2023

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Notes to the Financial Statements	14 to 29

The Trustees, who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2023. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) 'Accounting and Reporting by Charities' :Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019). The Report of the Trustees also comprises a Directors Report as required by company law.

OBJECTIVES AND ACTIVITIES

Objectives and aims including public benefit

The Trustees confirm that they have complied with their duty, under the Charities Act 2011, to have regard to the Charity Commissions published public benefit guidelines in determining the activities undertaken by the charity.

The charity's objectives are to relieve persons who are in need or hardship or who are aged or sick (particularly but not exclusively as a result of drug or alcohol abuse); to relieve the distress caused thereby (particularly but not exclusively by providing advice, information, guidance and accommodation to individuals, to enable them to access suitable treatment); to give advice and assistance to their families in Llanelli and in such other parts of the United Kingdom or the world as the trustees from time to time think fit.

The Charity also aims to advance education in accordance with Christian principles of children and adults (particularly but not exclusively in relation to the avoidance of drug and alcohol misuse), by such means as the trustees may consider appropriate in the said location and in such other parts of the United Kingdom or the world as the trustees may from time to time think fit.

Due to ever increasing problems with drug & alcohol abuse in the Carmarthenshire area, Chooselife's aim is not only to help those who already have a substance misuse problem but to offer a positive alternative for those who might have a future substance misuse problem. Advice, information and guidance are provided to individuals to enable them to access suitable treatment and to help support their families also.

The benefits of our activities are summarised in the Achievement and Performance section (below) and relate directly to our objectives.

ACHIEVEMENT AND PERFORMANCE
ACHIEVEMENTS OF PERIOD

Chooselife was set up in 1996 by the current Managing Director with a passion for helping people struggling with addiction and in 2004 it gained charitable status. The Chooselife Centre is located in one of the most deprived areas of Llanelli and the services provided have adapted over the years to continue to meet the needs of its beneficiaries.

The Drop-in Service has remained closed after the Covid 19 Pandemic, but we have found new ways of working to ensure that we are still meeting the needs of vulnerable and homeless people through introducing an appointment system for beneficiaries to access our T.E.E Programme and also to access takeaway lunches, rehab referrals and ARC homes supported accommodation.

We have identified the need of a clearer digital footprint to enable continued support for the marginalised and vulnerable, many do not have access to phones/computers and are digitally excluded from the way other service providers now work. This has been identified as a result of organisations moving to on-line support, meetings etc. and requesting that our beneficiaries' access Zoom Meetings:

Examples of digital support:
o LAC Reviews
o Family Courts
o Training requirements
o GP Online assessments
o PIP assessments
o Bidding for Local Authority properties via Home Finder
o Accessing Universal Credit.

We continue to work closely with many other service providers including NACRO, Probation, Social Services, Community Mental Health Team, PCN'S, Psychiatrists, MIND, The Wallich, Housing Associations, Workways etc. The joint working ensures that the expertise of services is harnessed to provide the best support for individuals. We will continue to adapt our services as necessary to ensure the needs of the community are met.

We have become an accredited Living Wage Employer in 2022, joining thousands of organisations, businesses, and people, across the UK, who believe that a hard day's work deserves a fair day's pay. Together we can continue to ensure everyone can earn enough to live on.

TEE 3 Project (Train Equip and Empower)

The Tee 3 project funded by the WCVA through the Third Sector Resilience fund is due to end 30th April 2023. Tee 3 was a continuation project, which was funded by The Community fund, Big Lottery for two years to support the transition of the new Universal Credit system in 2019. Further funding in 2021 continued with TEE 2 from WCVA Resilience fund. Due to the continued success of the previous three years, management decided it would be beneficial to keep the programme running as it offers vital support to the community.

Report of the Trustees
for the Year Ended 31 March 2023

TEE 3 employs three members of staff; a Project co-ordinator (16hrs), a Project Supervisor (30hrs) and a Support Worker (20hrs). After running TEE for three years, we had a better understanding of the needs of our beneficiaries and tailored the services to offer the in-depth support required by the majority, offering access to computers to support with benefit claims accessing their Universal Credit Online Journals to keep track of appointments etc to avoid sanctions of benefits, access to online training, accompanied visits to set up bank accounts, medical appointments, supported court appearances, access to housing, etc. A surprising factor was that since April 2022 we have recorded 40 Polish beneficiaries registering for support. We have collaborated with Carmarthenshire County Council to offer English lessons every Thursday and have 3-4 people from the Polish community attending these lessons.

Statistics for the project for the last 11 months are:

Date	Support Sessions	Benefit Support	Housing Support	Email	Food Bank	Rehab	Other	Medical	Polish	New Sign Ups	Lunches
May	68	52	4	4	5	1	5	0	0	17	272
June	60	38	2	0	4	0	1	4	13	10	321
July	60	34	1	0	4	4	4	3	10	17	305
August	50	34	5	1	9	3	4	1	0	15	363
September	68	34	5	1	9	3	4	1	13	7	425
October	65	37	5	1	9	3	1	3	9	16	343
November	66	48	1	0	3	1	0	2	7	7	298
December	51	37	0	0	6	0	0	2	7	7	277
January	59	36	0	0	8	0	1	7	7	10	382
February	53	32	1	0	7	3	0	2	8	9	385
March	59	27	2	0	0	1	8	2	8	8	345

Statistics gathered clearly shows the impact of the cost-of-living crisis as 272 lunches were served at the start of the project and in March 345 lunches were served. An average of eight polish beneficiaries attended the centre for English lessons per month. 659 support sessions were delivered to beneficiaries over 11 months. A fantastic outcome has been that 18 beneficiaries have been referred to residential rehabilitation during this period and three people have returned from rehab and have volunteered at the centre to prepare lunches etc. Staff recorded working with other organisations on 283 occasions.

The main organisations currently worked with are:
o BAROD - referrals made for prescribing and substance misuse training.
o Probation - work alongside IOMs to ensure appropriate support for those leaving prison.
o Dyfed Powys Police - work with PCSOS to discuss clients in common.
o Carmarthenshire Adult Health and Social Care team - continue to work with social workers, youth workers etc. to resolve beneficiaries' issues.
o Foodbanks -Lifeshare and the Llanelli Foodbank provide us with vouchers for beneficiaries in need.
o Carmarthenshire County Council - continue to work with and report on the levels of occupation, etc. to the housing department.
o Betel of Britain providing residential rehabilitation.

o GP's, hospitals, dentists, mental health providers, Job Centre/DWP, prisons, NACRO, housing associations, Banks etc.

The project is a great success and would be missed by beneficiaries if it had to end as there are still vulnerable people who are afraid to use technology and the ever-increasing speed of new technology is leaving many behind and feeling helpless. In a recent consultation the question asked was "What does Chooselife mean to you?" the reply given by one beneficiary sums up the service:
"Chooselife is a lifeline to me personally if it was not here people would go hungry. Most people I know have not got computers and phones. Staff sit down with you and really give you help; it's not just a job for them it's a passion".

Healthy Eating - Takeaway Lunches
The importance of food is vital to everyone's health and well-being and during the current Cost of Living Crisis the lunches remain a valuable service to the vulnerable individuals in our community. We are open 5 days per week during the lunch time from 12.30 - 2pm and have served over 4000 lunches in the past year. We also have donations from Greggs Bakery which we hand out daily alongside the lunch prepared by volunteers, which is a great addition to the lunch we serve. Castell Howell have donated food to us on occasions throughout the year and this has enabled us to make our budgets go further or dependent on the product we have been able to distribute to service users. Castell Howell supplied us with all the Turkey Slices to make our festive takeaway lunch and Jenkins Bakery provided us with the "Big Softie" Rolls and we made service users a very tasty Christmas Festive Roll with Turkey, roast potato, cranberry and stuffing, topped with roast turkey gravy.
We received a very kind donation of Christmas food supplies as a tribute from the parents of a local businesswomen who sadly passed away. For several years we had received a generous donation to contribute to our Christmas lunch, as the vulnerable and needy was a cause very close to her heart.
The rise in food costs is continuing to impact our community and we are seeing regular faces daily who comment that they would not have a warm meal if they didn't access our service and they are very grateful for our support.
There are two local food banks we work closely with and often refer individuals who are waiting for benefits and do not have any income or who have been released from prison etc. Having no money to buy food is a real problem for many when faced with challenging changes in circumstances and our links with local agencies and being able to signpost people to vital support is crucial.
We also have a small clothes bank (due to lack of space) available and provide clothes to anyone who is in need. These are primarily given to homeless and individuals moving into our Supported accommodation.
On The MOVE (Moving On towards Volunteering and Employment)
The On the MOVE programme is a way of helping service users who are stabilising their addictions to keep busy and find useful things to do to help them on their recovery journey, it has been more difficult with the Drop-In Centre closed but we have still found meaningful ways to keep people busy. It is a step before volunteering and tasks included shopping, cooking, clearing up, property maintenance etc.
On the MOVE programme has helped 5 individuals to develop their self-confidence, skills, and knowledge with the aim of helping them to build a life free from addiction and participating in meaningful work.
We have supported individuals who have been helping to prepare the takeaway lunches during the year to carry out their Level 2 Food Hygiene Training online, and also supported with other online training to prepare for work.
Residential Rehabilitation

Our referrals to residential rehabilitation have increased this year and individuals have been accessing Rehab within a couple of days of being referred which is often needed as individuals' motivation can change quickly. We provide train fare or provide the transport ourselves to ensure barriers to service are removed. This year we have referred 18 individuals where individuals receive 24-hour support to overcome their addiction with the aim of achieving recovery and to live independently in the community. Life changes of some of the individuals we have referred have been astounding and they have been unrecognisable in the change in their appearance some having been in life-threatening near-death circumstances before going and are now fully recovered living a positive meaningful life.

ARC Homes (Accommodation-Recovery-Community)

In 2012 Chooselife started to provide supported accommodation due to the lack of suitable accommodation and the much-needed support for the vulnerable in our community.

We have 5 properties situated within a 2-mile radius of the Chooselife Centre with capacity to house up to 26 residents. We own two of the 5 properties, and it is our aim to own properties opposed to renting as it provides added security to residents and enables us to have more control over maintaining properties, which in turn enables us to provide a higher standard of accommodation.

During the year we have supported 50 vulnerable individuals with their accommodation needs, with 18 residents being in supported accommodation at the start of the year, 17 residents moving out during the year and 32 new residents moving in during the year. At the end of the year, we had 24 individuals in our properties.

Housing and homelessness are a widespread issue and in Carmarthenshire (2022) there were 3979 households on social housing waiting lists. There is a high demand for 1-bedroom flats/properties and there is a shortage of these even amongst private rentals and often the rents are unaffordable to individuals on benefits. The price of rents has increased due to the cost-of-living crisis and with shortage of accommodation we have seen many vulnerable individuals with nowhere to be housed. Individuals with complex life issues can also struggle to secure accommodation due to advance rents, bonds, references, and the issues of long waiting lists. Chooselife doesn't charge a bond or upfront rent and try to make housing as accessible as possible for individuals on low income and can often house an individual within a day if necessary and this is very rewarding to see someone coming to you homeless and on the same day to be able to help them move in to a warm, safe place to live and have helped them to claim benefits, provided them with a food parcel and clean clothes.

During the year we have received more referrals from the Probation Service and our accommodation has seen an increase in demand as we have marketed the service more widely and have created stronger links within the community, we are still getting referrals through Probation, HMP leavers, NACRO and other organisations and we are continue to raise awareness of our service through local GP surgeries and other services in the wider community.

Chooselife provides HMO supported accommodation where an individual has their own room and then shares the communal areas such as bathroom, kitchen and living room. Support workers carry out daily checks on the properties and individuals we support who often have complex needs such as substance misuse, mental health, offending history etc. and can lack daily living skills or even the ability to manage their own room. Support is provided by staff to help residents and we also work with other agencies where required. Helping individuals with their benefits and attending appointments, supporting them to register with health services such as GP, Dentist etc. can also be part of the support provided.

Due to the changes that Covid-19 introduced in 2020, we have identified the need of a clearer digital footprint to enable continued support for the marginalised and vulnerable, many do not have access to phones/computers and are digitally excluded from the way other service providers now work. This has been identified as a result of organisations moving to on-line support, meetings etc. and requesting that our beneficiaries' access Zoom Meetings at the centre for the following reasons:

o LAC Reviews
o Family Courts
o Training requirements
o GP Online assessments
o PIP assessments
o Bidding for Local Authority properties via Home Finder
o Accessing Universal Credit.

Supported accommodation offers housing stability which can then enable individuals to work on other areas of their lives which they are having difficulties with. Negative life experiences and events can often leave people feeling disempowered and hopeless, having stable accommodation and support can often be the tool that enables people to slowly rebuild their lives. We work with many other organisations to enable residents to benefit from specialised support appropriate to their needs and often with the support of different organisations pooling expertise residents can move into their own accommodation.

We have upgraded two of the properties we own with an outdoor patio area with planters, bike shelters and seating areas from funding we have received, and this will enhance residents' quiet enjoyment of the outdoor space.

We have supported three residents to gain employment during the year and due to the success of ARC homes several tenants have moved on into secured private accommodation.

Christmas which can be a difficult time of year for residents with no family and difficult life circumstances. We received Food Hampers for all our residents from the Lifeshare Food Bank, having no extra money to buy luxury food items or having presents from family can make it a difficult time but the Food Hamper was a real treat and helped them to feel as if someone cares!

Volunteer Support

During the year we have had 5 volunteers supporting the service and we will continue to recruit into volunteer roles as they are an invaluable part of our service delivery.

Developments

There have been no major developments during the year.

FINANCIAL REVIEW

Result for the year

The Charity's total income for the year was £240k (2022 £296k), with a deficit 66k (2022 surplus 17k).

Principal funding sources

Principal funding sources for the Charity during the year: the Third Sector Resilience Fund for Wales Scheme, administered by WCVA on behalf of the Welsh Government, The Lloyds Bank Foundation - funding received for the following year, Rental Income.

FINANCIAL REVIEW

Reserves policy and review of financial position.

The Trustees have reviewed the Charity's reserve requirements in light of the main risks to the organisation. Policy states that unrestricted funds not committed or invested in tangible fixed assets should be between 3-6 months of expenditure. Based on accounts to 31st March 2023 the target for free reserves is between £76,600 and £153,200. Free reserves includes designated reserves for this purpose. The present level of free reserves available to the Charity of £154,155 is over the 6 month target level and Trustees aim is to keep the reserves over the target for the medium to long term. However, the Trustees are mindful of the need to maintain service levels.

FUTURE PLANS

" To continue developing ARC Homes which provides supported accommodation to vulnerable residents with the aim of purchasing additional properties to meet the growing demand.
" To review volunteer roles and actively recruit to meet the needs of service development areas.
" To continue to develop the TEE Project to meet the needs of service users and growing demand for services.
" To continue developing social enterprises with the aim of providing meaningful work and training opportunities for service users and to generate income for the charity.
" The relocate the Chooselife service by 2027.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The organisation is a charitable company limited by guarantee, incorporated on 25th May 2004 and registered as a charity on 8th November 2004. The company was established under a Memorandum of Association which established the objectives and powers of the charitable company and is governed under its Articles if Association. In the event of the company being wound up its members are required to contribute an amount not exceeding £10.

Recruitment and appointment of trustees

Trustees are nominated and appointed by the members in a general meeting. A recruitment policy and procedure has been developed and used in recruiting and training new trustees to ensure a robust process is in place.

The directors of the company are also charity trustees for the purposes of charity law.

Organisational structure

The day to day management of the charity is delegated by the Trustees to the Chief Executive Officer, Alan Andrews and the rest of the Management Team. The Management Team has been set up as a working group involved with the daily running of the organisation and is responsible to the Trustees. The group is responsible for drafting policies and guidelines and meets regularly to monitor and evaluate the progress of the project. Financial decisions can only be made within the guidelines set by the Trustees. The group provides a forum for discussions on issues that arise from daily operations and enables perspectives to be processed and presented to the Trustees for consideration.

STRUCTURE, GOVERNANCE AND MANAGEMENT

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. Internal control risks are minimised by the implementation of procedures for all transactions and procedures. Procedures are in place to ensure compliance with Health & Safety of staff, volunteers, clients and visitors to the Centre. Procedures are periodically reviewed to ensure that they continue to meet the needs of the charity.

In March 2020, Covid-19 was a new risk the Trustees needed to assess. On the 23 March 2020 Covid-19 forced closure of the drop-in service. After guidance from the Public Health Wales the centre remains open to provide takeaway lunches, to satisfy the needs of vulnerable and homeless people, the trustees need to continue to identify and revie the risks of Covid-19 to ensure Health & Safety of staff, volunteers, clients and visitors to the Centre.

The trustees conintued to meet up four times a year to consider reports from the management team.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number
05137644 (England and Wales)

Registered Charity number
1106639

Registered office
Canolfan Antioch Centre
Copperworks Road
LLANELLI
Carmarthenshire
SA15 2NE

Trustees
Mr W G Pettiford
Mr A Tootill
Miss L J Augustyn

Company Secretary
Mrs A J Howells

Independent Examiner
Ashmole & Co
First Floor
1 St John's Court
Upper Fforest Way
Enterprise Park
Swansea
SA6 8QQ

REFERENCE AND ADMINISTRATIVE DETAILS

Bankers

Barclays Bank Plc
Leicester
LE87 2BB

Management Team

Alan Andrews - Managing Director
Amanda Howells - Business & Administration Officer
Ann Heycock - Marketing Development Manager

Approved by order of the board of trustees on 28 November 2023 and signed on its behalf by:

Mr W G Pettiford - Trustee

Independent examiner's report to the trustees of Chooselife Cymru ('the Company')
I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2023.

Responsibilities and basis of report
As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

Independent examiner's statement
I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

C E Daultrey

Ashmole & Co

28 November 2023

Chooselife Cymru

Statement of Financial Activities
(Incorporating an Income and Expenditure Account)
for the Year Ended 31 March 2023

	Notes	Unrestricted funds £	Restricted funds £	Restricted Capital Grant Funds £	2023 Total funds £	2022 Total funds £
INCOME AND ENDOWMENTS FROM						
Donations and legacies		7,202	-	-	7,202	2,628
Charitable activities	3					
All Activities		215,393	17,055	-	232,448	290,728
Investment income	2	451	-	-	451	10
Other income		-	-	-	-	2,809
Total		223,046	17,055	-	240,101	296,175
EXPENDITURE ON						
Raising funds	4	8,537	1,600	-	10,137	10,034
Charitable activities	5					
All Activities		217,904	59,388	18,970	296,262	268,412
Total		226,441	60,988	18,970	306,399	278,446
NET INCOME/(EXPENDITURE)		(3,395)	(43,933)	(18,970)	(66,298)	17,729
Transfers between funds	17	972	(2,748)	1,776	-	-
Net movement in funds		(2,423)	(46,681)	(17,194)	(66,298)	17,729
RECONCILIATION OF FUNDS						
Total funds brought forward		156,575	51,895	173,326	381,796	364,067
TOTAL FUNDS CARRIED FORWARD		154,152	5,214	156,132	315,498	381,796

The notes form part of these financial statements

Chooselife Cymru

Balance Sheet
31 March 2023

	Notes	Unrestricted funds £	Restricted funds £	Restricted Capital Grant Funds £	2023 Total funds £	2022 Total funds £
FIXED ASSETS						
Tangible assets	12	222,416	-	50,565	272,981	287,169
CURRENT ASSETS						
Debtors	13	4,212	161	-	4,373	4,793
Cash at bank		94,340	29,155	105,567	229,062	306,622
		98,552	29,316	105,567	233,435	311,415
CREDITORS						
Amounts falling due within one year	14	(7,991)	(24,105)	-	(32,096)	(31,474)
NET CURRENT ASSETS		90,561	5,211	105,567	201,339	279,941
TOTAL ASSETS LESS CURRENT LIABILITIES		312,977	5,211	156,132	474,320	567,110
CREDITORS						
Amounts falling due after more than one year	15	(158,822)	-	-	(158,822)	(185,314)
NET ASSETS		154,155	5,211	156,132	315,498	381,796
FUNDS	17					
Unrestricted funds					154,155	156,575
Restricted funds					161,343	225,221
TOTAL FUNDS					315,498	381,796

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 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 notes form part of these financial statements

continued...

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 provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 28 November 2023 and were signed on its behalf by:

Mr W G Pettiford - Trustee

1. ACCOUNTING POLICIES

Basis of preparing the financial statements
The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland', the Charities Act 2011 and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

The charitable company has taken advantage of the following disclosure exemptions in preparing these financial statements, as permitted by FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland':

- the requirements of Section 7 Statement of Cash Flows;
- the requirement of paragraph 3.17(d);
- the requirements of paragraphs 11.42, 11.44, 11.45, 11.47, 11.48(a)(iii), 11.48(a)(iv), 11.48(b) and 11.48(c);
- the requirements of paragraphs 12.26, 12.27, 12.29(a), 12.29(b) and 12.29A;
- the requirement of paragraph 33.7.

Income
All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure
Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under 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 resources.

Tangible fixed assets
Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Leasehold property	- 5% on cost
Leasehold improvements	- 5% on cost
Fixtures, fittings & equipment	- 15% on reducing balance

Assets acquired with restricted income are initially treated as restricted assets. Where the acquisition of the asset discharges the restriction imposed, the related asset is transferred to unrestricted funds.

Taxation
The charity is exempt from corporation tax on its charitable activities.

continued...

1. ACCOUNTING POLICIES - continued

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

Designated funds comprise the funds that have been set aside at the discretion of the Trustees for specific purposes. The purpose and use of the designated unrestricted funds is set out in the notes to the accounts.

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.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Debtors
Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid after taking account of any trade discounts due.

Cash at bank in hand
Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

Creditors and Provisions
Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for and trade discounts due

Financial instruments
The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at the carrying value plus accrued interest less repayments. The financing charge to expenditure is at a constant rate calculated using the effective interest method.

Pension costs and other post-retirement benefits
The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

continued...

2. INVESTMENT INCOME

	2023	2022
	£	£
Deposit account interest	451	10

3. INCOME FROM CHARITABLE ACTIVITIES

	Activity	2023	2022
		£	£
Accommodation	All Activities	188,143	199,989
Grants	All Activities	44,305	90,688
Other income	All Activities	-	51
		232,448	290,728

Grants received, included in the above, are as follows:

	2023	2022
	£	£
Lloyds Bank Foundation	27,250	25,001
Albert Hunt Trust	5,000	-
Sundry grants under £500	-	246
Darkley Trust	-	4,954
Covid Funding	-	48,817
Awards for All	-	9,870
Moondance	-	1,800
Third Sector resilience fund	12,055	-
	44,305	90,688

continued...

4. RAISING FUNDS

Other trading activities

	2023	2022
	£	£
Staff costs	10,137	10,034

5. CHARITABLE ACTIVITIES COSTS

	Direct Costs (see note 6)	Support costs (see note 7)	Totals
	£	£	£
All Activities	156,145	140,117	296,262

6. DIRECT COSTS OF CHARITABLE ACTIVITIES

	2023	2022
	£	£
Staff costs	44,334	41,583
Travel and subsistence	1,867	2,120
Care fund	449	435
Health and fitness costs	5,136	5,704
Refreshments and food	291	-
Rehab Referral	2,004	1,423
Events and workshops	427	977
D.A.R.E. Expenditure	8,732	8,969
Accommodation expenditure	92,905	68,935
	156,145	130,146

continued...

7. SUPPORT COSTS

	Management	Finance	Information technology
	£	£	£
All Activities	8,072	4,708	6,161

	Human resources	Depreciation	Governance costs	Totals
	£	£	£	£
All Activities	102,872	14,188	4,116	140,117

Support costs, included in the above, are as follows:

	2023 All Activities	2022 Total activities
	£	£
Premises costs	7,777	11,393
Advertising and marketing etc	30	706
Subscription & membership fees	265	239
Bank charges	938	610
Staff training	3,770	1,497
IT Support	1,144	1,885
Communications	3,666	3,502
Printing, post and stationery	646	914
Sundries	705	96
Office and finance staff	85,022	83,969
Social security	5,414	5,585
Pensions	801	768
Interest payable and similar charges	11,635	9,887
Depreciation	14,188	12,994
Accountancy fees	4,116	4,221
	140,117	138,266

continued...

8. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	2023	2022
	£	£
Depreciation - owned assets	14,188	12,994
Surplus on disposal of fixed assets	-	(2,809)

9. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2023 nor for the year ended 31 March 2022.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2023 nor for the year ended 31 March 2022.

10. STAFF COSTS

	2023	2022
	£	£
Wages and salaries	135,858	132,155
Social security costs	8,093	8,139
Other pension costs	1,757	1,645
	145,708	141,939

Staff costs include £60,085 salary and benefits paid to key management personnel during the year.

The average monthly number of employees during the year was as follows:

	2023	2022
Management	2	2
Administration	1	1
Project and day care staff	2	2
	5	5

No employees received emoluments in excess of £60,000.

continued...

11. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	Restricted Capital Grant Funds £	Total funds £
INCOME AND ENDOWMENTS FROM				
Donations and legacies	2,628	-	-	2,628
Charitable activities				
All Activities	225,479	55,379	9,870	290,728
Investment income	9	1	-	10
Other income	3,077	-	(268)	2,809
Total	231,193	55,380	9,602	296,175
EXPENDITURE ON				
Raising funds	8,563	1,471	-	10,034
Charitable activities				
All Activities	177,513	82,796	8,103	268,412
Total	186,076	84,267	8,103	278,446
NET INCOME/(EXPENDITURE)	45,117	(28,887)	1,499	17,729
Transfers between funds	(5,231)	5,231	-	-
Net movement in funds	39,886	(23,656)	1,499	17,729
RECONCILIATION OF FUNDS				
Total funds brought forward	116,689	75,551	171,827	364,067
TOTAL FUNDS CARRIED FORWARD	156,575	51,895	173,326	381,796

continued...

12. TANGIBLE FIXED ASSETS

	Freehold property £	Leasehold property £	Leasehold improvements £	Improvemen to property £
COST				
At 1 April 2022 and 31 March 2023	203,760	107,886	34,233	10,000
DEPRECIATION				
At 1 April 2022	-	80,902	22,267	-
Charge for year	-	5,394	1,712	-
At 31 March 2023	-	86,296	23,979	-
NET BOOK VALUE				
At 31 March 2023	203,760	21,590	10,254	10,000
At 31 March 2022	203,760	26,984	11,966	10,000

	Plant and machinery £	Fixtures, fittings & equipment £	Motor vehicles £	Totals £
COST				
At 1 April 2022 and 31 March 2023	15,238	113,110	26,755	510,982
DEPRECIATION				
At 1 April 2022	14,378	97,797	8,469	223,813
Charge for year	171	2,340	4,571	14,188
At 31 March 2023	14,549	100,137	13,040	238,001
NET BOOK VALUE				
At 31 March 2023	689	12,973	13,715	272,981
At 31 March 2022	860	15,313	18,286	287,169

continued...

13. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023	2022
	£	£
Sundry debtors and prepayments	4,373	4,793

14. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023	2022
	£	£
Bank loans and overdrafts (see note 16)	17,910	16,998
Other creditors	14,186	14,476
	32,096	31,474

15. CREDITORS: AMOUNTS FALLING DUE AFTER MORE THAN ONE YEAR

	2023	2022
	£	£
Bank loans (see note 16)	158,822	185,314

16. LOANS

An analysis of the maturity of loans is given below:

	2023	2022
	£	£
Amounts falling due within one year on demand:		
Bank loans	17,910	16,998
Amounts falling between one and two years:		
Bank loans - 1-2 years	17,910	16,996
Amounts falling due between two and five years:		
Bank loans - 2-5 years	53,729	50,990
Amounts falling due in more than five years:		
Repayable by instalments:		
Bank loans more 5 yr by instal	87,183	117,328

continued...

17. MOVEMENT IN FUNDS

	At 1/4/22 £	Net movement in funds £	Transfers between funds £	At 31/3/23 £
Unrestricted funds				
General fund	12,550	(5,435)	5,295	12,410
ARC Homes Donations	14,035	74	-	14,109
Community Development Fund	43	(43)	-	-
Lloyds Bank Foundation	25,000	798	(798)	25,000
ARC Homes Accomodation	104,279	(328)	(3,525)	100,426
Marketing Video - Design fund	668	1,542	-	2,210
	156,575	(3,392)	972	154,155
Restricted funds				
Substance Misuse Action Fund - Leasehold Property and Equipment (*)	35,421	(6,907)	(1,749)	26,765
Big Lottery Fund - Leasehold Property Improvements (*)	2,985	(493)	-	2,492
UK Steel Ltd - Computer Equipment (*)	111	(17)	-	94
Welsh Government - Various Equipment (*)	1,103	(165)	-	938
Community Development Fund - Various Equipment (*)	469	(59)	-	410
Big Lottery Fund - Various Equipment (*)	814	(125)	-	689
Co-op Community Fund - Pool Table (*)	63	(9)	-	54
Lloyds TSB - Various Equipment (*)	52	(8)	-	44
Big Lottery D.R.A.W - Various Equipment (*)	3,253	(488)	-	2,765
SMAF Capital Funding - Leasehold Property Improvments and Fixtues and Fittings (*)	6,523	(736)	-	5,787
CFAP Capital Funding - The Neville Arms (*)	102,042	-	3,525	105,567
Awards For All - Various equipment (*)	20,490	(9,963)	-	10,527
National Lottery Community Fund	173	-	-	173
Darkley Trust	4,954	(3,008)	558	2,504
Antonio Calucio Foundation	4,480	(4,480)	-	-
Third Sector Resilience Fund for Wales Phase 2	6,123	(5,101)	(1,022)	-
Third Sector Resilience Fund 3	36,165	(31,347)	(2,284)	2,534
	225,221	(62,906)	(972)	161,343
TOTAL FUNDS	381,796	(66,298)	-	315,498

continued...

17. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	6,040	(11,475)	(5,435)
ARC Homes Donations	74	-	74
Community Development Fund	-	(43)	(43)
Lloyds Bank Foundation	27,248	(26,450)	798
ARC Homes Accomodation	188,142	(188,470)	(328)
Marketing Video - Design fund	1,542	-	1,542
	223,046	(226,438)	(3,392)
Restricted funds			
Substance Misuse Action Fund - Leasehold Property and Equipment (*)	-	(6,907)	(6,907)
Big Lottery Fund - Leasehold Property Improvements (*)	-	(493)	(493)
UK Steel Ltd - Computer Equipment (*)	-	(17)	(17)
Welsh Government - Various Equipment (*)	-	(165)	(165)
Community Development Fund - Various Equipment (*)	-	(59)	(59)
Big Lottery Fund - Various Equipment (*)	-	(125)	(125)
Co-op Community Fund - Pool Table (*)	-	(9)	(9)
Lloyds TSB - Various Equipment (*)	-	(8)	(8)
Big Lottery D.R.A.W - Various Equipment (*)	-	(488)	(488)
SMAF Capital Funding - Leasehold Property Improvments and Fixtues and Fittings (*)	-	(736)	(736)
Awards For All - Various equipment (*)	-	(9,963)	(9,963)
Darkley Trust	-	(3,008)	(3,008)
Antonio Calucio Foundation	-	(4,480)	(4,480)
Third Sector Resilience Fund for Wales Phase 2	(1)	(5,100)	(5,101)
Third Sector Resilience Fund 3	12,056	(43,403)	(31,347)
Albert Hunt Trust	5,000	(5,000)	-
	17,055	(79,961)	(62,906)
TOTAL FUNDS	240,101	(306,399)	(66,298)

continued...

17. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1/4/21 £	Net movement in funds £	Transfers between funds £	At 31/3/22 £
Unrestricted funds				
General fund	23,197	(5,714)	(4,933)	12,550
DARE (formally Care Project)	-	(152)	152	-
ARC Homes Donations	13,241	794	-	14,035
Community Development Fund	43	-	-	43
Lloyds Bank Foundation	-	25,000	-	25,000
ARC Homes Accomodation	80,208	24,521	(450)	104,279
Marketing Video - Design fund	-	668	-	668
	116,689	45,117	(5,231)	156,575
Restricted funds				
Substance Misuse Action Fund - Leasehold Property and Equipment (*)	41,078	(5,657)	-	35,421
Big Lottery Fund - Leasehold Property Improvements (*)	3,496	(511)	-	2,985
UK Steel Ltd - Computer Equipment (*)	131	(20)	-	111
Welsh Government - Various Equipment (*)	1,298	(195)	-	1,103
Community Development Fund - Various Equipment (*)	560	(91)	-	469
Big Lottery Fund - Various Equipment (*)	957	(143)	-	814
Co-op Community Fund - Pool Table (*)	74	(11)	-	63
Lloyds TSB - Various Equipment (*)	61	(9)	-	52
Big Lottery D.R.A.W - Various Equipment (*)	3,827	(574)	-	3,253
SMAF Capital Funding - Leasehold Property Improvments and Fixtues and Fittings (*)	7,306	(783)	-	6,523
CFAP Capital Funding - The Neville Arms (*)	102,310	(268)	-	102,042
Awards For All - Various equipment (*)	10,729	9,761	-	20,490
National Lottery Community Fund	-	173	-	173
Darkley Trust	-	4,504	450	4,954
Antonio Calucio Foundation	5,993	(1,513)	-	4,480
CAF	3,106	(3,106)	-	-
Third Sector Resilience Fund for Wales Phase 2	66,452	(65,110)	4,781	6,123
Third Sector Resilience Fund 3	-	36,165	-	36,165

continued...

17. MOVEMENT IN FUNDS - continued

	247,378	(27,388)	5,231	225,221
TOTAL FUNDS	364,067	17,729	-	381,796

continued...

17. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	4,375	(10,089)	(5,714)
DARE (formally Care Project)	-	(152)	(152)
ARC Homes Donations	794	-	794
Lloyds Bank Foundation	25,000	-	25,000
ARC Homes Accomodation	199,850	(175,329)	24,521
Marketing Video - Design fund	1,174	(506)	668
	231,193	(186,076)	45,117
Restricted funds			
Substance Misuse Action Fund - Leasehold Property and Equipment (*)	-	(5,657)	(5,657)
Big Lottery Fund - Leasehold Property Improvements (*)	-	(511)	(511)
UK Steel Ltd - Computer Equipment (*)	-	(20)	(20)
Welsh Government - Various Equipment (*)	-	(195)	(195)
Community Development Fund - Various Equipment (*)	-	(91)	(91)
Big Lottery Fund - Various Equipment (*)	-	(143)	(143)
Co-op Community Fund - Pool Table (*)	-	(11)	(11)
Lloyds TSB - Various Equipment (*)	-	(9)	(9)
Big Lottery D.R.A.W - Various Equipment (*)	-	(574)	(574)
SMAF Capital Funding - Leasehold Property Improvments and Fixtues and Fittings (*)	-	(783)	(783)
CFAP Capital Funding - The Neville Arms (*)	(268)	-	(268)
Awards For All - Various equipment (*)	9,870	(109)	9,761
National Lottery Community Fund	-	173	173
Darkley Trust	4,954	(450)	4,504
Antonio Calucio Foundation	-	(1,513)	(1,513)
CAF	-	(3,106)	(3,106)
Moondance	1,800	(1,800)	-
Third Sector Resilience Fund for Wales Phase 2	12,461	(77,571)	(65,110)
Third Sector Resilience Fund 3	36,165	-	36,165
	64,982	(92,370)	(27,388)

continued...

17. MOVEMENT IN FUNDS - continued

TOTAL FUNDS	296,175	(278,446)	17,729

Restricted Funds

Funds towards capital expenditure

Funds denoted (*) are restricted funds towards the purchase of fixed assets, including property and equipment. These are grouped together on the face of the balance sheet and the fund balances are reduced where appropriate by the depreciation of the equipment during the year.

Other restricted funds are as follows:

SMAF Tier 4 Residential Rehab - Funding received to provide for transportation costs in relation to residential rehabilitation referrals.

National Lottery Community Fund - TEE - Grant provided in respect of the Train, equip, empower program.

Community Foundation in Wales - Funding for lunch supplies, cooker and cooker hood etc.

Darkley Trust - Funding to provide services to service users and the homeless in the area, including gates and locks bike shelters for properties

Antinio Calucio Foundation - Funding for lunch supplies.

Third Sector Resilience Fund for Wales - Phase 2 - Funding provided in respect of the Train, equip, empower program.

Third Sector Resilience Fund for Wales - Phase 3 - Funding provided in respect of the Train, equip, empower program.

Awards 4 All - funding to provide the properties patio, planters etc

Albert Hunt Trust - funding towards charity core costs

Unrestricted Designated Funds

ARC Homes Donations - Donations received designated to the support of the ARC Homes project.

Community Development Fund - Funds designated for the purchase of fixed assets in 2010, reduced by the depreciation of those assets on an annual basis.

ARC Homes Accommodation - Income generated from operating the supported accommodation project designated to the support of the Accommodation Recovery Community Homes project.

continued...

18. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2023.

CHOOSELIFE CYMRU

England & Wales - Charity number 1106639

Accounts

REGISTERED COMPANY NUMBER: 05137644 (England and Wales)
REGISTERED CHARITY NUMBER: 1106639

Report of the Trustees and

Unaudited Financial Statements for the Year Ended 31 March 2022

for

Chooselife Cymru

Ashmole & Co
First Floor
1 St John's Court
Upper Fforest Way
Enterprise Park
Swansea
SA6 8QQ

Chooselife Cymru

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for the Year Ended 31 March 2022

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Chooselife Cymru (Registered number: 05137644)

Report of the Trustees
for the Year Ended 31 March 2022

The Trustees, who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2022. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) 'Accounting and Reporting by Charities' :Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019). The Report of the Trustees also comprises a Directors Report as required by company law.

OBJECTIVES AND ACTIVITIES

Objectives and aims including public benefit

The Trustees confirm that they have complied with their duty, under the Charities Act 2011, to have regard to the Charity Commissions published public benefit guidelines in determining the activities undertaken by the charity.

The charity's objectives are to relieve persons who are in need or hardship or who are aged or sick (particularly but not exclusively as a result of drug or alcohol abuse); to relieve the distress caused thereby (particularly but not exclusively by providing advice, information, guidance and accommodation to individuals, to enable them to access suitable treatment); to give advice and assistance to their families in Llanelli and in such other parts of the United Kingdom or the world as the trustees from time to time think fit.

The Charity also aims to advance education in accordance with Christian principles of children and adults (particularly but not exclusively in relation to the avoidance of drug and alcohol misuse), by such means as the trustees may consider appropriate in the said location and in such other parts of the United Kingdom or the world as the trustees may from time to time think fit.

Due to ever increasing problems with drug & alcohol abuse in the Carmarthenshire area, Chooselife's aim is not only to help those who already have a substance misuse problem but to offer a positive alternative for those who might have a future substance misuse problem. Advice, information and guidance are provided to individuals to enable them to access suitable treatment and to help support their families also.

The benefits of our activities are summarised in the Achievement and Performance section (below) and relate directly to our objectives.

ACHIEVEMENT AND PERFORMANCE
ACHIEVEMENTS OF PERIOD

Chooselife has been operational since 1996, established by the current Managing Director and registered as a Charity in 2004.

Chooselife' s services have adapted to continue to meet the needs of the most disadvantaged and excluded people in Llanelli and surrounding areas despite the restrictions resulting from the Covid 19 Pandemic. The Drop-in Service has remained closed, but we are still meeting the needs of vulnerable and homeless people through our T.E.E Programme, Takeaway lunches, rehab referrals and continue to provide supported accommodation. We have worked closely with many other service providers including NACRO, Probation, Social Services, Community Mental Health Team, PCN'S, Psychiatrists, MIND, The Wallich, Housing Associations, Workways etc. The joint working ensures that the expertise of services is harnessed to provide the best support for individuals. We will continue to adapt our services as necessary to ensure the needs of the community are met.

TEE 2 Project (Train Equip and Empower)

The TEE 2 project funded by the WCVA through the Third Sector Resilience fund originated from the TEE project, which was funded by The Community fund, Big Lottery for two years to support the transition of the new Universal Credit system in 2019. Due to the success of this two-year programme, management decided that the project would need to continue to provide the support we had been giving over the last two years. During the last year of the project Covid-19 struck and people were desperate for support due to the number of agencies closed and they had no way of accessing their benefits.

TEE 2 employs three members of staff; a Project co-ordinator (16hrs), a Project Supervisor (30hrs) and a Support Worker (20hrs). Due to the Covid-19 pandemic we had to adjust the way that we worked and during this time we remained open to provide take-away lunches and introduced an appointment system for beneficiaries to access the TEE 2 project. The project enabled those with no computers to access their Universal Credit accounts and get support to set up new claims etc. During this time, we provided an average of 25- 30 meals daily.

After running the TEE programme for two years, we had a better understanding of the needs of our community and therefore provided the in-depth support the majority required by offering accompanied visits to set up Bank accounts, supported medical appointments, supported court appearance, access to housing, etc. With this better understanding of beneficiaries needs we had the experience to make them achievable. A surprising factor was that during the year we had 22 Polish beneficiaries seeking support at the centre. It was difficult for staff due to the language barrier, and we overcame this by having project details, forms etc. translated into Polish.

Funding received was £83,065.00 and made up of 75% grant and 25% loan which has to be repaid. Due to an underspend on the project, we were able to negotiate an extra month, so the project ran for a total of 13 months and statistics were as follows:

TEE 2 Statistics - April 21 - April 22

	Sign ups	Sign ups accessed support	Support sessions	Accessing money	Support with medical problems	Support sessions medicals	Working with other organisations
April	55	15	29	15	3	5	19
May	11	4	28	9	7	10	42
June	16	12	51	27	3	12	24
July	13	3	49	4	1	6	12
August	3	0	39	1	2	5	35
September	2	5	43	0	1	3	27
October	7	5	45	3	2	6	38
November	4	5	50	2	4	9	18
Decermber	6	7	46	2	2	3	17
January	1	2	45	2	0	4	22
February	1	1	38	1	1	1	1
March	8	3	55	3	0		
April	4	4	45	0	3		
Total	131	66	563	41	29	64	255

The higher numbers for the start of the project were people who had been accessing TEE previously and now signed up to the TEE 2 project. Figures show a steady increase in support sessions as the project progressed and demonstrated that staff had worked with other organisation to support beneficiaries on 255 occasions.

DARE Programme (Development and Recovery Enterprises)

Due to the effects of Covid the programme hasn't provided services to the public this year. The Programme is still available on a very small scale as needed and is kept in house. This year we haven't utilised the programme due to shortage of volunteers to oversee the work. As volunteer participation increases, we can provide more opportunities to people as it offers participants a structure to their day helping to manage boredom which can lead to substance misuse, crime, and other unwanted issues.

Healthy Eating

We still see the lunches as a valuable service to the vulnerable individuals in our community and have adapted the way we work as a result of Covid and continue to serve takeaway lunches 5 days per week opposed to a sit-down meal. We also have donations from Greggs Bakery which we hand out daily alongside the lunch prepared by volunteers, which is a great addition to the lunch we serve. Castell Howell have started donating food to us which we use to make our lunches or distribute to service users, and this helps our limited budgets go further. The rise in food costs is having an impact on our community and we are seeing regular faces daily who comment that they would not have a warm meal if they didn't access our service.

Our records show that 4563 takeaway meals were provided to vulnerable people in the area during the year and we provided an average of 25-30 meals daily. Meals provided included sausage, beans and mashed potatoes, chilli con carne, chicken curry, pizza and chips, fish and chips, chicken nuggets, beans and chips and were received by anyone arriving between the hours of 12:30-2:00pm.

Christmas lunch was also served as a Takeaway Turkey and cranberry stuffed roll with roast potato side to 29 vulnerable individuals, who may not have had any other form of festive lunch.

There are two local food banks we work closely with and often refer individuals who are waiting for benefits and do not have any income or who have been released from prison etc. Having no money to buy food is a real problem for many when faced with challenging changes in circumstances and our links with local agencies and being able to signpost people to vital support is crucial. Christmas Hampers were provided by Lifeshare foodbank for all our ARC Homes residents which helped to bring some festive cheer to vulnerable individuals who often don't have any family and feel very lonely and isolated.

We also have a small clothes bank available and provide clothes to anyone who is in need.

On The MOVE (Moving On towards Volunteering and Employment)

The On the MOVE programme is a way of helping service users who are stabilising their addictions to keep busy and find useful things to do to help them on their recovery journey, it has been more difficult with the Drop-In Centre closed but we have still found meaningful ways to keep people busy. It is a step before volunteering and tasks included shopping, cooking, clearing up, etc.

On the MOVE programme has helped 5 individuals to develop their self-confidence, skills, and knowledge with the aim of helping them to build a life free from addiction and participating in meaningful work.

We have supported individuals who have been helping to prepare the takeaway lunches during the year to carry out their Level 2 Food Hygiene Training online, and also supported with other online training to prepare for work. Five individuals gained employment and we have worked in partnership with workways to support individuals to develop their confidence and skills.

Residential Rehabilitation

Our referrals to residential rehabilitation have increased this year and individuals have been accessing Rehab within a couple of days of being referred. We provide train fare or provide the transport ourselves to ensure barriers to service are removed. This year we have referred 14 individuals where individuals receive 24-hour support to overcome their addiction with the aim of achieving recovery and to live independently in the community.

ARC Homes (Accommodation-Recovery-Community)

In 2012 Chooselife started to provide supported accommodation due to the lack of suitable accommodation and the need for support for the vulnerable in our community.

During the year we had 6 properties but unfortunately one of the Landlords withdrew one of the properties at the end of the year reducing our capacity for accommodation down to 26 from 31. We own two of the 5 properties, and it is our aim to own properties opposed to renting as it provides added security to residents and enables us to have more control over maintaining properties, which in turn enables us to provide a higher standard of accommodation.

During the year we have supported 46 individuals with 22 tenants being in supported accommodation at the start of the year, 28 tenants moving out during the year and 24 new tenants coming in, with 18 individuals in our properties at the end of the year.

Housing and homelessness is a massive issue in Carmarthenshire with over 4000 households on the waiting list and there is also a shortage of private rentals and often the rents are unaffordable to individuals on benefits. Individuals with complex life issues struggle to secure accommodation due to advance rents, bonds, references, and the issues of long waiting lists. Chooselife doesn't charge a bond or upfront rent and try to make housing as accessible as possible for individuals on low income and can often house an individual within a day if necessary.

We have been affected by the council referring all the homeless into local accommodation which has been prebooked and paid for by the government, but we are still getting referrals through Probation, HMP leavers, NACRO and other organisations and we are marketing our service locally to raise awareness again.

Chooselife provides supported accommodation in an HMO where an individual has their own room and then share the communal areas such as bathroom, kitchen and living room. Support workers carry out daily checks on the properties and individuals we support who often have complex needs such as substance misuse, mental health, offending history etc. and can lack daily living skills or even the ability to manage their own room. Support is provided by staff to help residents and we also work with other agencies where required. Helping individuals with their benefits and attending appointments, supporting them to register with health services such as GP, Dentist etc. can also be part of the support provided.

Supported accommodation offers housing stability which can then enable individuals to work on other areas of their lives which they are having difficulties with. Negative life experiences and events can often leave people feeling disempowered and hopeless, having stable accommodation and support can often be the tool that enables people to slowly rebuild their lives. We work with many other organisations to enable residents to benefit from specialised support appropriate to their needs and often with the support of different organisations pooling expertise residents can move into their own accommodation. We have seen Mental health

We have supported five residents to gain employment during the year with training being undertaken online in Customer Services, Food Hygiene and First Aid. Due to the success of ARC homes several tenants have moved on into secured private accommodation.

Christmas which can be a difficult time of year for residents with no family and difficult life circumstances. We received Food Hampers for all our residents from the Lifeshare Food Bank, having no extra money to buy luxury food items or having presents from family can make it a difficult time but the Food Hamper was a real treat and helped them to feel as if someone cares!

Volunteer Support

Volunteering has continued to be affected by the Covid-19 Pandemic and restrictions, but we have recruited 2 volunteers towards the end of the year and aim to continue to look at volunteer roles as they are an invaluable part of our service delivery.

Developments

There have been no major developments during the year.

FINANCIAL REVIEW

Result for the year

The Charity's total income for the year was £296k (2021 £388k), with a surplus of 17k (2021 deficit 85k).

FINANCIAL REVIEW

Principal funding sources

Principal funding sources for the Charity during the year: the Third Sector Resilience Fund for Wales Scheme, administered by WCVA on behalf of the Welsh Government, The Lloyds Bank Foundation - funding received for the following year, Rental Income.

Reserves policy and review of financial position.

The Trustees have reviewed the Charity's reserve requirements in light of the main risks to the organisation. Policy states that unrestricted funds not committed or invested in tangible fixed assets should be between 3-6 months of expenditure. Based on accounts to 31st March 2022 the target for free reserves is between £69,612 and £139,225. Free reserves includes designated reserves for this purpose. The present level of free reserves available to the Charity of £156,575 is over the 6 month target level and Trustees aim is to keep the reserves over the target for the medium to long term. However, the Trustees are mindful of the need to maintain service levels.

FUTURE PLANS

- To continue developing ARC Homes which provides supported accommodation to vulnerable residents.
- To continue to develop the TEE Project to meet the needs of service users and growing demand for services.
- To continue developing social enterprises with the aim of providing meaningful work and training opportunities for service users and to generate income for the charity.
- To continue reviewing the delivery of services in light of Covid -19 to ensure the needs of service users are being met safely.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The organisation is a charitable company limited by guarantee, incorporated on 25th May 2004 and registered as a charity on 8th November 2004. The company was established under a Memorandum of Association which established the objectives and powers of the charitable company and is governed under its Articles if Association. In the event of the company being wound up its members are required to contribute an amount not exceeding £10.

Recruitment and appointment of trustees

Trustees are nominated and appointed by the members in a general meeting. A recruitment policy and procedure has been developed and used in recruiting and training new trustees to ensure a robust process is in place.

The directors of the company are also charity trustees for the purposes of charity law.

Organisational structure

The day to day management of the charity is delegated by the Trustees to the Chief Executive Officer, Alan Andrews and the rest of the Management Team. The Management Team has been set up as a working group involved with the daily running of the organisation and is responsible to the Trustees. The group is responsible for drafting policies and guidelines and meets regularly to monitor and evaluate the progress of the project. Financial decisions can only be made within the guidelines set by the Trustees. The group provides a forum for discussions on issues that arise from daily operations and enables perspectives to be processed and presented to the Trustees for consideration.

STRUCTURE, GOVERNANCE AND MANAGEMENT

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. Internal control risks are minimised by the implementation of procedures for all transactions and procedures. Procedures are in place to ensure compliance with Health & Safety of staff, volunteers, clients and visitors to the Centre. Procedures are periodically reviewed to ensure that they continue to meet the needs of the charity.

In March 2020, Covid-19 was a new risk the Trustees needed to assess. On the 23 March 2020 Covid-19 forced closure of the drop-in service. After guidance from the Public Health Wales the centre remains open to provide takeaway lunches, to satisfy the needs of vulnerable and homeless people, the trustees need to continue to identify and revie the risks of Covid-19 to ensure Health & Safety of staff, volunteers, clients and visitors to the Centre.

The trustees conintued to meet up four times a year to consider reports from the management team.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Service User Comments

"They help me to stay busy and they give me emotional support. They help me with my confidence, always there for me and remind me every day that I can become all I thought I couldn't, they are the reason I am still here and off drugs".

"Through being in Arc homes, I am able to reach a stage in my recovery called maintenance, to maintain a level of both my wellbeing and health with good timings going on in my life, to resolve difficulties that prevent me from proceeding further and hold me in limbo for months or years, feeling singled out and unable to do things... well I have managed to break that endless cycle".

"I often wonder just how much is my life worth? For that matter, what is the financial worth of anyone's life?? ... both these questions are impossible to answer! But one thing is almost certain, Chooselife saved my life, on more than one occasion too, and I thank them sincerely, and this testimonial is written in the hope that I can explain how vital their service to the community is. Chooselife reach out to vulnerable individuals, helping them to deal with drug and alcohol addiction, homelessness, and mental health issues. In this town, as others, there is a massive problem.

During 2016/2017 I had a mental breakdown, after suffering many losses (personal and financial) I stopped functioning, effectively I stopped caring too. My own MH diagnosis is that of stress, anxiety, and depression. In 2018, I made an unsuccessful attempt at ending my own life through suicide. In March 2019 I was due to be made homeless, and that is when my relationship with Chooselife began. For the record, I have no family around me, and very very few real friends. I do not consume alcohol or hard drugs, my vice being a reliance of smoking cannabis to help relieve my symptoms.

Six days before the date I was due to be made homeless, I'd made no effort to secure future accommodation, I guess I was on a death wish, I guess I'd decided to not move on. A specialist mental health solicitor friend of mine, showing a deep concern for my welfare, pleaded with me to immediately contact Alan Andrews (founder of Choose Life). I telephoned and spoke with him, and we arranged a face-to-face meeting the very next day. Alan said, "I can offer you the hope you need, please don't worry because you will have a secure place to stay, you'll not be homeless!"

So, in March 2019, I moved into supported accommodation within one of Chooselife's HMO's (house of multiple occupancy). The first thing that struck me when I was shown my room, was that it was lovely and warm. It was going to be a challenge for sure, as each resident had their own issues, as did I. It was all new to me, every person I met was a stranger at first, even the town of Llanelli was alien to me, I knew no-one, I felt like a lost soul for sure.

From day one, I was afforded the opportunity to rest, rest, and rest some more, relaxing my mind was a beautiful thing. This given time allowed me to understand and come to terms with the personal disasters that had taken place during the previous years. Every day without fail, a member of staff would check on my welfare.

Chooselife have several staff, and I can say unreservedly that they are all fantastic individuals, each with different qualities, making a great team . Without fail, every time that I would need to speak with a member of staff, the answer was always "yes". They showed me a level of care and compassion that I was not used to, they listened and understood me, and would always try to direct me with support in the best possible way. It seemed to me that nothing was too much trouble. Strangers initially, but I sincerely hope that these kind people remain life-long friends of mine. My form of mental health disability, manifests itself in the form of 'burying my head in the sand', isolating myself from true reality, so their pro-active initial support was essential for me to complete even the smallest of tasks. I cannot express in words how truly grateful I am to be offered their vital support, time after time after time.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Prior to the Covid-19 pandemic, the Chooselife charity operated a walk-in day centre, where I was able to meet and talk with people in similar situations to myself, and indeed make new friendships. A hot meal would be offered to every person daily, free of charge too. Obviously, when the pandemic hit, the day centre had to close it's doors, BUT staff and volunteers made sure that a hot meal was still going to be made available to anyone who needed it, 7 days a week too.

It took two years, but I recovered...In April of this year, I moved into a flat of my own, massively supported by Chooselife staff every step of the way, making sure that I have everything to help start making a home for myself and I now hold down a full-time job."

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number
05137644 (England and Wales)

Registered Charity number
1106639

Registered office
Canolfan Antioch Centre
Copperworks Road
LLANELLI
Carmarthenshire
SA15 2NE

Trustees
Mr W G Pettiford
Mr A Tootill
Miss L J Augustyn

Company Secretary
Mrs A J Howells

Independent Examiner
Ashmole & Co
First Floor
1 St John's Court
Upper Fforest Way
Enterprise Park
Swansea
SA6 8QQ

Bankers
Barclays Bank Plc
Leicester
LE87 2BB

REFERENCE AND ADMINISTRATIVE DETAILS
Management Team

Alan Andrews - Managing Director
Amanda Howells - Business & Administration Officer
Ann Heycock - Marketing Development Manager

Approved by order of the board of trustees on 24 November 2022 and signed on its behalf by:



Mr W G Pettiford - Trustee

Independent Examiner's Report to the Trustees of
Chooselife Cymru

Independent examiner's report to the trustees of Chooselife Cymru ('the Company')
I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2022.

Responsibilities and basis of report
As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement
Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a registered member of FCCA which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



C E Daultrey
FCCA
Ashmole & Co

24 November 2022

Chooselife Cymru

Statement of Financial Activities
(Incorporating an Income and Expenditure Account)
for the Year Ended 31 March 2022

	Notes	Unrestricted funds £	Restricted funds £	Restricted Capital Grant Funds £	2022 Total funds £	2021 Total funds £
INCOME AND ENDOWMENTS FROM						
Donations and legacies		2,628	-	-	2,628	3,242
Charitable activities						
All Activities		225,479	55,379	9,870	290,728	384,218
Investment income	2	9	1	-	10	29
Other income		3,077	-	(268)	2,809	570
Total		231,193	55,380	9,602	296,175	388,059
EXPENDITURE ON						
Raising funds	4	8,563	1,471	-	10,034	9,554
Charitable activities	5					
All Activities		177,513	82,796	8,103	268,412	293,546
Total		186,076	84,267	8,103	278,446	303,100
NET INCOME/(EXPENDITURE)		45,117	(28,887)	1,499	17,729	84,959
Transfers between funds	17	(5,231)	5,231	-	-	-
Net movement in funds		39,886	(23,656)	1,499	17,729	84,959
RECONCILIATION OF FUNDS						
Total funds brought forward		116,689	75,551	171,827	364,067	279,108
TOTAL FUNDS CARRIED FORWARD		156,575	51,895	173,326	381,796	364,067

The notes form part of these financial statements

Balance Sheet
31 March 2022

	Notes	Unrestricted funds £	Restricted funds £	Restricted Capital Grant Funds £	2022 Total funds £	2021 Total funds £
FIXED ASSETS						
Tangible assets	12	225,755	-	61,414	287,169	395,921
CURRENT ASSETS						
Debtors	13	4,793	-	-	4,793	1,238
Cash at bank		118,844	75,866	111,912	306,622	180,752
		123,637	75,866	111,912	311,415	181,990
CREDITORS						
Amounts falling due within one year	14	(27,371)	(4,103)	-	(31,474)	(24,193)
NET CURRENT ASSETS		96,266	71,763	111,912	279,941	157,797
TOTAL ASSETS LESS CURRENT LIABILITIES		322,021	71,763	173,326	567,110	553,718
CREDITORS						
Amounts falling due after more than one year	15	(165,446)	(19,868)	-	(185,314)	(189,651)
NET ASSETS		156,575	51,895	173,326	381,796	364,067
FUNDS	17					
Unrestricted funds					156,575	116,689
Restricted funds					225,221	247,378
TOTAL FUNDS					381,796	364,067

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 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 notes form part of these financial statements

continued...

Balance Sheet - continued
31 March 2022

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 provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 24 November 2022 and were signed on its behalf by:



Mr W G Pettiford - Trustee

The notes form part of these financial statements

1. ACCOUNTING POLICIES

Basis of preparing the financial statements
The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland', the Charities Act 2011 and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

The charitable company has taken advantage of the following disclosure exemptions in preparing these financial statements, as permitted by FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland':

- the requirements of Section 7 Statement of Cash Flows;
- the requirement of paragraph 3.17(d);
- the requirements of paragraphs 11.42, 11.44, 11.45, 11.47, 11.48(a)(iii), 11.48(a)(iv), 11.48(b) and 11.48(c);
- the requirements of paragraphs 12.26, 12.27, 12.29(a), 12.29(b) and 12.29A;
- the requirement of paragraph 33.7.

Income
All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure
Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under 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 resources.

Tangible fixed assets
Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Leasehold property	- 5% on cost
Leasehold improvements	- 5% on cost
Fixtures, fittings & equipment	- 15% on reducing balance

Assets acquired with restricted income are initially treated as restricted assets. Where the acquisition of the asset discharges the restriction imposed, the related asset is transferred to unrestricted funds.

Taxation
The charity is exempt from corporation tax on its charitable activities.

continued...

1. ACCOUNTING POLICIES - continued

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

Designated funds comprise the funds that have been set aside at the discretion of the Trustees for specific purposes. The purpose and use of the designated unrestricted funds is set out in the notes to the accounts.

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.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Debtors
Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid after taking account of any trade discounts due.

Cash at bank in hand
Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

Creditors and Provisions
Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for and trade discounts due

Financial instruments
The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at the carrying value plus accrued interest less repayments. The financing charge to expenditure is at a constant rate calculated using the effective interest method.

Pension costs and other post-retirement benefits
The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

continued...

2. INVESTMENT INCOME

	2022	2021
	£	£
Deposit account interest	10	29

3. INCOME FROM CHARITABLE ACTIVITIES

	Activity	2022	2021
		£	£
DARE	All Activities	-	775
Accommodation	All Activities	199,989	214,696
Grants	All Activities	90,688	168,482
Other income	All Activities	51	265
		290,728	384,218

Grants received, included in the above, are as follows:

	2022	2021
	£	£
Oakdale Trust	-	1,000
Lloyds Bank Foundation	25,001	-
Sundry grants under £500	246	-
Community Foundation in Wales	-	780
Darkley Trust	4,954	-
The National Lottery Community Fund	-	36,066
Covid Funding	48,817	108,283
Bernard Sunley	-	5,000
Awards for All	9,870	10,000
Edward Gostling Foundation	-	8,000
Moondance	1,800	-
	90,688	169,129

continued...

4. RAISING FUNDS

Other trading activities

	2022	2021
	£	£
Staff costs	10,034	9,554

5. CHARITABLE ACTIVITIES COSTS

	Direct Costs (see note 6)	Support costs (see note 7)	Totals
	£	£	£
All Activities	130,146	138,266	268,412

6. DIRECT COSTS OF CHARITABLE ACTIVITIES

	2022	2021
	£	£
Staff costs	41,583	40,695
Travel and subsistence	2,120	387
Care fund	435	119
Health and fitness costs	5,704	8,428
Outdoor pursuits and sports	-	625
Rehab Referral	1,423	1,544
Events and workshops	977	255
D.A.R.E. Expenditure	8,969	12,149
Accommodation expenditure	68,935	86,285
	130,146	150,487

continued...

7. SUPPORT COSTS

	Management	Finance	Information technology
	£	£	£
All Activities	12,338	2,107	6,397

	Human resources	Depreciation	Governance costs	Totals
	£	£	£	£
All Activities	100,209	12,994	4,221	138,266

Support costs, included in the above, are as follows:

	2022 All Activities	2021 Total activities
	£	£
Premises costs	11,393	21,688
Advertising and marketing etc	706	-
Subscription & membership fees	239	164
Bank charges	610	1,345
Staff training	1,497	355
IT Support	1,885	725
Communications	3,502	3,790
Printing, post and stationery	914	1,183
Sundries	96	881
Office and finance staff	83,969	80,228
Social security	5,585	5,095
Pensions	768	657
Interest payable and similar charges	9,887	9,992
Depreciation	12,994	13,164
Accountancy fees	4,221	3,792
	138,266	143,059

continued...

8. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	2022	2021
	£	£
Depreciation - owned assets	12,994	13,164
Surplus on disposal of fixed assets	(2,809)	(570)

9. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2022 nor for the year ended 31 March 2021.

Trustees' expenses

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

10. STAFF COSTS

	2022	2021
	£	£
Wages and salaries	132,155	127,233
Social security costs	8,139	7,497
Other pension costs	1,645	1,499
	141,939	136,229

Staff costs include £56,984 salary and benefits paid to key management personnel during the year.

The average monthly number of employees during the year was as follows:

	2022	2021
Management	2	2
Administration	1	1
Project and day care staff	2	2
	5	5

No employees received emoluments in excess of £60,000.

continued...

11. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	Restricted Capital Grant Funds £	Total funds £
INCOME AND ENDOWMENTS FROM				
Donations and legacies	3,242	-	-	3,242
Charitable activities				
All Activities	234,043	140,175	10,000	384,218
Investment income	27	2	-	29
Other income	570	-	-	570
Total	237,882	140,177	10,000	388,059
EXPENDITURE ON				
Raising funds	8,105	1,449	-	9,554
Charitable activities				
All Activities	212,252	72,851	8,443	293,546
Total	220,357	74,300	8,443	303,100
NET INCOME	17,525	65,877	1,557	84,959
Transfers between funds	(2,662)	(283)	2,945	-
Net movement in funds	14,863	65,594	4,502	84,959
RECONCILIATION OF FUNDS				
Total funds brought forward	101,827	9,956	167,325	279,108
TOTAL FUNDS CARRIED FORWARD	116,690	75,550	171,827	364,067

continued...

12. TANGIBLE FIXED ASSETS

	Freehold property £	Leasehold property £	Leasehold improvements £	Improvements to property £
COST				
At 1 April 2021	306,070	107,886	34,233	13,525
Additions	-	-	-	-
Disposals	(102,310)	-	-	(3,525)
At 31 March 2022	203,760	107,886	34,233	10,000
DEPRECIATION				
At 1 April 2021	-	75,508	20,555	-
Charge for year	-	5,394	1,712	-
Eliminated on disposal	-	-	-	-
At 31 March 2022	-	80,902	22,267	-
NET BOOK VALUE				
At 31 March 2022	203,760	26,984	11,966	10,000
At 31 March 2021	306,070	32,378	13,678	13,525

	Plant and machinery £	Fixtures, fittings & equipment £	Motor vehicles £	Totals £
COST				
At 1 April 2021	15,238	113,110	21,255	611,317
Additions	-	-	11,500	11,500
Disposals	-	-	(6,000)	(111,835)
At 31 March 2022	15,238	113,110	26,755	510,982
DEPRECIATION				
At 1 April 2021	14,092	95,095	10,146	215,396
Charge for year	286	2,702	2,900	12,994
Eliminated on disposal	-	-	(4,577)	(4,577)
At 31 March 2022	14,378	97,797	8,469	223,813
NET BOOK VALUE				
At 31 March 2022	860	15,313	18,286	287,169
At 31 March 2021	1,146	18,015	11,109	395,921

continued...

13. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022	2021
	£	£
Sundry debtors and prepayments	4,793	1,238

14. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022	2021
	£	£
Bank loans and overdrafts (see note 16)	16,998	17,810
Other creditors	14,476	6,383
	31,474	24,193

15. CREDITORS: AMOUNTS FALLING DUE AFTER MORE THAN ONE YEAR

	2022	2021
	£	£
Bank loans (see note 16)	185,314	189,651

16. LOANS

An analysis of the maturity of loans is given below:

	2022	2021
	£	£
Amounts falling due within one year on demand:		
Bank loans	16,998	17,810
Amounts falling between one and two years:		
Bank loans - 1-2 years	16,996	17,810
Amounts falling due between two and five years:		
Bank loans - 2-5 years	50,990	53,432
Amounts falling due in more than five years:		
Repayable by instalments:		
Bank loans more 5 yr by instal	117,328	118,409

continued...

17. MOVEMENT IN FUNDS

	At 1/4/21 £	Net movement in funds £	Transfers between funds £	At 31/3/22 £
Unrestricted funds				
General fund	23,197	(5,714)	(4,933)	12,550
DARE (formally Care Project)	-	(152)	152	-
ARC Homes Donations	13,241	794	-	14,035
Community Development Fund	43	-	-	43
Lloyds Bank Foundation	-	25,000	-	25,000
ARC Homes Accomodation	80,208	24,521	(450)	104,279
Marketing Video - Design fund	-	668	-	668
	116,689	45,117	(5,231)	156,575
Restricted funds				
Substance Misuse Action Fund - Leasehold Property and Equipment (*)	41,078	(5,657)	-	35,421
Big Lottery Fund - Leasehold Property Improvements (*)	3,496	(511)	-	2,985
UK Steel Ltd - Computer Equipment (*)	131	(20)	-	111
Welsh Government - Various Equipment (*)	1,298	(195)	-	1,103
Community Development Fund - Various Equipment (*)	560	(91)	-	469
Big Lottery Fund - Various Equipment (*)	957	(143)	-	814
Co-op Community Fund - Pool Table (*)	74	(11)	-	63
Lloyds TSB - Various Equipment (*)	61	(9)	-	52
Big Lottery D.R.A.W - Various Equipment (*)	3,827	(574)	-	3,253
SMAF Capital Funding - Leasehold Property Improvments and Fixtues and Fittings (*)	7,306	(783)	-	6,523
CFAP Capital Funding - The Neville Arms (*)	102,310	(268)	-	102,042
Awards For All - Various equipment (*)	10,729	9,761	-	20,490
National Lottery Community Fund	-	173	-	173
Darkley Trust	-	4,504	450	4,954
Antonio Calucio Foundation	5,993	(1,513)	-	4,480
CAF	3,106	(3,106)	-	-
Third Sector Resilience Fund for Wales Phase 2	66,452	(65,110)	4,781	6,123
Third Sector Resilience Fund 3	-	36,165	-	36,165
	247,378	(27,388)	5,231	225,221
TOTAL FUNDS	364,067	17,729	-	381,796

continued...

17. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	4,375	(10,089)	(5,714)
DARE (formally Care Project)	-	(152)	(152)
ARC Homes Donations	794	-	794
Lloyds Bank Foundation	25,000	-	25,000
ARC Homes Accomodation	199,850	(175,329)	24,521
Marketing Video - Design fund	1,174	(506)	668
	231,193	(186,076)	45,117
Restricted funds			
Substance Misuse Action Fund - Leasehold Property and Equipment (*)	-	(5,657)	(5,657)
Big Lottery Fund - Leasehold Property Improvements (*)	-	(511)	(511)
UK Steel Ltd - Computer Equipment (*)	-	(20)	(20)
Welsh Government - Various Equipment (*)	-	(195)	(195)
Community Development Fund - Various Equipment (*)	-	(91)	(91)
Big Lottery Fund - Various Equipment (*)	-	(143)	(143)
Co-op Community Fund - Pool Table (*)	-	(11)	(11)
Lloyds TSB - Various Equipment (*)	-	(9)	(9)
Big Lottery D.R.A.W - Various Equipment (*)	-	(574)	(574)
SMAF Capital Funding - Leasehold Property Improvments and Fixtues and Fittings (*)	-	(783)	(783)
CFAP Capital Funding - The Neville Arms (*)	(268)	-	(268)
Awards For All - Various equipment (*)	9,870	(109)	9,761
National Lottery Community Fund	-	173	173
Darkley Trust	4,954	(450)	4,504
Antonio Calucio Foundation	-	(1,513)	(1,513)
CAF	-	(3,106)	(3,106)
Moondance	1,800	(1,800)	-
Third Sector Resilience Fund for Wales Phase 2	12,461	(77,571)	(65,110)
Third Sector Resilience Fund 3	36,165	-	36,165
	64,982	(92,370)	(27,388)
TOTAL FUNDS	296,175	(278,446)	17,729

continued...

17. MOVEMENT IN FUNDS - continued

continued...

17. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1/4/20 £	Net movement in funds £	Transfers between funds £	At 31/3/21 £
Unrestricted funds				
General fund	40,009	(10,699)	(6,113)	23,197
DARE (formally Care Project)	-	(11,451)	11,451	-
ARC Homes Donations	12,347	894	-	13,241
Community Development Fund	43	-	-	43
ARC Homes Accomodation	49,428	30,780	-	80,208
Edward Gostlin foundation Grant	-	8,000	(8,000)	-
	101,827	17,524	(2,662)	116,689
Restricted funds				
Substance Misuse Action Fund - Leasehold Property and Equipment (*)	43,863	(5,730)	2,945	41,078
Big Lottery Fund - Leasehold Property Improvements (*)	4,007	(511)	-	3,496
UK Steel Ltd - Computer Equipment (*)	154	(23)	-	131
Welsh Government - Various Equipment (*)	1,527	(229)	-	1,298
Community Development Fund - Various Equipment (*)	667	(107)	-	560
Big Lottery Fund - Various Equipment (*)	1,126	(169)	-	957
Co-op Community Fund - Pool Table (*)	87	(13)	-	74
Lloyds TSB - Various Equipment (*)	72	(11)	-	61
Big Lottery D.R.A.W - Various Equipment (*)	4,502	(675)	-	3,827
SMAF Capital Funding - Leasehold Property Improvments and Fixtues and Fittings (*)	8,152	(846)	-	7,306
CFAP Capital Funding - The Neville Arms (*)	102,310	-	-	102,310
Awards For All - Various equipment (*)	858	9,871	-	10,729
CSP SMAF Tier 4 Residantial Rehab	-	(648)	648	-
National Lottery Community Fund	8,138	(9,031)	893	-
Darkley Trust	1,818	(1,818)	-	-
Antonio Calucio Foundation	-	5,993	-	5,993
CAF	-	3,106	-	3,106
Third Sector Resilience Fund for Wales Phase 1	-	18,437	(18,437)	-
Third Sector Resilience Fund for Wales Phase 2	-	49,839	16,613	66,452
	177,281	67,435	2,662	247,378

continued...

17. MOVEMENT IN FUNDS - continued

TOTAL FUNDS	279,108	84,959	-	364,067

continued...

17. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	13,516	(24,215)	(10,699)
DARE (formally Care Project)	775	(12,226)	(11,451)
ARC Homes Donations	894	-	894
ARC Homes Accomodation	214,697	(183,917)	30,780
Edward Gostlin foundation Grant	8,000	-	8,000
	237,882	(220,358)	17,524
Restricted funds			
Substance Misuse Action Fund - Leasehold Property and Equipment (*)	-	(5,730)	(5,730)
Big Lottery Fund - Leasehold Property Improvements (*)	-	(511)	(511)
UK Steel Ltd - Computer Equipment (*)	-	(23)	(23)
Welsh Government - Various Equipment (*)	-	(229)	(229)
Community Development Fund - Various Equipment (*)	-	(107)	(107)
Big Lottery Fund - Various Equipment (*)	-	(169)	(169)
Co-op Community Fund - Pool Table (*)	-	(13)	(13)
Lloyds TSB - Various Equipment (*)	-	(11)	(11)
Big Lottery D.R.A.W - Various Equipment (*)	-	(675)	(675)
SMAF Capital Funding - Leasehold Property Improvments and Fixtues and Fittings (*)	-	(846)	(846)
Awards For All - Various equipment (*)	10,000	(129)	9,871
CSP SMAF Tier 4 Residantial Rehab	(648)	-	(648)
Community Foundation in Wales	780	(780)	-
National Lottery Community Fund	36,068	(45,099)	(9,031)
Darkley Trust	-	(1,818)	(1,818)
Antonio Calucio Foundation	6,300	(307)	5,993
Bernard Sunley	5,000	(5,000)	-
CAF	7,300	(4,194)	3,106
Clothworkers Foundations	4,485	(4,485)	-
Groundwork UK	500	(500)	-
Leathersellers	1,666	(1,666)	-
Moondance	1,000	(1,000)	-
Western Power	750	(750)	-
Oakdale Trust	1,000	(1,000)	-
Big Lottery Fund - Various Equipment (*)	7,700	(7,700)	-

continued...

17. **MOVEMENT IN FUNDS - continued**

Third Sector Resilience Fund for Wales Phase 1	18,437	-	18,437
Third Sector Resilience Fund for Wales Phase 2	49,839	-	49,839
	150,177	(82,742)	67,435
TOTAL FUNDS	388,059	(303,100)	84,959

Restricted Funds

Funds towards capital expenditure

Funds denoted (*) are restricted funds towards the purchase of fixed assets, including property and equipment. These are grouped together on the face of the balance sheet and the fund balances are reduced where appropriate by the depreciation of the equipment during the year.

Other restricted funds are as follows:

SMAF Tier 4 Residential Rehab - Funding received to provide for transportation costs in relation to residential rehabilitation ref errals.

National Lottery Community Fund - TEE - Grant provided in respect of the Train, equip, empower program.

Community Foundation in Wales - Funding for lunch supplies, cooker and cooker hood etc.

Darkley Trust - Funding to provide services to service users and the homeless in the area, including laundry facilities, clo thes bank, showering facilities and personal care supplies.

Antinio Calucio Foundation - Funding for lunch supplies.

Third Sector Resilience Fund for Wales - Phase 1 - Funding to help with costs of surviving the COVID-19 pandemic

Third Sector Resilience Fund for Wales - Phase 2 - Funding provided in respect of the Train, equip, empower program.

Third Sector Resilience Fund for Wales - Phase 3 - Funding provided in respect of the Train, equip, empower program.

Moondance -

Unrestricted Designated Funds

DARE (formally CARE Project - Income generated from operating the Development and Recovery Enterprises project designat ed to support the continuation of the project.

continued...

17. MOVEMENT IN FUNDS - continued

ARC Homes Donations - Donations received designated to the support of the ARC Homes project.

Community Development Fund - Funds designated for the purchase of fixed assets in 2010, reduced by the depreciation of those assets on an annual basis.

ARC Homes Accommodation - Income generated from operating the supported accommodation project designated to the suppor t of the Accommodation Recovery Community Homes project.

Edward Gostlin Foundation Grant - Funding to help with core costs of surviving the COVID-19 pandemic.

18. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2022.

CHOOSELIFE CYMRU

England & Wales - Charity number 1106639

Accounts

REGISTERED COMPANY NUMBER: 05137644 (England and Wales)
REGISTERED CHARITY NUMBER: 1106639

Report of the Trustees and

Unaudited Financial Statements for the Year Ended 31 March 2021

for

Chooselife Cymru

Ashmole & Co
First Floor
1 St John's Court
Upper Fforest Way
Enterprise Park
Swansea
SA6 8QQ

Chooselife Cymru

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for the Year Ended 31 March 2021

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Chooselife Cymru

Report of the Trustees
for the Year Ended 31 March 2021

The Trustees, who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2021. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) 'Accounting and Reporting by Charities' :Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015). The Report of the Trustees also comprises a Directors Report as required by company law.

OBJECTIVES AND ACTIVITIES

Objectives and aims including public benefit

The Trustees confirm that they have complied with their duty, under the Charities Act 2011, to have regard to the Charity Commissions published public benefit guidelines in determining the activities undertaken by the charity.

The charity's objectives are to relieve persons who are in need or hardship or who are aged or sick (particularly but not exclusively as a result of drug or alcohol abuse); to relieve the distress caused thereby (particularly but not exclusively by providing advice, information, guidance and accommodation to individuals, to enable them to access suitable treatment); to give advice and assistance to their families in Llanelli and in such other parts of the United Kingdom or the world as the trustees from time to time think fit.

The Charity also aims to advance education in accordance with Christian principles of children and adults (particularly but not exclusively in relation to the avoidance of drug and alcohol misuse), by such means as the trustees may consider appropriate in the said location and in such other parts of the United Kingdom or the world as the trustees may from time to time think fit.

Due to ever increasing problems with drug & alcohol abuse in the Carmarthenshire area, Chooselife's aim is not only to help those who already have a substance misuse problem but to offer a positive alternative for those who might have a future substance misuse problem. Advice, information and guidance are provided to individuals to enable them to access suitable treatment and to help support their families also.

The benefits of our activities are summarised in the Achievement and Performance section (below) and relate directly to our objectives.

ACHIEVEMENT AND PERFORMANCE

ACHIEVEMENTS OF PERIOD

Chooselife has been operational since 1996, established by the current Managing Director and registered as a Charity in 2004. The intervention service is continually evolving to meet the demands of service users and aiming to provide support to some of the most disadvantaged and excluded people in Llanelli and surrounding areas. This year was no exception as many changes had just happened on the 23rd March 2020, with the outbreak of the Covid-19 Pandemic which forced the closure of the Drop-in Centre. Under guidance from Public Health Wales we reviewed our service provision and we established that we were able to remain open to provide takeaway lunches from the Centre, to satisfy the needs of vulnerable and homeless people and also to provide support to individuals through our T.E.E. Project on appointment basis and continued to operate ARC HOMES supported accommodation. We adapted our services and continue to provide support services to the local community.

TEE (Train Equip and Empower)

The T.E.E. Project commenced in February 2019 and was set up for two years to support the transition of the new on-line benefits system to support service users to access telephones/computers to set up and access their Universal Credit accounts. The project also provides help and support to homeless people in the area, so that they can access benefits and housing as well as clothes, food and washing facilities. The introduction of computer access to benefits and the new Universal Credit system has been a huge change for service users and service users require far more in-depth one to one support with daily tasks than initially thought. Many have communication problems, a result of their lack of basic skills and understanding, which restricts their ability to communicate with other organisations that have little understanding of their needs.

The first year was successful and we signed up 86 of the projected 100 beneficiaries, we were confident that we would achieve the full 200 by the end of the project. The final year of the project started well in February 2020 with 20 beneficiaries accessing the service for support with Universal credit; five of these were new to the service. March came with a blow to the project; the drop-in centre had to close due to Covid-19 and this was the gateway to access the project.

After liaising with Public Health Wales it was quickly decided to open the centre 7 days a week for take-away lunches as the majority of our beneficiaries are classed as vulnerable and require food to help their low immune systems and to support the fight against Covid-19. Staff were able to continue to offer access to the TEE project by offering one to one support either on a drop-in visit or arranging an appointment. Staff allowed one person at a time into the centre to access TEE, while taking all the necessary precautions. Allowing access to Universal credit was a life saver to many as the Job Centre, Library and Citizen Advice Bureau were all closed and with no personal computers, service users were unable to access their universal credit account, unless they had a phone, which many beneficiaries do not possess.

Activities

Year 1 - 86 beneficiaries signing up to the TEE project where activities included:

" Supporting beneficiaries to access computers/telephones for making
Universal credit claims
" referrals and discussions with other supporting agencies
" accompanying beneficiaries to appointments
" helping to secure affordable accommodation
" referrals to residential rehabilitation

The second year of the project started well and then because of Covid-19 we were unable to keep all aspects of the project functional due to the closure of the centre.

With the drop-in centre closed, after consultation with the Trustees, management decided to continue to offer support through the TEE project as service users had no access to Universal credit as all other avenues closed to the public at this time. When service users collected their lunch they were able to make an appointment to access TEE or request that a member of staff assist them with any health support or problem. During the period of lockdown from 23rd March 2020 to the end of project, 90 visits were recorded of people accessing the TEE project for help and support and staff made contact with different agencies on 251 occasions while working to support beneficiaries.
During the two year project, Staff supported 115 beneficiaries with their problems and worked with approximately 60 organisations to find solutions.
Management and staff had to learn very quickly how to keep service users and themselves safe due to Covid-19. Posters and leaflets were created to distribute to beneficiaries, reminding them how to keep safe and what precautions to take. Staff have had to adapt to unusual working conditions but have followed safe practice at all times and ensured that the necessary PPE equipment was used at all times. The project has demonstrated how many people in the area still need in-depth support for several reasons:
" Low basic skills (reading /writing)
" Do not possess a computer
" Do not have a mobile phone
" Fail to cope with daily living i.e. making and attending appointments
" Fail to explain their problems to agencies, getting frustrated and agitated
" Access to suitable accommodation
" Maintaining tenancies
" Limited financial understanding

Hopefully the support they have received to date has helped them in their life journey and with further support and understanding they have the ability to manage their problems.
Outcomes
Project outcomes for the reporting period are shown below:-
Digital Inclusion 82 beneficiaries had support to access computers, telephones and/or form completion
Improved Health & Psychological Wellbeing 106 individuals stated they had received support with a problem, 93 stated they had gained confidence after a support session. 73 individuals stated they would feel more confident to access the same service without support next time. 85 individuals stated they felt more confident to interact with other organisations
Reduced Poverty 56 individuals received support to apply for benefits to help their financial situation. The majority of service users signing up for T.E.E. during the reporting period also received a free lunch.
Reduced Homelessness 54% of project participants are living in ARC homes and 41% living with another provider. 5% of project participants were recorded as homeless, with two homeless individuals accessing our washing/drying facility and had access to a hot meal.
Evaluation 62% rated the service they had received as 10 when asked on a scale of 1-10.
Accompanied visits 91 accompanied visits were undertaken during the reporting which demonstrated a hidden need that we did not expect. These visits range from medical appointments, Job centre visits, housing, Probation, solicitors, banks etc.

DARE Programme (Development and Recovery Enterprises)

DARE Programme (Development and Recovery Enterprises) Provides meaningful work for individuals who want a structure to their day and this year has been more of a challenge to keep people busy due to the covid restrictions but we have managed to provide support for 4 service users. We have mainly been focusing on keeping things in house collecting waste from our properties. The participants find having a structure to their day helps to keep them focus. Often boredom is the very thing that leads them back to alcohol and substance misuse and service users have commented on their mental health being affected by having nothing to do or look forward to. Due to the value service users have expressed we continue to run the programme on a small scale.

Healthy Eating

Chooselife have provided lunch in the Centre for many years and due to the Covid 19 we had to adapt and change the way we provided services to the vulnerable and at risk in our community. We had consulted with Public Health and are now providing take away lunches and during the first lockdown we were open 7 days per week providing a daily lunch for service users, residents of ARC homes and other people in the community who were shielding or vulnerable. By doing this we ensured that our vulnerable service users kept healthy by eating regular meals and keeping fit by walking to centre to collect their lunch. One of the households who received meals was a lady and her son who lost her husband to the virus and couldn't leave the house for two weeks. To support people in this situation, gave the team great satisfaction that they had provided help where it was most needed during difficult circumstances. We were fortunate to receive funding from numerous funders, including the Big Lottery to purchase, equipment, food supplies and the necessary PPE to enable us to provide food for the whole year.

Our records show that 6783 takeaway meals were provided to vulnerable people in the area during the year and we provided an average of 23 meals daily with a maximum of serving 49 people....Meals provided included sausage, beans and mashed potatoes, chilli con carne, chicken curry, pizza and chips, fish and chips, chicken nuggets, beans and chips and were received by anyone arriving between the hours of 12:00-2:00pm or anyone shielding could ring the centre and lunch would be delivered to their home.

Many people who use drugs and the people in their lives commonly have weaker immune systems, respiratory (breathing) problems, Hepatitis B/C due to sharing needles, diabetes and other conditions that place them at a higher risk of getting the COVID-19 infection. During the first lockdown, we encouraged service users to use their daily exercise allowance to collect their lunch which allowed us the opportunity of remaining in contact with beneficiaries where we were able to offer additional support, including access to the TEE project. Staff had to quickly adjust to a new way of working and we are grateful to our loyal volunteers; who have come through recovery themselves, for volunteering to prepare lunches daily.

Our food donations from local organisations had stopped due to the closure of businesses during the pandemic and we managed to raise funding from various sources including The Big Lottery, Groundwork Uk Tesco Bags for Life, CAF, Antonio Calucio Foundation, Moondance Foundation etc. and this enabled us to continue with providing the valuable service.

Christmas lunch was creative and we provided a takeaway Turkey and cranberry stuffed roll with roast potato side to 30 vulnerable individuals, who may not have had any other form of festive lunch.

On The MOVE (Moving On towards Volunteering and Employment)

The On the MOVE programme is a way of helping service users who are stabilising their addictions to keep busy and find useful things to do to help them on their recovery journey, it has been more difficult with the Drop In Centre closed but we have still found meaningful ways to keep people busy. It is a step before volunteering and tasks included shopping, cooking, clearing up, helping out on the DARE programme etc.

On the MOVE programme has helped 7 individuals to develop their self-confidence, skills and knowledge with the aim of helping them to build a life free from addiction and participating in meaningful work.

We have supported 4 individuals who have been helping to prepare the takeaway lunches during the year to carry out their Level 2 Food Hygiene Training online, which has helped with their confidence and developed skills.

The challenges to get into employment can feel difficult at times and we work alongside Workways to enable individuals who are ready to take forward steps. The work coach will put together a tailor made plan to help individuals progress at their own pace. We have referred 3 individuals to Workways during the year and one of them successfully secured part time employment which was a huge step for them but with support from Chooselife and Workways they have undertaken a Level 3 Mental Health First Aid at work training course and Food Hygiene. Two individuals have also secured permitted work with Step by Step a local charity shop.

Residential Rehabilitation

During the Covid 19 Pandemic there were restrictions on movement which made referrals more challenging. We were still however able to make 9 referrals to Residential Rehabilitation where individuals receive 24 hour support to overcome their addictions with the aim of achieving recovery and to live independently in the community. The process was much longer at times due to Covid-19, but there have been many successes, including one individual who was living in ARC Homes who was struggling with alcohol issues who went to Betel for several months and turned their life around and is living back in the community working full time and back with the family. Another individual who was at the end of themselves struggling with amphetamine use, waited several weeks for their referral, but during their rehabilitation made good choices and returned to live in ARC Homes supported accommodation at the end of their treatment and is currently undertaking training with Workways and looking at future employment which they have never experienced before due to the negative effects of addiction, they are also On the MOVE with Chooselife and showing real commitment and reliability, engaging in positive outdoor activities and rebuilding trust and relationships with their family. We have also worked closely with Social workers and the Community Drug and Alcohol Team to support with referring to Residential Rehabilitation.

ARC Homes (Accommodation-Recovery-Community)

In 2012 Chooselife started to provide supported accommodation due to the lack of suitable accommodation and the need for support for the vulnerable in our community.

Currently we have 6 properties and have the capacity to house 31 residents. We have purchased 2 of the properties and continue to rent 4 properties with our aim to purchase all the properties we use, to provide supported accommodation, as it provides more security to our residents and we will also have more control over the maintaining of the properties, to provide a better service.

During the year we have supported 45 individuals with 24 tenants being in supported accommodation at the start of the year and 20 tenants moving out during the year and 21 new tenants coming in, with 25 individuals in our properties at the end of the year.

Homelessness is a current issue that we are faced with as an organisation and due to often complex life circumstances individuals find it difficult to secure accommodation due to advance rents, bonds, references and other issues such as long waiting lists. Chooselife doesn't charge a bond or upfront rent and try to make housing as accessible as possible for individuals on low income.

Chooselife offers supported accommodation in a HMO where an individual has their own room and then share the communal areas such as bathroom, kitchen and living room and we carry out daily checks on the properties and individuals we support who often have complex needs such as substance misuse, mental health, offending history etc. and can lack daily living skills or even the ability to manage their own room. Staff help residents with support requirements and also work with other agencies where required. Helping individuals with their benefits and attending appointments, supporting them to register with health services such as GP, Dentist etc. can also be part of the support provided.

Supported accommodation offers housing stability which can then enable individuals to work on other areas of their lives which they are having difficulties with. Negative life experiences and events can often leave people feeling disempowered and hopeless, having stable accommodation and support can often be the tool that enables people to slowly rebuild their lives. We work with many other organisations to enable residents to benefit from specialised support appropriate to their needs and often with the support of different organisations pooling expertise residents are able to move into their own accommodation. During lockdown we have found it very difficult for individuals to find alternative accommodation and there is also a shortage of flats and rentals for single people which can have an effect on people's mental health.

We have supported 1 resident to gain employment during the year and 2 residents have accessed permitted work.

Christmas was a particularly difficult time for residents this year with the Lockdown restrictions and we managed to raise funding for 25 Christmas Hampers from the Western Power Funding WPD 'In This Together - Community Matters' fund, which was filled with food and goodies. The majority of our tenants are vulnerable adults, many with no family to spend Christmas with. For the majority of us, Christmas was different this year! With the Covid virus causing a second lockdown and in Wales, the shops forced to close suddenly the weekend before Christmas day and many not being able to spend Christmas day with all of their families. For our beneficiaries the struggle was even greater, with no extra money to buy luxury goods and no presents from family members, the look on their faces when staff turned up on Christmas Eve with a sack for each one of them was for many overwhelming and unbelievable and we were able to help them feel less isolated and lonely and showed them that someone cared.
Volunteer Support
Volunteering has been affected by the Covid-19 Pandemic and restrictions but we have still managed to keep 1 volunteer driver and the rest of the support has been from our 7 on the MOVE participants. Once restrictions ease we will be looking at volunteer roles again as they are an invaluable part of our service delivery.

Developments

There have been no major developments during the year due to Covid-19 restrictions.

FINANCIAL REVIEW
Result for the year
The Charity's total income for the year was £388k (2020 £260k), with a surplus of 85k (2020 deficit 46.5k).

Principal funding sources
Principal Funding Sources

Principal funding sources for the Charity during the year: The National Lottery - TEE Project, a grant and loan from the Third Sector Resilience Fund for Wales Scheme, administered by WCVA on behalf of the Welsh Government, Rental Income, Awards4All and other grant making bodies.

Reserves policy and review of financial position.
The Trustees have reviewed the Charity's reserve requirements in light of the main risks to the organisation. Policy states that unrestricted funds not committed or invested in tangible fixed assets should be between 3-6 months of expenditure. Based on accounts to 31st March 2021 the target for free reserves is between £75,775 and £151,550. Free reserves includes designated reserves for this purpose. The present level of free reserves available to the Charity of £116,689 falls below the target level and it is the intention of the Trustees to rebuild reserves steadily over the medium to long term. However, the Trustees are mindful of the need to maintain service levels.

FUTURE PLANS

Future Developments

" To continue developing ARC Homes which provides supported accommodation to vulnerable residents.

" To continue to develop the TEE Project to meet the needs of service users and growing demand for services.

" To continue developing social enterprises with the aim of providing meaningful work and training opportunities for service users and to generate income for the charity.

" To continue reviewing the delivery of services in light of Covid -19 to ensure the needs of service users are being met safely.

Service User Comments

"I have been accessing Chooselife for a number of years and they have helped me so much through the years with accommodation, rehab, prison visits, been there for me when in court, feed me, I really don't know where I would be without Chooselife." (SE)

"Chooselife has and still is helping me with accommodation, court appearances, daily cooked meal, 1 to 1 support etc. Chooselife is a service that I really need at this moment of time in my life." (RH)

"Chooselife is an amazing service, they have helped me so many times with my substance mis-use and accommodation, I don't know where I would be today without the help and support and knowledge around substance misuse behaviour." (DT)

"Love the service, the help and support that staff give you." (EL)

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The organisation is a charitable company limited by guarantee, incorporated on 25th May 2004 and registered as a charity on 8th November 2004. The company was established under a Memorandum of Association which established the objectives and powers of the charitable company and is governed under its Articles if Association. In the event of the company being wound up its members are required to contribute an amount not exceeding £10.

Recruitment and appointment of trustees

Trustees are nominated and appointed by the members in a general meeting. A recruitment policy and procedure has been developed and used in recruiting and training new trustees to ensure a robust process is in place.

The directors of the company are also charity trustees for the purposes of charity law.

Organisational structure

The day to day management of the charity is delegated by the Trustees to the Chief Executive Officer, Alan Andrews and the rest of the Management Team. The Management Team has been set up as a working group involved with the daily running of the organisation and is responsible to the Trustees. The group is responsible for drafting policies and guidelines and meets regularly to monitor and evaluate the progress of the project. Financial decisions can only be made within the guidelines set by the Trustees. The group provides a forum for discussions on issues that arise from daily operations and enables perspectives to be processed and presented to the Trustees for consideration.

STRUCTURE, GOVERNANCE AND MANAGEMENT

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. Internal control risks are minimised by the implementation of procedures for all transactions and procedures. Procedures are in place to ensure compliance with Health & Safety of staff, volunteers, clients and visitors to the Centre. Procedures are periodically reviewed to ensure that they continue to meet the needs of the charity.

In March 2020, Covid-19 was a new risk the Trustees needed to assess. On the 23 March 2020 Covid-19 forced closure of the drop-in service. After guidance from the Public Health Wales the centre remains open to provide takeaway lunches, to satisfy the needs of vulnerable and homeless people, the trustees need to continue to identify and revie the risks of Covid-19 to ensure Health & Safety of staff, volunteers, clients and visitors to the Centre.

The trustees meet up four times a year to consider reports from the management team.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number
05137644 (England and Wales)

Registered Charity number
1106639

Registered office
Canolfan Antioch Centre
Copperworks Road
LLANELLI
Carmarthenshire
SA15 2NE

Trustees
Mr W G Pettiford
Mr A Tootill
Miss L J Augustyn

Company Secretary
Mrs A J Howells

Independent Examiner
Ashmole & Co
First Floor
1 St John's Court
Upper Fforest Way
Enterprise Park
Swansea
SA6 8QQ

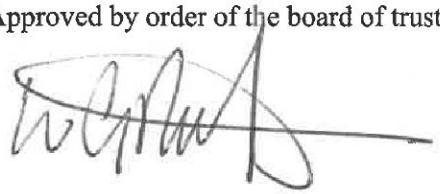
Bankers
Barclays Bank Plc
Leicester
LE87 2BB

REFERENCE AND ADMINISTRATIVE DETAILS

Management Team

Alan Andrews - Managing Director
Amanda Howells - Business & Administration Officer
Ann Heycock - Marketing Development Manager

Approved by order of the board of trustees on 27 September 2021 and signed on its behalf by:



Mr W G Pettiford - Trustee

Independent examiner's report to the trustees of Chooselife Cymru ('the Company')
I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2021.

Responsibilities and basis of report
As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement
Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a registered member of Member of the ICAEW which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

D R Vaughan FCA, FCCA
Member of the ICAEW
Ashmole & Co

27 September 2021

Chooselife Cymru

Statement of Financial Activities
(Incorporating an Income and Expenditure Account)
for the Year Ended 31 March 2021

	Notes	Unrestricted funds £	Restricted funds £	Restricted Capital Grant Funds £	2021 Total funds £	2020 Total funds £
INCOME AND ENDOWMENTS FROM						
Donations and legacies		3,242	-	-	3,242	2,420
Charitable activities	3					
All Activities		234,043	140,175	10,000	384,218	258,122
Investment income	2	27	2	-	29	106
Other income		570	-	-	570	-
Total		237,882	140,177	10,000	388,059	260,648
EXPENDITURE ON						
Raising funds	4	8,105	1,449	-	9,554	9,428
Charitable activities	5					
All Activities		212,252	72,851	8,443	293,546	297,671
Total		220,357	74,300	8,443	303,100	307,099
NET INCOME/(EXPENDITURE)		17,525	65,877	1,557	84,959	(46,451)
Transfers between funds	17	(2,662)	(283)	2,945	-	-
Net movement in funds		14,863	65,594	4,502	84,959	(46,451)
RECONCILIATION OF FUNDS						
Total funds brought forward		101,827	9,956	167,325	279,108	325,559
TOTAL FUNDS CARRIED FORWARD		116,690	75,550	171,827	364,067	279,108

The notes form part of these financial statements

Chooselife Cymru

Balance Sheet
31 March 2021

	Notes	Unrestricted funds £	Restricted funds £	Restricted Capital Grant Funds £	2021 Total funds £	2020 Total funds £
FIXED ASSETS						
Tangible assets	12	224,094	-	171,827	395,921	395,015
CURRENT ASSETS						
Debtors	13	1,238	-	-	1,238	1,634
Cash at bank		82,443	98,309	-	180,752	91,780
		83,681	98,309	-	181,990	93,414
CREDITORS						
Amounts falling due within one year	14	(21,303)	(2,890)	-	(24,193)	(34,609)
NET CURRENT ASSETS		62,378	95,419	-	157,797	58,805
TOTAL ASSETS LESS CURRENT LIABILITIES		286,472	95,419	171,827	553,718	453,820
CREDITORS						
Amounts falling due after more than one year	15	(169,783)	(19,868)	-	(189,651)	(174,712)
NET ASSETS		116,689	75,551	171,827	364,067	279,108
FUNDS	17					
Unrestricted funds					116,689	101,827
Restricted funds					247,378	177,281
TOTAL FUNDS					364,067	279,108

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 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 notes form part of these financial statements

continued...

Balance Sheet - continued
31 March 2021

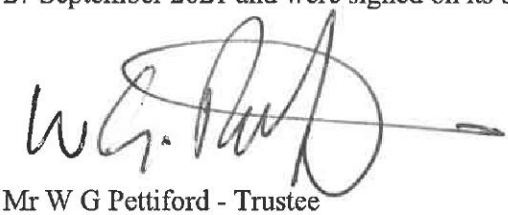
The trustees acknowledge their responsibilities for

(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 provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 27 September 2021 and were signed on its behalf by:



Mr W G Pettiford - Trustee

The notes form part of these financial statements

1. ACCOUNTING POLICIES

Basis of preparing the financial statements
The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland', the Charities Act 2011 and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

The charitable company has taken advantage of the following disclosure exemptions in preparing these financial statements, as permitted by FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland':

- the requirements of Section 7 Statement of Cash Flows;
- the requirement of paragraph 3.17(d);
- the requirements of paragraphs 11.42, 11.44, 11.45, 11.47, 11.48(a)(iii), 11.48(a)(iv), 11.48(b) and 11.48(c);
- the requirements of paragraphs 12.26, 12.27, 12.29(a), 12.29(b) and 12.29A;
- the requirement of paragraph 33.7.

Income
All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure
Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under 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 resources.

Tangible fixed assets
Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Leasehold property	- 5% on cost
Leasehold improvements	- 5% on cost
Fixtures, fittings & equipment	- 15% on reducing balance

Assets acquired with restricted income are initially treated as restricted assets. Where the acquisition of the asset discharges the restriction imposed, the related asset is transferred to unrestricted funds.

Taxation
The charity is exempt from corporation tax on its charitable activities.

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

continued...

1. ACCOUNTING POLICIES - continued

Fund accounting
Designated funds comprise the funds that have been set aside at the discretion of the Trustees for specific purposes. The purpose and use of the designated unrestricted funds is set out in the notes to the accounts.

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.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Debtors
Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid after taking account of any trade discounts due.

Cash at bank in hand
Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

Creditors and Provisions
Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for and trade discounts due

Financial instruments
The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at the carrying value plus accrued interest less repayments. The financing charge to expenditure is at a constant rate calculated using the effective interest method.

Pension costs and other post-retirement benefits
The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

continued...

2. INVESTMENT INCOME

	2021	2020
	£	£
Deposit account interest	29	106

3. INCOME FROM CHARITABLE ACTIVITIES

	Activity	2021	2020
		£	£
DARE	All Activities	775	14,607
Accommodation	All Activities	214,696	191,666
Grants	All Activities	168,482	51,611
Other income	All Activities	265	238
		384,218	258,122

Grants received, included in the above, are as follows:

	2021	2020
	£	£
Oakdale Trust	1,000	1,500
Drugaid	-	28
Sundry grants under £500	-	250
Community Foundation in Wales	780	-
The National Lottery Community Fund	36,066	49,833
Covid Funding	108,283	-
Bernard Sunley	5,000	-
Awards for All	10,000	-
Edward Gostling Foundation	8,000	-
	169,129	51,611

continued...

4. RAISING FUNDS

Other trading activities

	2021	2020
	£	£
Staff costs	9,554	9,428

5. CHARITABLE ACTIVITIES COSTS

	Direct Costs (see note 6)	Support costs (see note 7)	Totals
	£	£	£
All Activities	150,487	143,059	293,546

6. DIRECT COSTS OF CHARITABLE ACTIVITIES

	2021	2020
	£	£
Staff costs	40,695	39,717
Travel and subsistence	387	2,063
Care fund	119	659
Health and fitness costs	8,428	958
Refreshments and food	-	1,080
Outdoor pursuits and sports	625	-
Rehab Referral	1,544	761
Events and workshops	255	557
D.A.R.E. Expenditure	12,149	15,077
Accommodation expenditure	86,285	105,882
	150,487	166,754

7. SUPPORT COSTS

	Management	Finance	Information technology
	£	£	£
All Activities	21,852	1,700	6,579

continued...

7. SUPPORT COSTS - continued

	Human resources	Depreciation	Governance costs	Totals
	£	£	£	£
All Activities	95,972	13,164	3,792	143,059

Support costs, included in the above, are as follows:

	2021 All Activities	2020 Total activities
	£	£
Premises costs	21,688	8,863
Subscription & membership fees	164	114
Bank charges	1,345	1,502
Staff training	355	1,254
IT Support	725	2,185
Communications	3,790	4,230
Printing, post and stationery	1,183	1,644
Sundries	881	509
Office and finance staff	80,228	78,443
Social security	5,095	5,562
Pensions	657	855
Interest payable and similar charges	9,992	6,652
Loss on sale of tangible fixed assets	-	600
Depreciation	13,164	14,534
Consultancy	-	10
Accountancy fees	3,792	3,960
	143,059	130,917

8. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	2021	2020
	£	£
Depreciation - owned assets	13,164	14,534
Surplus/(deficit) on disposal of fixed assets	(570)	600

continued...

9. TRUSTEES' REMUNERATION AND BENEFITS

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

Trustees' expenses

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

10. STAFF COSTS

	2021	2020
	£	£
Wages and salaries	127,233	124,060
Social security costs	7,497	8,167
Other pension costs	1,499	1,778
	136,229	134,005

Staff costs include £56,984 salary and benefits paid to key management personnel during the year.

The average monthly number of employees during the year was as follows:

	2021	2020
Management	2	2
Administration	1	1
Project and day care staff	2	2
	5	5

No employees received emoluments in excess of £60,000.

11. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds	Restricted funds	Restricted Capital Grant Funds	Total funds
	£	£	£	£
INCOME AND ENDOWMENTS FROM				
Donations and legacies	2,420	-	-	2,420
Charitable activities				
All Activities	208,261	49,861	-	258,122
Investment income	104	2	-	106
Total	210,785	49,863	-	260,648
EXPENDITURE ON				

continued...

11. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted funds £	Restricted funds £	Restricted Capital Grant Funds £	Total funds £
Raising funds	8,001	1,427	-	9,428
Charitable activities				
All Activities	239,258	48,215	10,198	297,671
Total	247,259	49,642	10,198	307,099
NET INCOME/(EXPENDITURE)	(36,474)	221	(10,198)	(46,451)
Transfers between funds	41	(41)	-	-
Net movement in funds	(36,433)	180	(10,198)	(46,451)
RECONCILIATION OF FUNDS				
Total funds brought forward	138,260	9,776	177,523	325,559
TOTAL FUNDS CARRIED FORWARD	101,827	9,956	167,325	279,108

continued...

12. TANGIBLE FIXED ASSETS

	Freehold property £	Leasehold property £	Leasehold improvements £	Improvements to property £
COST				
At 1 April 2020	306,070	107,886	34,233	3,525
Additions	-	-	-	10,000
Disposals	-	-	-	-
At 31 March 2021	306,070	107,886	34,233	13,525
DEPRECIATION				
At 1 April 2020	-	70,114	18,843	-
Charge for year	-	5,394	1,712	-
Eliminated on disposal	-	-	-	-
At 31 March 2021	-	75,508	20,555	-
NET BOOK VALUE				
At 31 March 2021	306,070	32,378	13,678	13,525
At 31 March 2020	306,070	37,772	15,390	3,525

	Plant and machinery £	Fixtures, fittings & equipment £	Motor vehicles £	Totals £
COST				
At 1 April 2020	15,238	113,110	21,460	601,522
Additions	-	-	15,995	25,995
Disposals	-	-	(16,200)	(16,200)
At 31 March 2021	15,238	113,110	21,255	611,317
DEPRECIATION				
At 1 April 2020	13,710	91,915	11,925	206,507
Charge for year	382	3,180	2,496	13,164
Eliminated on disposal	-	-	(4,275)	(4,275)
At 31 March 2021	14,092	95,095	10,146	215,396
NET BOOK VALUE				
At 31 March 2021	1,146	18,015	11,109	395,921
At 31 March 2020	1,528	21,195	9,535	395,015

continued...

13. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2021	2020
	£	£
Sundry debtors and prepayments	1,238	1,634

14. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2021	2020
	£	£
Bank loans and overdrafts (see note 16)	17,810	15,568
Other creditors	6,383	19,041
	24,193	34,609

15. CREDITORS: AMOUNTS FALLING DUE AFTER MORE THAN ONE YEAR

	2021	2020
	£	£
Bank loans (see note 16)	189,651	174,712

16. LOANS

An analysis of the maturity of loans is given below:

	2021	2020
	£	£
Amounts falling due within one year on demand:		
Bank overdrafts	-	648
Bank loans	17,810	14,920
	17,810	15,568
Amounts falling between one and two years:		
Bank loans - 1-2 years	17,810	14,920
Amounts falling due between two and five years:		
Bank loans - 2-5 years	53,432	44,759
Amounts falling due in more than five years:		
Repayable by instalments:		
Bank loans more 5 yr by instal	118,409	115,033

continued...

17. MOVEMENT IN FUNDS

	At 1/4/20 £	Net movement in funds £	Transfers between funds £	At 31/3/21 £
Unrestricted funds				
General fund	40,009	(10,699)	(6,113)	23,197
DARE (formally Care Project)	-	(11,451)	11,451	-
ARC Homes Donations	12,347	894	-	13,241
Community Development Fund	43	-	-	43
ARC Homes Accomodation	49,428	30,780	-	80,208
Edward Gostlin foundation Grant	-	8,000	(8,000)	-
	101,827	17,524	(2,662)	116,689
Restricted funds				
Substance Misuse Action Fund - Leasehold Property and Equipment (*)	43,863	(5,730)	2,945	41,078
Big Lottery Fund - Leasehold Property Improvements (*)	4,007	(511)	-	3,496
UK Steel Ltd - Computer Equipment (*)	154	(23)	-	131
Welsh Government - Various Equipment (*)	1,527	(229)	-	1,298
Community Development Fund - Various Equipment (*)	667	(107)	-	560
Big Lottery Fund - Various Equipment (*)	1,126	(169)	-	957
Co-op Community Fund - Pool Table (*)	87	(13)	-	74
Lloyds TSB - Various Equipment (*)	72	(11)	-	61
Big Lottery D.R.A.W - Various Equipment (*)	4,502	(675)	-	3,827
SMAF Capital Funding - Leasehold Property Improvments and Fixtues and Fittings (*)	8,152	(846)	-	7,306
CFAP Capital Funding - The Neville Arms (*)	102,310	-	-	102,310
Awards For All - Various equipment (*)	858	9,871	-	10,729
CSP SMAF Tier 4 Residantial Rehab	-	(648)	648	-
National Lottery Community Fund	8,138	(9,031)	893	-
Darkley Trust	1,818	(1,818)	-	-
Antonio Calucio Foundation	-	5,993	-	5,993
CAF	-	3,106	-	3,106
Third Sector Resilience Fund for Wales Phase 1	-	18,437	(18,437)	-
Third Sector Resilience Fund for Wales Phase 2	-	49,839	16,613	66,452
	177,281	67,435	2,662	247,378
TOTAL FUNDS	279,108	84,959	-	364,067

continued...

continued...

17. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	13,516	(24,215)	(10,699)
DARE (formally Care Project)	775	(12,226)	(11,451)
ARC Homes Donations	894	-	894
ARC Homes Accomodation	214,697	(183,917)	30,780
Edward Gostlin foundation Grant	8,000	-	8,000
	237,882	(220,358)	17,524
Restricted funds			
Substance Misuse Action Fund - Leasehold Property and Equipment (*)	-	(5,730)	(5,730)
Big Lottery Fund - Leasehold Property Improvements (*)	-	(511)	(511)
UK Steel Ltd - Computer Equipment (*)	-	(23)	(23)
Welsh Government - Various Equipment (*)	-	(229)	(229)
Community Development Fund - Various Equipment (*)	-	(107)	(107)
Big Lottery Fund - Various Equipment (*)	-	(169)	(169)
Co-op Community Fund - Pool Table (*)	-	(13)	(13)
Lloyds TSB - Various Equipment (*)	-	(11)	(11)
Big Lottery D.R.A.W - Various Equipment (*)	-	(675)	(675)
SMAF Capital Funding - Leasehold Property Improvments and Fixtues and Fittings (*)	-	(846)	(846)
Awards For All - Various equipment (*)	10,000	(129)	9,871
CSP SMAF Tier 4 Residantial Rehab	(648)	-	(648)
Community Foundation in Wales	780	(780)	-
National Lottery Community Fund	36,068	(45,099)	(9,031)
Darkley Trust	-	(1,818)	(1,818)
Antonio Calucio Foundation	6,300	(307)	5,993
Bernard Sunley	5,000	(5,000)	-
CAF	7,300	(4,194)	3,106
Clothworkers Foundations	4,485	(4,485)	-
Groundwork UK	500	(500)	-
Leathersellers	1,666	(1,666)	-
Moondance	1,000	(1,000)	-
Western Power	750	(750)	-
Oakdale Trust	1,000	(1,000)	-

continued...

17. MOVEMENT IN FUNDS - continued

Big Lottery Fund - Various Equipment (*)	7,700	(7,700)	-
Third Sector Resilience Fund for Wales Phase 1	18,437	-	18,437
Third Sector Resilience Fund for Wales Phase 2	49,839	-	49,839
	150,177	(82,742)	67,435
TOTAL FUNDS	388,059	(303,100)	84,959

continued...

17. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1/4/19 £	Net movement in funds £	Transfers between funds £	At 31/3/20 £
Unrestricted funds				
General fund	55,693	(25,737)	10,053	40,009
DARE (formally Care Project)	1,008	(1,046)	38	-
ARC Homes Donations	11,453	894	-	12,347
Community Development Fund	51	(8)	-	43
ARC Homes Accomodation	60,005	(10,577)	-	49,428
AWARE	10,050	-	(10,050)	-
	138,260	(36,474)	41	101,827
Restricted funds				
Substance Misuse Action Fund - Leasehold Property and Equipment (*)	51,033	(7,170)	-	43,863
Big Lottery Fund - Leasehold Property Improvements (*)	4,518	(511)	-	4,007
UK Steel Ltd - Computer Equipment (*)	181	(27)	-	154
Welsh Government - Various Equipment (*)	1,797	(270)	-	1,527
Community Development Fund - Various Equipment (*)	785	(118)	-	667
Big Lottery Fund - Various Equipment (*)	1,325	(199)	-	1,126
Co-op Community Fund - Pool Table (*)	102	(15)	-	87
Lloyds TSB - Various Equipment (*)	85	(13)	-	72
Big Lottery D.R.A.W - Various Equipment (*)	5,296	(794)	-	4,502
SMAF Capital Funding - Leasehold Property Improvments and Fixtues and Fittings (*)	9,081	(929)	-	8,152
CFAP Capital Funding - The Neville Arms (*)	102,310	-	-	102,310
Awards For All - Various equipment (*)	1,010	(152)	-	858
CSP SMAF Tier 4 Residantial Rehab	-	(706)	706	-
DWP Tenant Income & Payments	747	-	(747)	-
Community Foundation in Wales	243	(243)	-	-
National Lottery Community Fund	5,321	2,817	-	8,138
Darkley Trust	3,465	(1,647)	-	1,818
	187,299	(9,977)	(41)	177,281
TOTAL FUNDS	325,559	(46,451)	-	279,108

continued...

17. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	3,645	(29,382)	(25,737)
DARE (formally Care Project)	14,608	(15,654)	(1,046)
ARC Homes Donations	894	-	894
Community Development Fund	-	(8)	(8)
ARC Homes Accomodation	191,638	(202,215)	(10,577)
	210,785	(247,259)	(36,474)
Restricted funds			
Substance Misuse Action Fund - Leasehold Property and Equipment (*)	-	(7,170)	(7,170)
Big Lottery Fund - Leasehold Property Improvements (*)	-	(511)	(511)
UK Steel Ltd - Computer Equipment (*)	-	(27)	(27)
Welsh Government - Various Equipment (*)	-	(270)	(270)
Community Development Fund - Various Equipment (*)	-	(118)	(118)
Big Lottery Fund - Various Equipment (*)	-	(199)	(199)
Co-op Community Fund - Pool Table (*)	-	(15)	(15)
Lloyds TSB - Various Equipment (*)	-	(13)	(13)
Big Lottery D.R.A.W - Various Equipment (*)	-	(794)	(794)
SMAF Capital Funding - Leasehold Property Improvments and Fixtues and Fittings (*)	-	(929)	(929)
Awards For All - Various equipment (*)	-	(152)	(152)
CSP SMAF Tier 4 Residantial Rehab	29	(735)	(706)
Community Foundation in Wales	-	(243)	(243)
National Lottery Community Fund	49,834	(47,017)	2,817
Darkley Trust	-	(1,647)	(1,647)
	49,863	(59,840)	(9,977)
TOTAL FUNDS	260,648	(307,099)	(46,451)

continued...

17. MOVEMENT IN FUNDS - continued

Restricted Funds

Funds towards capital expenditure

Funds denoted (*) are restricted funds towards the purchase of fixed assets, including property and equipment. These are grouped together on the face of the balance sheet and the fund balances are reduced where appropriate by the depreciation of the equipment during the year.

Other restricted funds are as follows:

SMAF Tier 4 Residential Rehab - Funding received to provide for transportation costs in relation to residential rehabilitation ref errals.

National Lottery Community Fund - TEE - Grant provided in respect of the Train, equip, empower program.

Community Foundation in Wales - Funding for lunch supplies, cooker and cooker hood etc.

Darkley Trust - Funding to provide services to service users and the homeless in the area, including laundry facilit ies, clothes bank, showering facilities and personal care supplies.

Antinio Calucio Foundation - Funding for lunch supplies.

Third Sector Resilience Fund for Wales - Phase 1 - Funding to help with costs of surviving the COVID-19 pandemic

Third Sector Resilience Fund for Wales - Phase 2 - Funding provided in respect of the Train, equip, empower program.

Unrestricted Designated Funds

DARE (formally CARE Project - Income generated from operating the Development and Recovery Enterprises project designat ed to support the continuation of the project.

ARC Homes Donations - Donations received designated to the support of the ARC Homes project.

Community Development Fund - Funds designated for the purchase of fixed assets in 2010, reduced by the depreciation of those assets on an annual basis.

ARC Homes Accommodation - Income generated from operating the supported accommodation project designated to th e support of the Accommodation Recovery Community Homes project.

Edward Gostlin Foundation Grant - Funding to help with core costs of surviving the COVID-19 pandemic.

Transfers between funds

Transfer from general funds has been made to SMAF Tier 4 Residential Rehab and National Lottery Community Fund.

continued...

18. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2021.