

Company registration number: 05495576
Charity registration number: 1112812

**YES TO LIFE LTD
TRUSTEES' REPORT AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025**

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Yes To Life Ltd
Company No. 05495576
Trustees' Report For The Year Ended 31 March 2025

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

Objectives and Activities

Aims and Objectives

The Charity is governed by a Memorandum and Articles of Association. The main objectives of the Charity are:

1. The relief and support of people who have cancer and their carers through our Help Line and other services and providing high quality information with easy access.
2. Raising awareness of integrative medicine and to assist wherever possible in making it more generally available.
3. Through our education programme, bringing together well researched information and speakers to keep the public, health officials and people who work in the integrative and lifestyle arena advised of latest developments in the options for cancer treatment in the UK and overseas.
4. Through our Wellbeing Workshops, bringing together people with cancer and companies/practitioners who can provide useful information and practical help across a range of activities.
5. Through our Wigwam Support Groups enable mutually supportive interaction between beneficiaries.

Public Benefit

The Charity undertook the following activities to further its objectives and aims for the public benefit:

- Providing vital information to cancer patients through our helpline
- Obtaining discounts on the cost of supplies and services for our beneficiaries
- Maintaining a programme of Helpline Operator training to support high standards of service and add new trainees to the existing team.
- Continuing to develop and train the Yes to Life team.
- Further developing the Wigwam and Wellbeing Workshops across the UK
- Maintaining a programme of high-quality events for the purposes of education.
- Continuing to focus on strong corporate partnerships.
- Collaborative working with other charitable organisations who support the Yes to Life ethos.
- Continue to review revenue producing special projects.
- Being a driving force for change.

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

Achievements and Performance

Main Achievements

Volunteers

The charity has incredible support from our volunteers to support our services like our helpline, our wigwam groups, wellbeing sessions and other volunteers who are involved in activities such as research and events. The Charity had a total of 180 volunteers during the year. All volunteers undergo a training programme which consists of 3 modules spread across a 2-month period. Volunteers have regular contact with their Co-Ordinator and meet as a group during the year.

Achievements and performance

The charity has celebrated 2024 - 2025 as our 20th Anniversary. This has presented an excellent opportunity to raise the profile of both the charity and Integrative Oncology. The celebrations began with a Launch at the House of Commons at which we showcased the achievements of the last two decades, as well as the team members, both past and present, who made them possible. We heard from high-profile supporters Sheila Dillon, Barbara Flynn, Chris Lewis, Prof Karol Sikora, Janey Lee Grace and Dr Penny Kechagioglou exactly why our work is so crucial and so valued. As is the inclusive nature of Yes to Life events, the guests were from a broad spectrum of spaces in Integrative Medicine, bringing in long-established players as well as more recent arrivals, and generating an exciting atmosphere, charged with the potential for positive development in oncology.

The Anniversary has presented many opportunities for celebration in a wide variety of ways, spreading forward into the 2025-6 period. The increased profile it has brought the organisation has prompted others to regularly describe Yes to Life in the media as 'The leading charity in Integrative Oncology' or sometimes even the 'only' one.

As if timed to be a part of the celebrations, 2025 began with the inclusion of the Chair & Founder, Robin Daly, in the New Year's Honours List, with an MBE for services to people with cancer. This was, for the charity, a key moment, marking clearly the transition from rank outsider in oncology 20 years earlier, to recognised contributor to the field today. Along with this, invitations for Robin to speak in the USA have begun to appear, and other awards are on the horizon.

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Yes To Life Ltd

Trustees' Report (continued)

For The Year Ended 31 March 2025

Main Achievements - continued

Within the organisation there has been a further strengthening and focusing of the Board and we count ourselves fortunate to have now a team of hugely committed and skilled board members to oversee our operations and progress.

In addition, we have expanded our range of Advisors. Kerri Summers has continued in her highly valued role as Advisor to the Chair and CEO, while Karen James has been appointed as PR and Brand Advisor, Hanna Spiridonidis as Strategic Advisor, and Jerome Burne plans to step down from his position as longest-standing Trustee to become our Media Advisor. In addition, we have appointed eleven leading specialists from the field of Integrative Oncology as our Lead Advisors in a range of areas, to provide us with authoritative comment and expert opinion and guidance when needed.

Our operations team has been further strengthened by the addition of a part-time Community Fundraising Officer. This appointment has reduced the dependence on our CEO Miquel Leon in regard to fundraising, and allowed for a significant upturn in our community-related activities and support.

Our core services to beneficiaries have not essentially changed, but have all expanded. These include our Helpline, Wigwam support groups, both in-person and online, and a wide variety of Wellbeing Sessions, provided online by expert practitioners.

Our output of media has increased once again. The weekly Yes to Life Show on UK Health Radio celebrated its 10th Anniversary and now attracts well over 600,000 listeners per month. The monthly CANCERTALK podcast - co-hosted by Senior NHS Oncologist Dr Penny Kechagioglou and Robin Daly - has continued into a Series 2, showcasing many distinguished health professionals with an interest in Integrative Oncology. Additionally, a new quarterly podcast - Frontiers in Cancer Care - has resulted from the ongoing collaboration with CancerChoices of California. The podcast is co-hosted by CancerChoices Founder and pioneer of Integrative Oncology, Michael Lerner and Robin Daly, and aims to present leaders in integration who are impacting the field internationally.

The other significant result of the partnership with CancerChoices has been the linking of datasets in our website directories. Each organisation recognised the particular strengths of the other's data and concluded that the 'best of both worlds' could be achieved by cross-linking, thereby significantly improving the user experience of both sites.

And we are pleased to report that the environment for our work has become increasingly supportive, with more mainstream clinicians openly praising our work. Robin Daly was invited to speak to an audience of NHS health workers at the RSM - a 'first' - and the Integrative & Personalised Medicine Show this year had more mainstream clinicians attending than ever. Meanwhile, government policy continues to move towards Lifestyle Medicine, prevention, choice and self-care, all arenas we have worked to promote since 2005.

Financial Review

Financial Position

Financial review

It is the policy of the charity that unrestricted funds which have not been designated for a specific use should be maintained at a level equivalent to six months' expenditure. The trustees consider that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the charity's current activities while consideration is given to ways in which additional funds may be raised. We have been working towards putting aside these reserves throughout the year.

Income for the year amounted to £248,590, an increase of £54,719 from 2024, of which £152,294 was unrestricted and £96,296 was restricted. Expenditure amounted to £279,185, an increase from £183,207 in 2024. Unrestricted funds at 31 March 2025 are £32,432 and Restricted funds are £48,649. The level of free reserves, being total funds, less restricted funds, less fixed assets at 31 March 2025 are £29,244.

We are fortunate to have received significant support this year from a range of charitable sources to make all our activities possible. Significant donors include:

- The National Lottery Community Fund
- The London Irish Vintage Club
- Legacy from Petrina & Ian Booth
- McGovern Brothers Haulage
- MCS Formulas
- Legacy from Penelope Tobin
- Charlotte Bruning
- Elisabeth Sparkes

along with many generous supporters, some of whom prefer to remain anonymous. We are enormously grateful to them all.

Yes To Life Ltd
Trustees' Report (continued)
For The Year Ended 31 March 2025

Future Developments

In the coming year we plan to build on the enormous success of our 20th Anniversary year, which considerably raised the profile of, and support for, the charity. In particular, the launch of our Integrative Oncology Awards scheme to showcase excellent practice in this arena was hugely popular, and will become an annual event. Additionally, the recognition of the work of the Founder in the New Year's Honours has brought with it a range of new opportunities both in the UK and abroad that we expect to build on further.

Structure, Governance and Management

Governing Document

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

The liability of each member of the company, in the event of its winding up, is limited to £10.

The directors of the company are also the charity trustees for the purpose of charity law. Under the Articles of the company the Charity is managed by the Board of Directors. One third of the directors retire by rotation in each annual general meeting.

Trustee Selection Methods

If a Trustee retires/resigns from the charity or an experience gap is recognised, the Trustee Board are asked to identify any people they know who might be suitable. In addition to this method, various sites are used for advertising for Trustees.

Reference and Administrative Details

Trustees

Mr Dominic Brierley
John Jeremy Michael Burne
Mrs Clare Cowan (appointed 27/09/2024)
Mr Robin Michael Kirkpatrick Daly
Mrs Nicola Simone Lafayette
Mrs Lisa Morris (appointed 27/09/2024)
Mrs April Ozlem Moss
Mrs Sheryl Anne Rylance (appointed 24/10/2024)
Mrs Hanna Spiridonidis (appointed 27/09/2024)
Ms Fay Sweet
Mr Adrian Howard Taylor
Ms Clare Louise McLusky (resigned 24/08/2024)

Charity Number

1112812

Company Number

05495576

Independent Examiner

Kelly Wilcox Chartered Institute of Management Accountants
Claritas Accountancy Ltd
1 Peach Street
Wokingham
RG40 1XJ

Yes To Life Ltd
Trustees' Report (continued)
For The Year Ended 31 March 2025

Small Company Rules

This report has been prepared in accordance with the special provisions relating to companies subject to the small companies regime within Part 15 of the Companies Act 2006.

The trustees' report was approved by the board of trustees and signed on its behalf by:

Mr Robin Michael Kirkpatrick Daly

Trustee

05/12/2025

Yes To Life Ltd
Independent Examiner's Report to the Trustees of Yes To Life Ltd
For The Year Ended 31 March 2025

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 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.

Kelly Wilcox Chartered Institute of Management Accountants
05/12/2025
Claritas Accountancy Ltd
1 Peach Street
Wokingham
RG40 1XJ

Yes To Life Ltd
Statement of Financial Activities (including Income and Expenditure Account)
For The Year Ended 31 March 2025

				2025	2024
		Unrestricted funds	Restricted funds	Total funds	Total funds
	Notes	£	£	£	£
INCOME AND ENDOWMENTS FROM:					
Donations and legacies	3	75,218	46,532	121,750	137,352
Charitable activities:					
Events		75,626	2,084	77,710	28,729
PFS		-	47,680	47,680	26,456
Other trading activities	4	334	-	334	618
Investments	5	1,116	-	1,116	716
		<u>152,294</u>	<u>96,296</u>	<u>248,590</u>	<u>193,871</u>
EXPENDITURE ON:					
Raising funds	7	(42,800)	(8,952)	(51,752)	(27,789)
Charitable activities:	7				
Charitable activities		(46,784)	(76,946)	(123,730)	(73,081)
Other		(76,449)	(27,254)	(103,703)	(82,337)
		<u>(166,033)</u>	<u>(113,152)</u>	<u>(279,185)</u>	<u>(183,207)</u>
NET (EXPENDITURE)/INCOME		<u>(13,739)</u>	<u>(16,856)</u>	<u>(30,595)</u>	<u>10,664</u>
Transfers between funds	18	15,799	(15,799)	-	-
NET MOVEMENT IN FUNDS		<u>2,060</u>	<u>(32,655)</u>	<u>(30,595)</u>	<u>10,664</u>
RECONCILIATION OF FUNDS:					
Total funds brought forward		30,372	81,304	111,676	101,012
TOTAL FUNDS CARRIED FORWARD	18	<u>32,432</u>	<u>48,649</u>	<u>81,081</u>	<u>111,676</u>

The notes on pages 9 to 15 form part of these financial statements.

Yes To Life Ltd
Comparative Statement of Financial Activities (including Income and Expenditure
Account)
For The Year Ended 31 March 2025

				2024
		Unrestricted	Restricted	Total
	Notes	funds	funds	funds
		£	£	£
INCOME AND ENDOWMENTS FROM:				
Donations and legacies	3	82,387	54,965	137,352
Charitable activities:				
Events		28,255	474	28,729
PFS		-	26,456	26,456
Other trading activities	4	618	-	618
Investments	5	716	-	716
		<u>111,976</u>	<u>81,895</u>	<u>193,871</u>
EXPENDITURE ON:				
Raising funds	7	(13,979)	(13,810)	(27,789)
Charitable activities:	7			
Charitable activities		(34,929)	(38,152)	(73,081)
Other		(62,518)	(19,819)	(82,337)
		<u>(111,426)</u>	<u>(71,781)</u>	<u>(183,207)</u>
NET INCOME		550	10,114	10,664
Transfers between funds	18	167	(167)	-
NET MOVEMENT IN FUNDS		717	9,947	10,664
RECONCILIATION OF FUNDS:				
Total funds brought forward		29,655	71,357	101,012
TOTAL FUNDS CARRIED FORWARD	18	<u>30,372</u>	<u>81,304</u>	<u>111,676</u>

The notes on pages 9 to 15 form part of these financial statements.

**Yes To Life Ltd
Balance Sheet
As At 31 March 2025**

				2025	2024
		Unrestricted funds	Restricted funds	Total funds	Total funds
	Notes	£	£	£	£
FIXED ASSETS					
Tangible Assets	12	3,088	-	3,088	2,884
Investments	13	100	-	100	100
		<u>3,188</u>	<u>-</u>	<u>3,188</u>	<u>2,984</u>
CURRENT ASSETS					
Stocks	14	193	-	193	883
Debtors	15	24,472	-	24,472	34,419
Cash at bank and in hand		33,462	48,649	82,111	85,821
		<u>58,127</u>	<u>48,649</u>	<u>106,776</u>	<u>121,123</u>
Creditors: Amounts Falling Due Within One Year	16	<u>(28,883)</u>	<u>-</u>	<u>(28,883)</u>	<u>(12,431)</u>
NET CURRENT ASSETS (LIABILITIES)		<u>29,244</u>	<u>48,649</u>	<u>77,893</u>	<u>108,692</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>32,432</u>	<u>48,649</u>	<u>81,081</u>	<u>111,676</u>
NET ASSETS		<u>32,432</u>	<u>48,649</u>	<u>81,081</u>	<u>111,676</u>
FUNDS OF THE CHARITY					
Restricted Funds				48,649	81,304
Unrestricted Funds				32,432	30,372
TOTAL FUNDS	18			<u>81,081</u>	<u>111,676</u>

For the year ending 31 March 2025 the charitable company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the charitable company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

On behalf of the board

Mr Robin Michael Kirkpatrick Daly

Trustee
05/12/2025

The notes on pages 9 to 15 form part of these financial statements.

Yes To Life Ltd
Notes to the Financial Statements
For The Year Ended 31 March 2025

1. General Information

Yes To Life Ltd is a company limited by guarantee, incorporated in England & Wales, registered number 05495576 and registered charity number 1112812. The registered office is .

2. Accounting Policies

2.1. Basis of Preparation of Financial Statements

The financial statements 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 2019)", Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and the Companies Act 2006.

The charitable company is a Public Benefit Entity as defined by FRS 102.

2.2. Incoming Resources

Income is included in the Statement of Financial Activities when the charity becomes entitled to, and virtually certain to receive, the income and the amount of the income can be measured with sufficient reliability.

2.3. Resources Expended

Expenditure is recognised on an accruals basis. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates.

2.4. Tangible Fixed Assets and Depreciation

Tangible fixed assets are measured at cost less accumulated depreciation and any accumulated impairment losses. Depreciation is provided at rates calculated to write off the cost of the fixed assets, less their estimated residual value, over their expected useful lives on the following bases:

Fixtures & Fittings	25% Reducing balance
Computer Equipment	25% Reducing balance

2.5. Investments

2.6. Stocks and Work in Progress

Stocks and work in progress are valued at the lower of cost and net realisable value after making due allowance for obsolete and slow-moving stocks.

Cost is determined using the first-in, first-out method. Cost includes all direct costs and an appropriate proportion of fixed and variable overheads.

Work in progress is reflected in the accounts on a contract by contract basis by recording turnover and related costs as contract activity progresses.

At the end of each reporting period stocks are assessed for impairment. If an item of stock is impaired, the identified stock is reduced to its selling price less costs to complete and sell and an impairment charge is recognised in the statement of financial activities. Where a reversal of the impairment is required the impairment charge is reversed, up to the original impairment loss, and is recognised as a credit in the statement of financial activities.

2.7. Cash and Cash Equivalents

Cash and cash equivalents are basic financial assets and include cash in hand and deposits held at call with banks, other short-term highly liquid investments that mature in no more than three months from the date of acquisition and are readily convertible to a known amount of cash with insignificant risk of change in value, and bank overdrafts.

3. Income from Donations and Legacies

Yes To Life Ltd
Notes to the Financial Statements (continued)
For The Year Ended 31 March 2025

	Unrestricted funds	Restricted funds	2025 Total funds
	£	£	£
Donations and gifts	57,035	15,729	72,764
Gift aid	16,183	-	16,183
Grants	2,000	30,803	32,803
	<u>75,218</u>	<u>46,532</u>	<u>121,750</u>

	Unrestricted funds	Restricted funds	2024 Total funds
	£	£	£
Donations and gifts	70,522	6,675	77,197
Gift aid	11,265	-	11,265
Grants	600	48,290	48,890
	<u>82,387</u>	<u>54,965</u>	<u>137,352</u>

4. Income from Other Trading Activities

	2025 Unrestricted funds	2024 Unrestricted funds
	£	£
Collaborations	<u>334</u>	<u>618</u>

5. Investment Income

	2025 Unrestricted funds	2024 Unrestricted funds
	£	£
Bank interest receivable	<u>1,116</u>	<u>716</u>

6. Net Income/(Expenditure)

The net (expenditure)/income is stated after charging/(crediting):

	2025 £	2024 £
Depreciation of tangible fixed assets - owned	881	877
Gain/Loss on disposal of tangible fixed assets	<u>283</u>	<u>-</u>

Yes To Life Ltd
Notes to the Financial Statements (continued)
For The Year Ended 31 March 2025

7. Analysis of Expenditure

	2025		
	Activities undertaken directly	Support costs (see note 8)	Total
	£	£	£
Raising funds	45,613	6,139	51,752
Charitable activities	13,982	109,748	123,730
Other	30,364	73,339	103,703
	<u>89,959</u>	<u>189,226</u>	<u>279,185</u>
	2024		
	Activities undertaken directly	Support costs (see note 8)	Total
	£	£	£
Raising funds	27,789	-	27,789
Charitable activities	-	73,081	73,081
Other	27,225	55,112	82,337
	<u>55,014</u>	<u>128,193</u>	<u>183,207</u>

8. Support Costs

	2025			
	Raising funds	Charitable activities	Other	Total
	£	£	£	£
Employee costs	-	65,893	49,955	115,848
General administration	6,139	43,855	22,220	72,214
Depreciation	-	-	1,164	1,164
	<u>6,139</u>	<u>109,748</u>	<u>73,339</u>	<u>189,226</u>
	2024			
		Charitable activities	Other	Total
		£	£	£
Employee costs		44,573	37,582	82,155
General administration		28,508	16,653	45,161
Depreciation		-	877	877
		<u>73,081</u>	<u>55,112</u>	<u>128,193</u>

9. Independent Examiner's Remuneration

	2025	2024
	£	£
Independent examination of the financial statements	<u>2,700</u>	<u>3,519</u>

Yes To Life Ltd
Notes to the Financial Statements (continued)
For The Year Ended 31 March 2025

10. Staff Costs

Staff costs were as follows:

	2025	2024
	£	£
Wages and salaries	105,676	79,655
Social security costs	1,492	-
Other pension costs	1,797	1,010
	<u>108,965</u>	<u>80,665</u>

No employees received employee benefits (excluding employer pension costs) for the reporting period of more than £60,000.

11. Average Number of Employees

Average number of employees during the year was: 7 (2024:)

12. Tangible Assets

	Fixtures & Fittings	Computer Equipment	Total
	£	£	£
Cost			
As at 1 April 2024	219	9,264	9,483
Additions	-	1,368	1,368
Disposals	(219)	(780)	(999)
As at 31 March 2025	<u>-</u>	<u>9,852</u>	<u>9,852</u>
Depreciation			
As at 1 April 2024	219	6,380	6,599
Provided during the period	-	881	881
Disposals	(219)	(497)	(716)
As at 31 March 2025	<u>-</u>	<u>6,764</u>	<u>6,764</u>
Net Book Value			
As at 31 March 2025	<u>-</u>	<u>3,088</u>	<u>3,088</u>
As at 1 April 2024	<u>-</u>	<u>2,884</u>	<u>2,884</u>

13. Investments

	Unlisted
	£
Cost or Valuation	
As at 1 April 2024	100
As at 31 March 2025	<u>100</u>
Provision	
As at 1 April 2024	-
As at 31 March 2025	<u>-</u>
Net Book Value	
As at 31 March 2025	<u>100</u>
As at 1 April 2024	<u>100</u>

Yes To Life Ltd
Notes to the Financial Statements (continued)
For The Year Ended 31 March 2025

14. Stocks

	2025	2024
	£	£
Stock	193	883

15. Debtors

	2025	2024
	£	£
Due within one year		
Trade debtors	2,950	3,500
Amounts owed by group undertakings	-	5,846
Other debtors	21,522	25,073
	<u>24,472</u>	<u>34,419</u>

16. Creditors: Amounts Falling Due Within One Year

	2025	2024
	£	£
Trade creditors	2,843	3,927
Amounts owed to group undertakings	250	-
Taxation and social security	2,134	1,024
Accruals and deferred income	23,656	7,480
	<u>28,883</u>	<u>12,431</u>

17. Pension Commitments

The charitable company operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the charitable company in an independently administered fund.

During the year the charge to the statement of financial activities in respect of defined contribution schemes was £1,797 (2024: £1,010).

At the balance sheet date contributions of £NIL were due to the fund and are included in creditors.

18. Movement in Funds

	As at 1 April 2024	Income	Expenditure	Transfers	As at 31 March 2025
	£	£	£	£	£
Unrestricted funds					
General:					
General unrestricted fund	26,526	152,294	(166,033)	15,749	28,536
Designated:					
Winding up funds	3,846	-	-	50	3,896
Total unrestricted funds	<u>30,372</u>	<u>152,294</u>	<u>(166,033)</u>	<u>15,799</u>	<u>32,432</u>

Restricted funds

PFS Funds	14,901	47,680	(37,633)	(15,799)	9,149
Counselling Services	2,166	-	(141)	-	2,025
Helpline Fund	881	-	(881)	-	-
Nutrition Programme	30,765	-	(11,075)	-	19,690
Peer to Peer Fund	12,349	29,941	(29,994)	-	12,296
Wellbeing Fund	2,543	16,014	(15,055)	-	3,502

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Yes To Life Ltd
Notes to the Financial Statements (continued)
For The Year Ended 31 March 2025

Other	1,389	2,661	(3,179)	-	871
Empowering Lives Volunteer Fund	16,310	-	(15,194)	-	1,116
Total restricted funds	81,304	96,296	(113,152)	(15,799)	48,649
Total funds	111,676	248,590	(279,185)	-	81,081
	As at 1 April 2023	Income	Expenditure	Transfers	As at 31 March 2024
	£	£	£	£	£
Unrestricted funds					
General:					
General unrestricted fund	15,155	111,976	(111,426)	10,821	26,526
Designated:					
Winding up funds	14,500	-	-	(10,654)	3,846
Total unrestricted funds	29,655	111,976	(111,426)	167	30,372
Restricted funds					
PFS Funds	9,191	26,456	(20,579)	(167)	14,901
Counselling Services	1,536	2,000	(1,370)	-	2,166
Helpline Fund	1,758	-	(877)	-	881
Nutrition Programme	43,406	-	(12,641)	-	30,765
Peer to Peer Fund	-	29,991	(17,642)	-	12,349
Fundraising Fund	10,638	-	(10,638)	-	-
Wellbeing Fund	4,828	3,000	(5,285)	-	2,543
Other	-	2,149	(760)	-	1,389
Empowering Lives Volunteer Fund	-	18,299	(1,989)	-	16,310
Total restricted funds	71,357	81,895	(71,781)	(167)	81,304
Total funds	101,012	193,871	(183,207)	-	111,676

19. Transactions with Trustees

During the year the expenses reimbursed to the trustees or paid directly to third parties were as follows:

2025	2024
£	£

20. Related Party Disclosures

Yes To Life Ltd
Notes to the Financial Statements (continued)
For The Year Ended 31 March 2025

21. Company limited by guarantee

The company is limited by guarantee and has no share capital.

Every member of the company undertakes to contribute to the assets of the company, in the event of a winding up, such an amount as may be required not exceeding £1.

Yes To Life Ltd
Detailed Statement of Financial Activities (including Income and Expenditure Account)
For The Year Ended 31 March 2025

	2025	2024
	Total funds	Total funds
	£	£
INCOME AND ENDOWMENTS FROM:		
Donations and legacies		
Donations and gifts	72,764	77,197
Gift aid	16,183	11,265
Grants	32,803	48,890
	<u>121,750</u>	<u>137,352</u>
Charitable Activities:		
Events		
Income from charitable activities	77,710	28,729
	<u>77,710</u>	<u>28,729</u>
PFS		
Income from charitable activities	47,680	26,456
	<u>47,680</u>	<u>26,456</u>
Other trading activities		
Collaborations	334	618
	<u>334</u>	<u>618</u>
Investments		
Bank interest receivable	1,116	716
	<u>1,116</u>	<u>716</u>
	<u>248,590</u>	<u>193,871</u>
EXPENDITURE ON:		
Raising funds		
Consultancy fees	(32,158)	(14,799)
Computer software, IT consumables and maintenance	(9,697)	(8,587)
Printing, postage and stationery	-	(3,183)
Other direct costs	(3,758)	(1,220)
Publications and other information	(6,139)	-
	<u>(51,752)</u>	<u>(27,789)</u>
Charitable Activities:		
Charitable activities		
Consultancy fees	(10,885)	-
Computer software, IT consumables and maintenance	(3,097)	-
Wages and salaries	(64,937)	(44,573)
Employers pensions - defined contributions scheme	(956)	-
Beneficiary Funding	(42,983)	(22,306)
Counselling	-	(1,370)
Service Costs	(872)	(4,832)
	<u>(123,730)</u>	<u>(73,081)</u>
Other		
Consultancy fees	(30,364)	(27,225)
Wages and salaries	(40,739)	(35,082)
Employers NI	(1,492)	-

...CONTINUED

Yes To Life Ltd
Detailed Statement of Financial Activities (including Income and Expenditure Account)
(continued)
For The Year Ended 31 March 2025

Employers pensions - defined contributions scheme	(841)	(1,010)
Staff training	(878)	-
Travel and subsistence expenses	(6,005)	(1,490)
Computer and IT consumables	(8,136)	(7,763)
Insurance	(373)	(348)
Printing, postage and stationery	(706)	(183)
Independent examiner's fees	(2,700)	(3,519)
Legal fees	(3,589)	(1,191)
Publications and other information	(6,222)	(3,257)
Bank charges	(462)	(392)
Sundry	(32)	-
Depreciation of computer equipment	(881)	(877)
Loss on disposal of tangible fixed assets	(283)	-
	(103,703)	(82,337)
	(279,185)	(183,207)
NET (EXPENDITURE)/INCOME	(30,595)	10,664