

**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

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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.

## Chooselife Cymru

### Report of the Trustees for the Year Ended 31 March 2024

#### **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.

## Chooselife Cymru

### Report of the Trustees for the Year Ended 31 March 2024

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.

## Chooselife Cymru

### Report of the Trustees for the Year Ended 31 March 2024

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"**

## Chooselife Cymru

### Report of the Trustees for the Year Ended 31 March 2024

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.**



## Chooselife Cymru

### Report of the Trustees for the Year Ended 31 March 2024

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.

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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.

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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	Food Bank	Rehab	Other	Medical	Police	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
<b>TOTAL</b>	<b>587</b>	<b>382</b>	<b>80</b>	<b>22</b>	<b>44</b>	<b>16</b>	<b>45</b>	<b>112</b>	<b>4508</b>

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.

## Chooselife Cymru

### Report of the Trustees for the Year Ended 31 March 2024

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.

Chooselife Cymru

Report of the Trustees  
for the Year Ended 31 March 2024

**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.

## Chooselife Cymru

### Report of the Trustees for the Year Ended 31 March 2024

#### **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).

## Chooselife Cymru

### Report of the Trustees for the Year Ended 31 March 2024

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.

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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 of Association. In the event of the company being wound up its members are required to contribute an amount not exceeding £10.

## Chooselife Cymru

### Report of the Trustees for the Year Ended 31 March 2024

#### **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 continued 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

Chooselife Cymru

Report of the Trustees  
for the Year Ended 31 March 2024

**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:

A handwritten signature in black ink, appearing to read 'W. G. Pettiford', written over a horizontal line.

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.

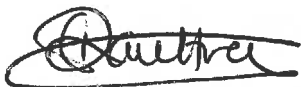
**Independent examiner's statement**

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

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

The notes form part of these financial statements

Chooselife Cymru

Balance Sheet  
31 March 2024

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

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

Chooselife Cymru

Balance Sheet - continued

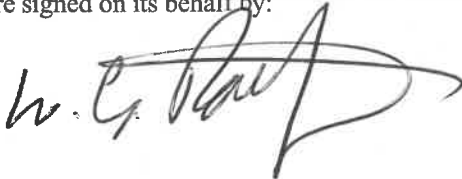
31 March 2024

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:

A handwritten signature in black ink, appearing to read 'W. G. Pettiford', with a large, sweeping flourish extending to the right.

Mr W G Pettiford - Trustee

The notes form part of these financial statements

## Chooselife Cymru

### Notes to the Financial Statements for the Year Ended 31 March 2024

#### **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.

Chooselife Cymru

Notes to the Financial Statements - continued  
for the Year Ended 31 March 2024

**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.

Chooselife Cymru

Notes to the Financial Statements - continued  
for the Year Ended 31 March 2024

**2. INVESTMENT INCOME**

	2024	2023
	£	£
Deposit account interest	1,566	451
	<u>          </u>	<u>          </u>

**3. INCOME FROM CHARITABLE ACTIVITIES**

		2024	2023
	Activity	£	£
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	-
		<u>300,168</u>	<u>232,448</u>

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	-
	<u>30,471</u>	<u>44,305</u>

Chooselife Cymru

Notes to the Financial Statements - continued  
for the Year Ended 31 March 2024

**4. RAISING FUNDS**

**Other trading activities**

	2024	2023
	£	£
Staff costs	9,400	10,137
	<u>          </u>	<u>          </u>

**5. CHARITABLE ACTIVITIES COSTS**

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

**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
Rchab 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
	<u>          </u>	<u>          </u>
	151,668	156,145
	<u>          </u>	<u>          </u>



Chooselife Cymru

Notes to the Financial Statements - continued  
for the Year Ended 31 March 2024

**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	2023
	All Activities	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

Chooselife Cymru

Notes to the Financial Statements - continued  
for the Year Ended 31 March 2024

**8. NET INCOME/(EXPENDITURE)**

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

	2024	2023
	£	£
Depreciation - owned assets	<u>12,647</u>	<u>14,188</u>

**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	<u>1,655</u>	<u>1,757</u>
	<u>140,046</u>	<u>145,708</u>

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	<u>2</u>	<u>2</u>
	<u>5</u>	<u>5</u>

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

Chooselife Cymru

Notes to the Financial Statements - continued  
for the Year Ended 31 March 2024

**11. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES**

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

Chooselife Cymru

Notes to the Financial Statements - continued  
for the Year Ended 31 March 2024

**12. TANGIBLE FIXED ASSETS**

	Freehold property £	Leasehold property £	Leasehold improvements £	Improvements to property £
<b>COST</b>				
At 1 April 2023 and 31 March 2024	203,760	107,886	34,233	10,000
<b>DEPRECIATION</b>				
At 1 April 2023	-	86,296	23,979	-
Charge for year	-	5,394	1,712	-
At 31 March 2024	-	91,690	25,691	-
<b>NET BOOK VALUE</b>				
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 £
<b>COST</b>				
At 1 April 2023 and 31 March 2024	15,238	113,110	26,755	510,982
<b>DEPRECIATION</b>				
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
<b>NET BOOK VALUE</b>				
At 31 March 2024	529	11,021	10,286	260,334
At 31 March 2023	689	12,973	13,715	272,981

Chooselife Cymru

Notes to the Financial Statements - continued  
for the Year Ended 31 March 2024

**13. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	2024	2023
	£	£
Sundry debtors and prepayments	4,881	4,373
	<u>4,881</u>	<u>4,373</u>

**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
	<u>33,015</u>	<u>32,096</u>

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

	2024	2023
	£	£
Bank loans (see note 16)	153,772	158,822
	<u>153,772</u>	<u>158,822</u>

**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
	<u>18,683</u>	<u>17,910</u>
Amounts falling between one and two years:		
Bank loans - 1-2 years	18,683	17,910
	<u>18,683</u>	<u>17,910</u>
Amounts falling due between two and five years:		
Bank loans - 2-5 years	56,049	53,729
	<u>56,049</u>	<u>53,729</u>
Amounts falling due in more than five years:		
Repayable by instalments:		
Bank loans more 5 yr by instal	79,040	87,183

Chooselife Cymru

Notes to the Financial Statements - continued  
for the Year Ended 31 March 2024

**17. MOVEMENT IN FUNDS**

	At 1/4/23 £	Net movement in funds £	Transfers between funds £	At 31/3/24 £
<b>Unrestricted funds</b>				
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
	<hr/> 154,155	<hr/> (5,405)	<hr/> 4,655	<hr/> 153,405
<b>Restricted funds</b>				
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
	<hr/> 161,343	<hr/> 12,978	<hr/> (4,655)	<hr/> 169,666

Chooselife Cymru

Notes to the Financial Statements - continued  
for the Year Ended 31 March 2024

<b>TOTAL FUNDS</b>	<u>315,498</u>	<u>7,573</u>	<u>-</u>	<u>323,071</u>
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Chooselife Cymru

Notes to the Financial Statements - continued  
for the Year Ended 31 March 2024

**17. MOVEMENT IN FUNDS - continued**

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

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
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)
	<hr/>	<hr/>	<hr/>
	264,338	(269,743)	(5,405)
<b>Restricted funds</b>			
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
	<hr/>	<hr/>	<hr/>
	37,879	(24,901)	12,978



Chooselife Cymru

Notes to the Financial Statements - continued  
for the Year Ended 31 March 2024

**17. MOVEMENT IN FUNDS - continued**

<b>TOTAL FUNDS</b>	<u>302,217</u>	<u>(294,644)</u>	<u>7,573</u>
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Chooselife Cymru

Notes to the Financial Statements - continued  
for the Year Ended 31 March 2024

**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 £
<b>Unrestricted funds</b>				
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 Accommodation	104,279	(328)	(3,525)	100,426
Marketing Video - Design fund	668	1,542	-	2,210
	<u>156,575</u>	<u>(3,392)</u>	<u>972</u>	<u>154,155</u>
<b>Restricted funds</b>				
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 Improvements and Fixtures 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
	<u>225,221</u>	<u>(62,906)</u>	<u>(972)</u>	<u>161,343</u>

Chooselife Cymru

Notes to the Financial Statements - continued  
for the Year Ended 31 March 2024

<b>17. MOVEMENT IN FUNDS - continued</b>				
<b>TOTAL FUNDS</b>	<u>381,796</u>	<u>(66,298)</u>	<u>-</u>	<u>315,498</u>

Chooselife Cymru

Notes to the Financial Statements - continued  
for the Year Ended 31 March 2024

**17. MOVEMENT IN FUNDS - continued**

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

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
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
	<hr/>	<hr/>	<hr/>
	223,046	(226,438)	(3,392)
<b>Restricted funds</b>			
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)	-
	<hr/>	<hr/>	<hr/>
	17,055	(79,961)	(62,906)
<b>TOTAL FUNDS</b>	<hr/>	<hr/>	<hr/>
	240,101	(306,399)	(66,298)

**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 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.

**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 assets on an annual basis.

Chooselife Cymru

Notes to the Financial Statements - continued  
for the Year Ended 31 March 2024

**17. MOVEMENT IN FUNDS - continued**

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

**18. RELATED PARTY DISCLOSURES**

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