

IT'S YOUR LIFE

England & Wales · Charity number 1116802

Details

Other names GLOBETOWN LEARNING COMMUNITY

Status Registered

Legal form Charitable company

Company number [05650451](#)

Registered 2006-11-15

Register [View on the Charity Commission register](#)

Contact

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The Glasshouse
161 Old Ford Road
London
E2 9QB

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Website www.itsyourlife.me.uk

Activities

Objects: 1 DELIVERING INNOVATIVE EDUCATIONAL PROJECTS TO CHILDREN YOUNG PEOPLE AND ADULTS AT RISK OF FAILING TO REACH THEIR FULL POTENTIAL DUE TO LACK OF OPPORTUNITY.2 DEVELOPING, SUPPORTING AND PROMOTING PARTNERSHIPS BETWEEN ORGANISATIONS AND INDIVIDUALS WITHIN THE COMMUNITY AND MAINSTREAM EDUCATION PROVISION.3 DEVELOPING INITIATIVES WHICH RAISE EDUCATIONAL ASPIRATION.

Activities: The charity is currently carrying out the following activities: Integrated programme of support to build educational capital and improve the life chances of young people and their families; Classes in ESOL, ICT, Maths and Textiles for parents; Curriculum support for pupils with special needs; Community support in the Arts.

Classification

- **How:** Provides Human Resources, Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, Arts/culture/heritage/science, Amateur Sport
- **Who:** Children/young People, People With Disabilities, People Of A Particular Ethnic Or Racial Origin

Geography

- **Area of benefit:** TOWER HAMLETS, LONDON
- Knowsley
- Liverpool City
- Newham
- Tower Hamlets

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£321,176	£351,858	-	-
2024-03-31	£179,638	£361,143	-	-
2023-03-31	£590,983	£318,159	£371,741	7
2022-03-31	£357,140	£319,665	-	-
2021-03-31	£308,695	£306,523	-	-

Trustees

Name	Role	Appointed
DAVID LEWIS	Chair	2012-01-03
Brian Thomas		2019-04-03
Dr Jamie Ross		2023-06-27
Foyez Rahim		2014-01-07
MELANIE SHERWOOD		2012-01-03

IT'S YOUR LIFE

England & Wales - Charity number 1116802

Accounts

Company number: 05650451

Charity number: 1116802

It's Your Life

(A Charity Company Limited by Guarantee, company number 05650451)

Financial Statements

and

Trustees' Report

for the year ended 31 March 2025

It's Your Life

(A Charity Company Limited by Guarantee, company number 05650451)

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It's Your Life

(A Charity Company Limited by Guarantee, company number 05650451)

Charitable Company Information for the year ended 31 March 2025

Status:	It's Your Life is a company limited by guarantee and a registered charity governed by its memorandum and articles of association. The directors of the charity are its trustees for the purposes of charity law and throughout this report are collectively referred to as the Trustees.	
Charity name:	It's Your Life	
Company registration number:	05650451 (England & Wales)	
Charity registration number:	1116802	
Registered office:	The Glasshouse 161 Old Ford Road London E2 9QB	
Operations address:	The Glasshouse 161 Old Ford Road London E2 9QB	
Trustees who held office during the year:	D Lewis F Rahim M Sherwood B Thomas J Ross	- Appointed 27 June 2023
Chair:	D Lewis	
Secretary:	J Barnes	
Senior Management:	J Barnes	
Independent Examiner:	Anthony Armstrong FCA Armstrong & Co Chartered Accountants & Statutory Auditor 4a Printing House Yard Hackney Road London E2 7PR	
Bankers:	National Westminster Bank Plc Bethnal Green London	

It's Your Life

(A Charity Company Limited by Guarantee, company number 05650451)

Trustees' Report, incorporating the Directors' Report for the year ended 31 March 2025

The Trustees of It's Your Life present their report together with the financial statements for the year ended 31 March 2025.

Trustees

The Trustees of the charity who held office during the year are disclosed on page 3.

Governing Document

It's Your Life is a company limited by guarantee, incorporated on 9 December 2005 and registered as a charity on 15 November 2006. The company was established under a Memorandum of Association which established the objects and powers of the company and is governed under its Articles of Association. In the event of the company being wound up members are required to contribute an amount not exceeding £1 each.

Risk mitigation

The board has examined the principal areas of the charity's operations and considered the major risks which may arise in each of these areas. In the opinion of the Trustees the charity has established resources and review systems which, under normal conditions, should allow the risks identified by them to be mitigated to an acceptable level in its day to day operations.

Activities

It's Your Life is a small dynamic charity with its roots in Tower Hamlets. Over the past 13 years, it has transformed the lives of people with whom it works. The majority of its work takes place in Tower Hamlets with programmes also being delivered in Newham and in Liverpool.

It's Your Life's principal focus is on the education of vulnerable adults, children and young people, who are often hard to reach through conventional services. We recognise that we need to work hard to make contact with those who need our services most and that they often have a complex range of problems. Invariably this means that they will require holistic support, often requiring more than one programme and needing support over an extended period of time.

We provide 3 programmes which are designed to provide wide ranging services aimed at educating, supporting and enabling not only the children themselves, but also their parents and families, in order to improve their life chances.

It's Your Future:

Since April 2016 we have offered an "Unregistered Alternative Provision" (as defined in the Department for Education 'Arranging Alternative Provision February 2025') for young people who need additional support to attend school.

It is an early intervention for pupils who may need an interim placement while they are on a reduced school timetable or not attending school. Schools refer pupils directly to It's Your Life. It is not appropriate for pupils who require long term, specialist provision and on average pupils spend no more than 3 months on the It's Your Future programme. All pupils remain on their own school register. The programme aims to build confidence, provide family support and maximise educational achievement.

The quality of our service provision is maintained by us adhering to our own detailed quality assurance framework but is deemed "unregistered" as we are not following a national registration scheme or inspection framework. The trustees consider registration would add additional costs for scant benefits to the community we serve.

It's Your Child's Life:

Supports parents, equipping them with the tools needed to prepare their children for success in school. It's Your Child's Life believes that in order to tackle under achievement for the poorest children we have to address the poverty that exists in the home. This includes poverty of education and aspiration. Our principal solution to this is a 12-week programme and thereafter various follow-up sessions that give parents the knowledge, attitudes, skills and habits, along with support and confidence to better their parenting and improve their relationships with their child's school.

It's Your Community:

Strengthens ties between different members of the community, by teaching new skills, encouraging social enterprises and supporting positive family and community interaction. Our experience has shown that many members of our community possess skills that are not often tapped into. We address this by providing classes and groups to develop existing and new skills. We provide the facilities, support and expertise to encourage families and individuals to interact through a number of different projects, or indeed set up their own, which creates an inclusive community. This enables and encourages adults to make positive contributions to the community and become actively involved in school and local community initiatives.

It's Your Life

(A Charity Company Limited by Guarantee, company number 05650451)

Trustees' Report, incorporating the Directors' Report for the year ended 31 March 2025

Year in review

Our vision is to empower our community to thrive with accessible and inclusive education. For nearly 20 years, we have been working closely with our local community to develop and refine this offer. We serve a diverse community where many people aspire to improve their lives. Yet, many community members face complex, interconnected challenges—be it unemployment, language barriers, mental health issues, or social isolation. Addressing these requires more than quick fixes; it demands targeted, sustained support that recognises the whole person and their environment. Over the past year our dedicated team has strived to do precisely that—building trust and offering tailored support to maximise the potential for lasting, positive change.

Two years ago, we launched our very successful Community Education Zone, funded by the National Lottery Community Fund. Our aim is to develop a comprehensive range of programmes and services that meet real, evolving needs. Our approach remains as relevant today as when we first started, grounded in the understanding that community development requires patience, commitment, and a holistic perspective. Our building serves as a welcoming space where people can come together to learn and connect. Neighbours of all ages, genders, nationalities, faiths, and backgrounds attend It's Your Life to access learning opportunities and support. The relationships we foster create a safe environment where individuals feel comfortable seeking help for personal challenges—often for the first time.

Our Community Education Zone reaffirmed our belief that holistic support is essential for community well-being. Every interaction with our services offers an opportunity to understand more about the people we support and to help them develop their skills and confidence. At our core, we are dedicated to community, education and kindness.

We are deeply grateful for the vital support from our funders and partners. Their commitment is more important than ever, especially in a time when funding from local authorities and schools remains under significant pressure. This support not only sustains our current programmes but also enables us to innovate and expand our reach.

While there is always more to do, reflecting on this past year fills us with pride and a sense of accomplishment. Despite the numerous challenges faced by small charities like ours—including limited resources and increasing demand—our dedicated staff team remains passionate and motivated. Every day, they are inspired by the tangible difference they make—helping individuals forge new connections, develop vital skills, and celebrate personal milestones. These achievements reinforce our belief in the importance of community-led education and remind us why our work continues to be so essential.

Financial Review

Results for the year

The results of the period and financial position of the charity are shown in the annexed financial statements.

The Statement of Financial Activities shows net expenditure for the year of £30,682 and reserves of £159,554.

Tangible fixed assets for use by the charity.

Fixed assets are set out in Note 8 to the accounts.

Reserves Policy

The Trustees consider that a policy of holding a minimum of three months income as a general reserve is appropriate for the charity at the present time and in light of its present circumstances.

Independent Examiner

The Independent Examiner, Anthony Armstrong FCA of Armstrong & Co, Chartered Accountant and Statutory Auditor, has indicated his willingness to be proposed for re-appointment.

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

The financial statements were approved by the Board of Trustees on 10 November 2025 and signed on its behalf by:



D Lewis
Trustee

It's Your Life

(A Charity Company Limited by Guarantee, company number 05650451)

Statement of Trustees' Responsibilities for the year ended 31 March 2025

The Trustees (who are the directors of It's Your Life for the purpose of company law) are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of its incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the Trustees are required to:

- a) Select suitable accounting policies and apply them consistently;
- b) Observe the methods and principles in the Charities SORP;
- c) Make judgements and estimates that are reasonable and prudent;
- d) Follow applicable accounting standards and statements of recommended practice, subject to any material departures disclosed and explained in the accounts; and
- e) Prepare the financial statements on the going concern basis unless it is inappropriate to assume that the charitable company will continue in operation.

The Trustees are responsible for keeping adequate accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006 and charity legislation. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

It's Your Life

(A Charity Company Limited by Guarantee, company number 05650451)

Independent Examiner's Report to the Trustees of It's Your Life

I report on the accounts of It's Your Life for the period from 1 April 2024 to 31 March 2025, which are set out on pages 8 to 16.

This report is made solely to the Trustees as a body in accordance with section 145 of the Charities Act 2011 (the Charities Act) and regulations made under section 154 of that Act. My examination has been undertaken so that I might state to the Trustees those matters I am required to state to them in an independent examiner's report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the company and the Trustees as a body, for my examination, for this report, or for the opinions I have formed.

Respective responsibilities of trustees and examiner

As described on page 6, the Trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The charity's Trustees consider that an audit is not required for this year under section 144 of the Charities Act and that an independent examination is sufficient. The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of the Institute of Chartered Accountants in England and Wales (ICAEW).

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- a) examine the accounts under section 145 of the Charities Act;
- b) to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the Charities Act; and
- c) to state whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the Trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 386 of the Companies Act 2006 Act, or
- the accounts do not accord with such records; or
- the accounts do not comply with relevant accounting requirements under section 396 of the Companies Act 2006 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
- the accounts have not been prepared in accordance with the Charities SORP (FRS102).

I 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.



Anthony Armstrong FCA, Independent Examiner
of Armstrong & Co
Chartered Accountants & Statutory Auditor

4a Printing House Yard
Hackney Road
London E2 7PR

Dated: 10 November 2025

It's Your Life

(A Charity Company Limited by Guarantee, company number 05650451)

Statement of Financial Activities

*incorporating the income and expenditure account
for the year ended 31 March 2025*

				2025	2024
		Unrestricted Funds	Restricted Funds	Total Funds	Total Funds
	Notes	£	£	£	£
Income from:					
Donations and legacies	3	43,187	-	43,187	3,823
Charitable activities	4	139,650	138,339	277,989	175,815
Total income		182,837	138,339	321,176	179,638
Expenditure on:					
Raising funds	5	21,713	21,498	43,211	41,816
Charitable activities	6	33,748	274,899	308,647	319,327
Total expenditure		55,461	296,397	351,858	361,143
Net income/(expenditure) and movement in funds		127,376	(158,058)	(30,682)	(181,505)
Reconciliation of funds:					
Total funds brought forward	13	25,678	164,558	190,236	371,741
Total funds carried forward	12	153,054	6,500	159,554	190,236

All incoming resources and resources expended are derived from continuing activities.

The statement of financial activities incorporates an income and expenditure account.

The accompanying accounting policies and notes form an integral part of these financial statements.

It's Your Life

(A Charity Company Limited by Guarantee, company number 05650451)

Statement of Financial Position

as at 31 March 2025

	Notes	31 March 2025		31 March 2024	
		£	£	£	£
Fixed assets:					
Tangible assets	8		-		137
Total fixed assets			-		137
Current assets:					
Debtors	9	60,506		110,506	
Cash at bank and In hand	10	105,702		76,933	
Total current assets		166,208		187,439	
Creditors: amounts falling due within one year	11	6,654		(2,660)	
Net current assets/(liabilities)			159,554		190,099
Total net assets			159,554		190,236
The funds of the charity:					
Restricted income funds	14		6,500		164,558
Unrestricted funds	15		153,054		25,678
Total charity funds	16		159,554		190,236

The directors are satisfied that the company is entitled to exemption from audit under Section 477 of the Companies Act 2006 and that no member or members have requested an audit pursuant to Section 476 of the Companies Act.

The directors acknowledge their responsibilities for:

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

These financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies and with the Financial Reporting Standard 102.

The financial statements were approved by the Board of Trustees on 10 November 2025 and signed on its behalf by:


D Lewis
Trustee


F Rahim
Trustee

The accounting policies and notes on pages 11 to 16 form part of these accounts.

It's Your Life

(A Charity Company Limited by Guarantee, company number 05650451)

Statement of Cash Flows

for the year ended 31 March 2025

	Notes	2025 £	2024 £
Cash flows from operating activities:			
Net cash provided by/(used in) operating activities	1	<u>28,769</u>	<u>(34,775)</u>
Cash flows from investing activities:			
Change in cash and cash equivalents in the reporting period		28,769	(34,775)
Cash and cash equivalents at the beginning of the reporting period	2	<u>76,933</u>	<u>111,708</u>
Cash and cash equivalents at the end of the reporting period	2	<u>105,702</u>	<u>76,933</u>

Notes to the Cash Flow Statement

	2025 £	2024 £
1) Reconciliation of net income/(expenditure) to net cash flow from operating activities		
Net income/(expenditure) for the reporting period (as per the statement of financial activities)	(30,682)	(181,505)
Adjustments for:		
Depreciation charges	136	533
(Increase)/decrease in debtors	50,000	147,525
Increase/(decrease) in creditors	9,315	(1,328)
Net cash provided by/(used in) operating activities	<u>28,769</u>	<u>(34,775)</u>
	2025 £	2024 £
2) Analysis of cash and cash equivalents		
Cash in hand	105,702	76,933
Total cash and cash equivalents	<u>105,702</u>	<u>76,933</u>

It's Your Life

(A Charity Company Limited by Guarantee, company number 05650451)

Accounting Policies

for the year ended 31 March 2025

Basis of preparation

The financial statements have been prepared in accordance with:

- a) Applicable UK accounting standards, including Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)';
- b) 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) - (Charities SORP FRS 102); and
- c) the Companies Act 2006.

Public benefit entity

The charitable company meets the definition of a public benefit entity under FRS 102.

Going concern

The Trustees consider that there are no material uncertainties about the charitable company's ability to continue to operate and accordingly the accounts have been prepared on a going concern basis.

Income recognition

Income is recognised when the charity has a contractual or other right to its receipt, it is probable that the income will be received and that the amount can be measured reliably. Income with conditions attached to its receipt is recognised when those conditions have been fulfilled.

Grant income is recognised on a receivable basis.

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

Restricted Funds

Restricted funds are to be used for specified purposes as laid down by the funder. Direct and support expenditure which meets these criteria are identified to the fund together with a fair allocation of other costs.

Unrestricted Funds

Unrestricted funds are funds received which have no restrictions placed on their use and are available as general funds.

Allocation of costs

Costs are allocated directly to projects where they can be identified as relating solely to that project. Other costs are allocated between the funds based on staff time spent on the fund activities or other appropriate criteria.

Pensions

The charity operates defined contribution schemes which are administered by outside independent pensions providers. Contributions payable for the year are charged to the Statement of Financial Activities.

Tangible Fixed Assets

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

Fixtures & equipment - 25% on cost

Items of equipment are only capitalised where the purchase price exceeds £200.

It's Your Life

(A Charity Company Limited by Guarantee, company number 05650451)

Notes to the Accounts

for the year ended 31 March 2025

1 Incoming resources

The incoming resources and surplus are attributable to the principal activities of the charity.

2 Net outgoing resources

Net outgoing resources are stated after charging:

	2025	2024
	£	£
Independent Examiner's fees - reporting service	1,080	1,080
Independent Examiner's fees - other services	1,728	2,272
Depreciation - owned assets	137	533
	<u> </u>	<u> </u>

Trustees' emoluments

-	-
<u> </u>	<u> </u>

Emoluments include salaries, fees, bonuses, expense allowances and estimated non-cash benefits receivable. All Trustees serve in a voluntary capacity and do not receive payment for their services.

3 Income from donations and legacies

	Unrestricted	Restricted	2025 Total	2024 Total
	£	£	£	£
Donations	43,187	-	43,187	3,823
	<u>43,187</u>	<u> </u>	<u>43,187</u>	<u>3,823</u>

4 Income from charitable activities

	Unrestricted	Restricted	2025 Total	2024 Total
	£	£	£	£
Charitable services	121,350	-	121,350	96,000
Grant income	18,300	138,339	156,639	79,815
	<u>139,650</u>	<u>138,339</u>	<u>277,989</u>	<u>175,815</u>

5 Expenditure on raising funds

	Unrestricted	Restricted	2025 Total	2024 Total
	£	£	£	£
Fundraising consultancy	21,713	21,498	43,211	41,816
	<u>21,713</u>	<u>21,498</u>	<u>43,211</u>	<u>41,816</u>

6 Expenditure on charitable activities

	Unrestricted	Restricted	2025 Total	2024 Total
	£	£	£	£
Staff salaries & costs	2,444	260,879	263,323	278,418
Project delivery	6	1,197	1,203	727
Project materials	14	2,829	2,843	1,898
Project equipment	1,074	-	1,074	-
Volunteer expenses	43	8,597	8,640	4,930
Administration support	13,013	-	13,013	16,329
Staff training & welfare	1,040	-	1,040	1,088
Travel & subsistence	1,035	-	1,035	798
Rent & services	10,008	-	10,008	8,008
Office costs	2,170	-	2,170	2,503
Insurance	1,160	-	1,160	1,100
Bank charges	194	-	194	187
Independent examiner's fees	1,080	-	1,080	1,080
Accountancy & payroll costs	331	1,397	1,728	1,728
Depreciation	136	-	136	533
	<u>33,748</u>	<u>274,899</u>	<u>308,647</u>	<u>319,327</u>

It's Your Life

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Notes to the Accounts

for the year ended 31 March 2025

7 Staff salaries	2025	2024
	£	£
Salaries	237,778	252,444
Social security costs	21,268	22,329
Pensions	3,136	3,645
	<u>262,183</u>	<u>278,418</u>
Average number of employees during the year was:	<u>6.0</u>	<u>6.5</u>
Average number of FTE employees during the year was:	<u>4.0</u>	<u>4.6</u>
No remuneration was paid to any Trustee or their associates for services as a Trustee during the year ended 31 March 2025 nor to 31 March 2024.		
Employees paid in excess of £60,000 during the current year and previous year:	<u>1</u>	<u>1</u>
8 Tangible fixed assets	Fixtures & equipment	Total
	£	£
Cost		
As at 1 April 2024	4,627	4,627
As at 31 March 2025	<u>4,627</u>	<u>4,627</u>
Depreciation		
As at 1 April 2024	4,490	4,490
Charge for the year	137	137
As at 31 March 2025	<u>4,627</u>	<u>4,627</u>
Net book value		
As at 31 March 2025	<u>-</u>	<u>-</u>
As at 31 March 2024	<u>137</u>	<u>137</u>
9 Debtors: amounts falling due within one year	2025	2024
	£	£
Accrued income	60,506	110,506
	<u>60,506</u>	<u>110,506</u>
10 Bank and cash in hand	2025	2024
	£	£
Bank current account	105,668	76,899
Petty cash	34	34
	<u>105,702</u>	<u>76,933</u>
11 Creditors: amounts falling due within one year	2025	2024
	£	£
Staff expenses	14	14
Payroll taxes	7,199	19
Pension liabilities	713	35
Net salaries	(1,272)	(2,728)
	<u>6,654</u>	<u>(2,660)</u>

It's Your Life

(A Charity Company Limited by Guarantee, company number 05650451)

Notes to the Accounts

for the year ended 31 March 2025

12 The funds of the charity: current year	Opening balance £	Resources arising £	Resources utilised £	Other movements £	Closing balance £
<u>Restricted funds</u>					
Restricted income funds	164,558	138,339	(296,397)	-	6,500
<u>Unrestricted funds</u>					
General funds	25,678	182,837	(55,461)	-	153,054
	<u>190,236</u>	<u>321,176</u>	<u>(351,858)</u>	<u>-</u>	<u>159,554</u>

13 The funds of the charity: prior year	Opening balance £	Resources arising £	Resources utilised £	Other movements £	Closing balance £
<u>Restricted funds</u>					
Restricted income funds	272,830	74,371	(182,643)	-	164,558
<u>Unrestricted funds</u>					
General funds	98,911	105,267	(178,500)	-	25,678
	<u>371,741</u>	<u>179,638</u>	<u>(361,143)</u>	<u>-</u>	<u>190,236</u>

14 Restricted funds: current period	Opening balance £	Incoming resources £	Resources expended £	Transfers & gains/(losses) £	Closing balance £
Clarion Futures	-	4,820	4,820	-	-
Ernest Cook	14,558	-	14,558	-	-
East End Community Foundation	-	4,000	4,000	-	-
Hedley Foundation	-	2,000	2,000	-	-
Lewin Trust	-	10,000	5,000	-	5,000
National Lottery	150,000	92,739	242,739	-	-
Peter Stebbing	-	5,000	5,000	-	-
Rathbone Investment Management	-	1,500	1,500	-	-
Tom's Trust	-	8,000	8,000	-	-
Music for all UMUK	-	500	500	-	-
Vinters	-	5,000	5,000	-	-
Wakefield & Tetley	-	4,780	3,280	-	1,500
	<u>164,558</u>	<u>138,339</u>	<u>296,397</u>	<u>-</u>	<u>6,500</u>

15 Restricted funds: prior period	Opening balance £	Incoming resources £	Resources expended £	Transfers & gains/(losses) £	Closing balance £
Clarion Futures	-	9,710	9,710	-	-
Cobalt Housing	-	12,500	12,500	-	-
BBC Children in Need	4,500	9,691	14,191	-	-
Ernest Cook	14,558	14,558	14,558	-	14,558
Ironmongers	-	4,500	4,500	-	-
National Lottery	253,772	-	103,772	-	150,000
Screwfix	-	4,500	4,500	-	-
Save the Children	-	8,112	8,112	-	-
Tallows Chandlers Company	-	10,800	10,800	-	-
	<u>272,830</u>	<u>74,371</u>	<u>182,643</u>	<u>-</u>	<u>164,558</u>

It's Your Life

(A Charity Company Limited by Guarantee, company number 05650451)

Notes to the Accounts

for the year ended 31 March 2025

Restricted funds (continued)

Projects financed by restricted funds are supported by unrestricted funding where necessary. This occurs where the funding is in arrears or the incidence of expenditure on the project occurs disproportionately at the beginning of the project compared to the income flows. Where restricted projects end the year with a deficit, this is met by after year-end restricted income or transfers from unrestricted funds.

Clarion Futures	Digital Skills for Community
Cobalt Housing	It's Your Child's Life Liverpool courses
BBC Children in Need	Mentoring – It's Your Future
Ernest Cook	To provide a part time outdoor education teacher
East End Community	Work with young people - Wellbeing and Resilience.
Hedley Foundation	Mentoring Programme.
Ironmongers	CALMER Programme– It's Your Future
Lewin Trust	2gether programme.
National Lottery	Funding for Community Education Zone
Peter Stebbing	Work with parents to improve maths.
Rathbone Investment	Support for parents and families on It's Your Life's Community Education Zone in Liverpool.+
Screwfix	Improvements to classroom
Save the Children	It's Your Child's Life 2gether Course
Tallows Chandlers Company	Annual donation for a part time mentor for CALMER Programme.
Tom's Trust	It's Your Child's Life London.
Music for all UMUK	Musical instruments.
Vinters	Breaking down barriers in education.
Wakefield & Tetley	SEN support - CALMER programme.

16 Net assets attributable to funds: current period	General funds	Designated funds	Restricted funds	Endowment funds	Total
		£	£	£	£
Current assets	159,708	-	6,500	-	166,208
Current liabilities	(6,654)	-	-	-	(6,654)
Net assets represented by funds	<u>153,054</u>	<u>-</u>	<u>6,500</u>	<u>-</u>	<u>159,554</u>

17 Net assets attributable to funds: prior period	General funds	Designated funds	Restricted funds	Endowment funds	Total
		£	£	£	£
Tangible fixed assets	137	-	-	-	137
Current assets	22,881	-	164,558	-	187,439
Current liabilities	2,660	-	-	-	2,660
Net assets represented by funds	<u>25,678</u>	<u>-</u>	<u>164,558</u>	<u>-</u>	<u>190,236</u>

18 Taxation

The company is a registered charity. Accordingly, it is exempt from taxation in respect of income and capital gains to the extent that these are applied to its charitable objects.

19 Post balance sheet events

There were no significant post balance sheet events.

20 Contingent liabilities

Except as disclosed elsewhere in the Pensions accounting policy note, the charitable company had no material contingent liabilities at 31 March 2025 nor at 31 March 2024.

21 Related parties

During the year payments totalling £38,000 (2024: £32,680) were paid to T Barnes in respect of fundraising (£17,600) Health and Safety/Building Management (£9,600) and Teaching (£11,200). T Barnes is the partner of J Barnes CEO.

It's Your Life

(A Charity Company Limited by Guarantee, company number 05650451)

Notes to the Accounts

for the year ended 31 March 2025

22 Transactions with trustees

There were no material transactions with the trustees during the year.

23 Gifts in kind and volunteers

During the year the charitable company benefited from unpaid work performed by volunteers.

24 Company status

The company is limited by guarantee and has no share capital. The guarantors liability in the event the company is wound up is restricted to a maximum of £1 each.

IT'S YOUR LIFE

England & Wales - Charity number 1116802

Accounts

Company number: 05650451

Charity number: 1116802

It's Your Life

(A Charity Company Limited by Guarantee, company number 05650451)

Financial Statements

and

Trustees' Report

for the year ended 31 March 2024

It's Your Life

(A Charity Company Limited by Guarantee, company number 05650451)

Index to the Financial Statements for the year ended 31 March 2024

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It's Your Life

(A Charity Company Limited by Guarantee, company number 05650451)

Charitable Company Information for the year ended 31 March 2024

Status:	It's Your Life is a company limited by guarantee and a registered charity governed by its memorandum and articles of association. The directors of the charity are its trustees for the purposes of charity law and throughout this report are collectively referred to as the Trustees.
Charity name:	It's Your Life
Company registration number:	05650451 (England & Wales)
Charity registration number:	1116802
Registered office:	The Glasshouse 161 Old Ford Road London E2 9QB
Operations address:	The Glasshouse 161 Old Ford Road London E2 9QB
Trustees who held office during the year:	D Lewis F Rahim M Sherwood B Thomas
Chair:	D Lewis
Secretary:	J Barnes
Senior Management:	J Barnes
Independent Examiner:	Anthony Armstrong FCA Armstrong & Co <i>Chartered Accountants & Statutory Auditor</i> 4a Printing House Yard Hackney Road London E2 7PR
Bankers:	National Westminster Bank Plc Bethnal Green London

It's Your Life

(A Charity Company Limited by Guarantee, company number 05650451)

Trustees' Report, incorporating the Directors' Report for the year ended 31 March 2024

The Trustees of It's Your Life present their report together with the financial statements for the year ended 31 March 2024.

Trustees

The Trustees of the charity who held office during the year are disclosed on page 3.

Governing Document

It's Your Life is a company limited by guarantee, incorporated on 9 December 2005 and registered as a charity on 15 November 2006. The company was established under a Memorandum of Association which established the objects and powers of the company and is governed under its Articles of Association. In the event of the company being wound up members are required to contribute an amount not exceeding £1 each.

Risk mitigation

The board has examined the principal areas of the charity's operations and considered the major risks which may arise in each of these areas. In the opinion of the Trustees the charity has established resources and review systems which, under normal conditions, should allow the risks identified by them to be mitigated to an acceptable level in its day to day operations.

Activities

It's Your Life is a small dynamic charity with its roots in Tower Hamlets. Over the past 13 years, it has transformed the lives of people with whom it works. The majority of its work takes place in Tower Hamlets with programmes also being delivered in Newham and in Liverpool.

It's Your Life's principal focus is on the education of vulnerable adults, children and young people, who are often hard to reach through conventional services. We recognise that we need to work hard to make contact with those who need our services most and that they often have a complex range of problems. Invariably this means that they will require holistic support, often requiring more than one programme and needing support over an extended period of time.

We provide 3 programmes which are designed to provide wide ranging services aimed at educating, supporting and enabling not only the children themselves, but also their parents and families, in order to improve their life chances.

It's Your Future:

Since April 2016 Tower Hamlets has commissioned It's Your Life to run a short term, part time, alternative provision for secondary and primary pupils referred by Tower Hamlets schools. The provision is an early intervention for pupils who are potentially at risk of permanent exclusion or a managed move to another school, who need additional support to address challenging behaviours or poor relationships with staff or peers. It is suitable for children who may need an interim placement while they are on a reduced timetable at school or who are changing schools (often these are 'hard to place' pupils between Tower Hamlets schools or from a school in another borough). Schools refer pupils to It's Your Life before the risk of permanent exclusion becomes a significant concern. It is not appropriate for children who require long term specialist provision and on average children spend no more than three months on the It's Your Future programme. The programme aims to build confidence, provide family support and maximise educational achievement.

It's Your Child's Life:

Supports parents, equipping them with the tools needed to prepare their children for success in school. It's Your Child's Life believes that in order to tackle under achievement for the poorest children we have to address the poverty that exists in the home. This includes poverty of education and aspiration. Our principal solution to this is a 12-week programme and thereafter various follow-up sessions that give parents the knowledge, attitudes, skills and habits, along with support and confidence to better their parenting and improve their relationships with their child's school.

It's Your Community:

Strengthens ties between different members of the community, by teaching new skills, encouraging social enterprises and supporting positive family and community interaction. Our experience has shown that many members of our community possess skills that are not often tapped into. We address this by providing classes and groups to develop existing and new skills. We provide the facilities, support and expertise to encourage families and individuals to interact through a number of different projects, or indeed set up their own, which creates an inclusive community. This enables and encourages adults to make positive contributions to the community and become actively involved in school and local community initiatives.

It's Your Life

(A Charity Company Limited by Guarantee, company number 05650451)

Trustees' Report, incorporating the Directors' Report for the year ended 31 March 2024

Year in review

Throughout this year, we have witnessed many positive developments within our organisation. Our three core programmes - It's Your Child's Life, It's Your Future, and It's Your Community have continued to provide vital support, engage individuals in innovative ways, and foster positive change under the umbrella of our Community Education Zone.

Thanks to the funding we received, It's Your Life has strengthened its role as a key partner in the community, with young people, adults, and families actively participating in workshops, courses, mentoring sessions, and benefiting from access to clothing and educational resources. Our diverse range of courses including Maths, IT, Basic English, Sewing, Art, Gardening, and Parent Courses along with one-off workshops, have supported a wide variety of learning needs.

This year has seen a number of positive outcomes, with many beneficiaries demonstrating newfound confidence, forming new friendships, and gaining increased learning opportunities. Being situated in the Borough of Tower Hamlets, we are acutely aware of the deep-rooted societal inequalities that impact our community. The ongoing cost-of-living crisis has tested the financial resilience of many families; however, our Community Education Zone has emerged as a beacon of hope, providing new optimism, opportunities, skills. Our children's clothing bank and partnerships with local food banks have been crucial in helping individuals meet their basic needs

This tremendous work would not be possible without the dedicated and tireless efforts of our staff and voluntary trustees. Our collaborative impact is significant and plays a crucial role in creating a better future for all of us.

Like other charities, we are striving to address increased demand for our services whilst the resources available to us are under ever-increasing pressure and so we would like to thank all our funders. In particular, we are grateful for the support we have received from trusts and foundations and the confidence those charitable organisations have placed in us to deliver services, cost effectively to those in need. Thank you for your unwavering support and commitment

It is an honour to serve as chair of such an outstanding organisation.

Financial Review

Results for the year

The results of the period and financial position of the charity are shown in the annexed financial statements.

The Statement of Financial Activities shows net expenditure for the year of £181,505 and reserves of £190,236.

Tangible fixed assets for use by the charity.

Fixed assets are set out in Note 9 to the accounts.

Reserves Policy

The Trustees consider that a policy of holding a minimum of three months income as a general reserve is appropriate for the charity at the present time and in light of its present circumstances.

Independent Examiner

The Independent Examiner, Anthony Armstrong FCA of Armstrong & Co, Chartered Accountant and Statutory Auditor, has indicated his willingness to be proposed for re-appointment.

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

The financial statements were approved by the Board of Trustees on 28 November 2024 and signed on its behalf by:



D Lewis
Trustee

It's Your Life

(A Charity Company Limited by Guarantee, company number 05650451)

Statement of Trustees' Responsibilities for the year ended 31 March 2024

The Trustees (who are the directors of It's Your Life for the purpose of company law) are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of its incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the Trustees are required to:

- a) Select suitable accounting policies and apply them consistently;
- b) Observe the methods and principles in the Charities SORP;
- c) Make judgements and estimates that are reasonable and prudent;
- d) Follow applicable accounting standards and statements of recommended practice, subject to any material departures disclosed and explained in the accounts; and
- e) Prepare the financial statements on the going concern basis unless it is inappropriate to assume that the charitable company will continue in operation.

The Trustees are responsible for keeping adequate accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006 and charity legislation. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

It's Your Life

(A Charity Company Limited by Guarantee, company number 05650451)

Independent Examiner's Report to the Trustees of It's Your Life

I report on the accounts of It's Your Life for the period from 1 April 2023 to 31 March 2024, which are set out on pages 8 to 16.

This report is made solely to the Trustees as a body in accordance with section 145 of the Charities Act 2011 (the Charities Act) and regulations made under section 154 of that Act. My examination has been undertaken so that I might state to the Trustees those matters I am required to state to them in an independent examiner's report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the company and the Trustees as a body, for my examination, for this report, or for the opinions I have formed.

Respective responsibilities of trustees and examiner

As described on page 6, the Trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The charity's Trustees consider that an audit is not required for this year under section 144 of the Charities Act and that an independent examination is needed. The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of the Institute of Chartered Accountants in England and Wales (ICAEW).

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- a) examine the accounts under section 145 of the Charities Act;
- b) to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the Charities Act; and
- c) to state whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the Trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 386 of the Companies Act 2006 Act, or
- the accounts do not accord with such records; or
- the accounts do not comply with relevant accounting requirements under section 396 of the Companies Act 2006 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
- the accounts have not been prepared in accordance with the Charities SORP (FRS102).

I 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.



**Anthony Armstrong FCA, Independent Examiner
of Armstrong & Co
Chartered Accountants & Statutory Auditor**

**4a Printing House Yard
Hackney Road
London E2 7PR**

Dated: 28 November 2024

It's Your Life

(A Charity Company Limited by Guarantee, company number 05650451)

Statement of Financial Activities

incorporating the income and expenditure account
for the year ended 31 March 2024

				2024	2023
		Unrestricted Funds	Restricted Funds	Total Funds	Total Funds
	Notes	£	£	£	£
Income from:					
Donations and legacies	3	3,823	-	3,823	2,153
Charitable activities	4	101,444	74,371	175,815	586,830
Income	5	-	-	-	2,000
Total income		105,267	74,371	179,638	590,983
Expenditure on:					
Raising funds	6	41,816	-	41,816	26,156
Charitable activities	7	136,684	182,643	319,327	292,004
Total expenditure		178,500	182,643	361,143	318,160
Net income/(expenditure) and movement in funds		(73,233)	(108,272)	(181,505)	272,823
Reconciliation of funds:					
Total funds brought forward	14	98,911	272,830	371,741	98,918
Total funds carried forward	13	25,678	164,558	190,236	371,741

All incoming resources and resources expended are derived from continuing activities.

The statement of financial activities incorporates an income and expenditure account.

The accompanying accounting policies and notes form an integral part of these financial statements.

It's Your Life

(A Charity Company Limited by Guarantee, company number 05650451)

Statement of Financial Position

as at 31 March 2024

	Notes	31 March 2024		31 March 2023	
		£	£	£	£
Fixed assets:					
Tangible assets	9		137		670
Total fixed assets			<u>137</u>		<u>670</u>
Current assets:					
Debtors	10	110,506		258,031	
Cash at bank and In hand	11	<u>76,933</u>		<u>111,708</u>	
Total current assets		<u>187,439</u>		<u>369,739</u>	
Creditors: amounts falling due within one year	12	<u>(2,660)</u>		<u>(1,332)</u>	
Net current assets/(liabilities)			190,099		371,071
Total net assets			<u>190,236</u>		<u>371,741</u>
The funds of the charity:					
Restricted income funds	15		164,558		272,830
Unrestricted funds	15		<u>25,678</u>		<u>98,911</u>
Total charity funds	17		<u>190,236</u>		<u>371,741</u>

The directors are satisfied that the company is entitled to exemption from audit under Section 477 of the Companies Act 2006 and that no member or members have requested an audit pursuant to section 476 of the Companies Act.

The directors acknowledge their responsibilities for:

- ensuring that the company keeps proper accounting records which comply with Section 386 of the Companies Act 2006; and
- preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of the financial year and of its surplus or deficit for the financial year in accordance with the requirements of Section 394 and 395 of the Companies Act 2006, and which otherwise comply with the requirements of this act relating to accounts, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies and with the Financial Reporting Standard 102.

The financial statements were approved by the Board of Trustees on 28 November 2024 and signed on its behalf by:


D Lewis
Trustee


F Rahim
Trustee

The notes on pages 11 to 16 form part of these accounts.

Statement of Cash Flows
for the year ended 31 March 2024

	Notes	2024 £	2023 £
Cash flows from operating activities:			
Net cash provided by/(used in) operating activities	1	(34,775)	15,525
Cash flows from investing activities:			
Change in cash and cash equivalents in the reporting period		(34,775)	15,525
Cash and cash equivalents at the beginning of the reporting period	2	111,708	96,183
Cash and cash equivalents at the end of the reporting period	2	<u>76,933</u>	<u>111,708</u>

Notes to the Cash Flow Statement

	2024 £	2023 £
1) Reconciliation of net income/(expenditure) to net cash flow from operating activities		
Net income/(expenditure) for the reporting period (as per the statement of financial activities)	(181,505)	272,823
Adjustments for:		
Depreciation charges	533	533
(Increase)/decrease in debtors	147,525	(256,781)
Increase/(decrease) in creditors	(1,328)	(1,049)
Net cash provided by/(used in) operating activities	<u>(34,775)</u>	<u>15,525</u>
2) Analysis of cash and cash equivalents		
Cash in hand	76,933	111,708
Total cash and cash equivalents	<u>76,933</u>	<u>111,708</u>

It's Your Life

(A Charity Company Limited by Guarantee, company number 05650451)

Accounting Policies

for the year ended 31 March 2024

Basis of preparation

The financial statements have been prepared in accordance with:

- a) Applicable UK accounting standards, including Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)';
- b) 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) - (Charities SORP FRS 102); and
- c) the Companies Act 2006.

Public benefit entity

The charitable company meets the definition of a public benefit entity under FRS 102.

Going concern

The Trustees consider that there are no material uncertainties about the charitable company's ability to continue to operate and accordingly the accounts have been prepared on a going concern basis.

Income recognition

Income is recognised when the charity has a contractual or other right to its receipt, it is probable that the income will be received and that the amount can be measured reliably. Income with conditions attached to its receipt is recognised when those conditions have been fulfilled.

Grant income is recognised on a receivable basis.

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

Restricted Funds

Restricted funds are to be used for specified purposes as laid down by the funder. Direct and support expenditure which meets these criteria are identified to the fund together with a fair allocation of other costs.

Unrestricted Funds

Unrestricted funds are funds received which have no restrictions placed on their use and are available as general funds.

Allocation of costs

Costs are allocated directly to projects where they can be identified as relating solely to that project. Other costs are allocated between the funds based on staff time spent on the fund activities or other appropriate criteria.

Pensions

The charity operates defined contribution schemes which are administered by outside independent pensions providers. Contributions payable for the year are charged to the Statement of Financial Activities.

Tangible Fixed Assets

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

Fixtures & equipment - 25% on cost

Items of equipment are only capitalised where the purchase price exceeds £200.

It's Your Life

(A Charity Company Limited by Guarantee, company number 05650451)

Notes to the Accounts

for the year ended 31 March 2024

1 Incoming resources

The incoming resources and surplus are attributable to the principal activities of the charity.

2 Net outgoing resources

Net outgoing resources are stated after charging:

Independent Examiner's fees - reporting service

Independent Examiner's fees - other services

Depreciation - owned assets

2024

2023

£

£

1,080

1,080

1,728

2,272

533

533

Trustees' emoluments

-

-

Emoluments include salaries, fees, bonuses, expense allowances and estimated non-cash benefits receivable. All Trustees serve in a voluntary capacity and do not receive payment for their services.

3 Income from donations and legacies

Donations

	Unrestricted	Restricted	2024 Total	2023 Total
	£	£	£	£
	3,823	-	3,823	2,153
	<u>3,823</u>	<u>-</u>	<u>3,823</u>	<u>2,153</u>

4 Income from charitable activities

Charitable services

Grant income

	Unrestricted	Restricted	2024 Total	2023 Total
	£	£	£	£
	96,000	-	96,000	132,623
	5,444	74,371	79,815	454,207
	<u>101,444</u>	<u>74,371</u>	<u>175,815</u>	<u>586,830</u>

For the year ending March 2023 - our accounts submitted to the Charities Commission showed income from charitable activities at £586,830 which included £298,772 from the National Lottery. This £298,772 is a multi year grant of 3 payments. Year 1 - £90,000.00. Year 2 - £91,125.00 Year 3 - £109,647. In our internal Management Accounts we recognise this as separate payments per year.

5 Other income

Room hire

	Unrestricted	Restricted	2024 Total	2023 Total
	£	£	£	£
	-	-	-	2,000
	<u>-</u>	<u>-</u>	<u>-</u>	<u>2,000</u>

6 Expenditure on raising funds

Fundraising consultancy

	Unrestricted	Restricted	2024 Total	2023 Total
	£	£	£	£
	41,816	-	41,816	26,156
	<u>41,816</u>	<u>-</u>	<u>41,816</u>	<u>26,156</u>

It's Your Life

(A Charity Company Limited by Guarantee, company number 05650451)

Notes to the Accounts

for the year ended 31 March 2024

7 Expenditure on charitable activities	Unrestricted £	Restricted £	2024	2023
			Total £	Total £
Staff salaries & costs	100,600	177,818	278,418	260,920
Project delivery	263	464	727	723
Project materials	686	1,212	1,898	1,155
Volunteer expenses	1,781	3,149	4,930	3,180
Administration support	16,329	-	16,329	5,860
Staff training & welfare	1,088	-	1,088	2,224
Travel & subsistence	798	-	798	828
Rent & services	8,008	-	8,008	10,000
Office costs	2,503	-	2,503	2,481
Insurance	1,100	-	1,100	1,100
Bank charges	187	-	187	192
Independent examiner's fees	1,080	-	1,080	1,080
Accountancy & payroll costs	1,728	-	1,728	1,728
Depreciation	533	-	533	533
	<u>136,684</u>	<u>182,643</u>	<u>319,327</u>	<u>292,004</u>

8 Staff salaries	2024	2023
	£	£
Salaries	252,444	236,548
Social security costs	22,329	20,814
Pensions	3,645	3,558
	<u>278,418</u>	<u>260,920</u>

Average number of employees during the year was: 6.5 7.0

Average number of FTE employees during the year was: 4.6 5.5

No remuneration was paid to any Trustee or their associates for services as a Trustee during the year ended 31 March 2024 nor to 31 March 2023.

Employees paid in excess of £60,000 during the current year and previous year: 1 1

9 Tangible fixed assets	Fixtures & equipment	Total
	£	£
Cost		
As at 1 April 2023	4,627	4,627
As at 31 March 2024	<u>4,627</u>	<u>4,627</u>
Depreciation		
As at 1 April 2023	3,957	3,957
Charge for the year	533	533
As at 31 March 2024	<u>4,490</u>	<u>4,490</u>
Net book value		
As at 31 March 2024	<u>137</u>	<u>137</u>
As at 31 March 2023	<u>670</u>	<u>670</u>

10 Debtors: amounts falling due within one year	2024	2023
	£	£
Accrued income	110,506	258,031
	<u>110,506</u>	<u>258,031</u>

It's Your Life

(A Charity Company Limited by Guarantee, company number 05650451)

Notes to the Accounts

for the year ended 31 March 2024

11 Bank and cash in hand	2024	2023
	£	£
Bank current account	76,899	111,674
Petty cash	34	34
	<u>76,933</u>	<u>111,708</u>

12 Creditors: amounts falling due within one year	2024	2023
	£	£
Staff expenses	14	14
Payroll taxes	19	(747)
Pension liabilities	35	133
Net salaries	(2,728)	(2,732)
Accrued expenses	-	2,000
	<u>(2,660)</u>	<u>(1,332)</u>

13 The funds of the charity: current year	Opening balance	Resources arising	Resources utilised	Other movements	Closing balance
	£	£	£	£	£
<u>Restricted funds</u>					
Restricted income funds	272,830	74,371	(182,643)	-	164,558
<u>Unrestricted funds</u>					
General funds	98,911	105,267	(178,500)	-	25,678
	<u>371,741</u>	<u>179,638</u>	<u>(361,143)</u>	<u>-</u>	<u>190,236</u>

14 The funds of the charity: prior year	Opening balance	Resources arising	Resources utilised	Other movements	Closing balance
	£	£	£	£	£
<u>Restricted funds</u>					
Restricted income funds	32,058	388,707	(147,935)	-	272,830
<u>Unrestricted funds</u>					
General funds	66,859	202,276	(170,224)	-	98,911
	<u>98,917</u>	<u>590,983</u>	<u>(318,159)</u>	<u>-</u>	<u>371,741</u>

15 Restricted funds: current period	Opening balance	Incoming resources	Resources expended	Transfers & gains/(losses)	Closing balance
	£	£	£	£	£
Clarion Futures	-	9,710	9,710	-	-
Cobalt Housing	-	12,500	12,500	-	-
BBC Children in Need	4,500	9,691	14,191	-	-
Ernest Cook	14,558	14,558	14,558	-	14,558
Ironmongers	-	4,500	4,500	-	-
National Lottery	253,772	-	103,772	-	150,000
Screwfix	-	4,500	4,500	-	-
Save the Children	-	8,112	8,112	-	-
Tallows Chandlers Company	-	10,800	10,800	-	-
	<u>272,830</u>	<u>74,371</u>	<u>182,643</u>	<u>-</u>	<u>164,558</u>

It's Your Life

(A Charity Company Limited by Guarantee, company number 05650451)

Notes to the Accounts

for the year ended 31 March 2024

	Opening balance	Incoming resources	Resources expended	Transfers & gains/(losses)	Closing balance
	£	£	£	£	£
16 Restricted funds: prior period					
British Science Association	-	1,500	1,500	-	-
Clarion Futures	-	2,210	2,210	-	-
Cobalt Housing	-	12,500	12,500	-	-
BBC Children in Need	-	17,162	12,662	-	4,500
Ernest Cook	14,558	14,558	14,558	-	14,558
London & Quadrant	-	16,804	16,804	-	-
National Lottery	-	298,772	45,000	-	253,772
Rathbone Investment Management	2,200	6,000	8,200	-	-
Tallows Chandlers Company	6,800	10,800	17,600	-	-
Trusthouse Charitable Foundation	8,500	-	8,500	-	-
Tom's Trust	-	5,280	5,280	-	-
Wakefield & Tetley	-	3,121	3,121	-	-
	<u>32,058</u>	<u>388,707</u>	<u>147,935</u>	<u>-</u>	<u>272,830</u>

Restricted funds (continued)

Projects financed by restricted funds are supported by unrestricted funding where necessary. This occurs where the funding is in arrears or the incidence of expenditure on the project occurs disproportionately at the beginning of the project compared to the income flows. Where restricted projects end the year with a deficit, this is met by after year-end restricted income or transfers from unrestricted funds.

British Science Association	The science of eating healthy food on a budget.
Clarion Futures	Digital Skills for Community
Cobalt Housing	It's Your Child's Life Liverpool courses
BBC Children in Need	Mentoring – It's Your Future
Ernest Cook	To provide a part time outdoor education teacher
Ironmongers	CALMER Programme– It's Your Future
London & Quadrant	To support the Community Education Zone
National Lottery	Funding for Community Education Zone
Rathbone Investment Management	Support for parents and families on It's Your Life's Community Education Zone in Liverpool.
Screwfix	Improvements to classroom
Save the Children	It's Your Child's Life 2gether Course
Tallows Chandlers Company	Annual donation for a part time mentor for CALMER Programme
Trusthouse Charitable Foundation	Contribution to the cost of family worker.
Tom's Trust	It's Your Child's Life London
Wakefield & Tetley	Community Sewing Project

	General funds	Designated funds	Restricted funds	Endowment funds	Total
	£	£	£	£	£
17 Net assets attributable to funds: current period					
Tangible fixed assets	137	-	-	-	137
Current assets	22,881	-	164,558	-	187,439
Current liabilities	2,660	-	-	-	2,660
Net assets represented by funds	<u>25,678</u>	<u>-</u>	<u>164,558</u>	<u>-</u>	<u>190,236</u>

	General funds	Designated funds	Restricted funds	Endowment funds	Total
	£	£	£	£	£
18 Net assets attributable to funds: prior period					
Tangible fixed assets	670	-	-	-	670
Current assets	96,909	-	272,830	-	369,739
Current liabilities	1,332	-	-	-	1,332
Net assets represented by funds	<u>98,911</u>	<u>-</u>	<u>272,830</u>	<u>-</u>	<u>371,741</u>

It's Your Life

(A Charity Company Limited by Guarantee, company number 05650451)

Notes to the Accounts for the year ended 31 March 2024

19 Taxation

The company is a registered charity. Accordingly, it is exempt from taxation in respect of income and capital gains to the extent that these are applied to its charitable objects.

20 Post balance sheet events

There were no significant post balance sheet events.

21 Contingent liabilities

Except as disclosed elsewhere in the Pensions accounting policy note, the charitable company had no material contingent liabilities at 31 March 2024 nor at 31 March 2023.

22 Related parties

During the year payments totalling £32,680 (2023: £25,940) were paid to T Barnes in respect of fundraising (£16,800) Health and Safety/Building Management (£7,600) and Teaching (£8,280). T Barnes is the partner of J Barnes CEO.

23 Transactions with trustees

There were no material transactions with the trustees during the year.

24 Gifts in kind and volunteers

During the year the charitable company benefited from unpaid work performed by volunteers.

25 Company status

The company is limited by guarantee and has no share capital. The guarantors liability in the event the company is wound up is restricted to a maximum of £1 each.

IT'S YOUR LIFE

England & Wales - Charity number 1116802

Accounts

Company number: 05650451

Charity number: 1116802

It's Your Life

(A Charity Company Limited by Guarantee, company number 05650451)

Financial Statements

and

Trustees' Report

for the year ended 31 March 2023

It's Your Life

(A Charity Company Limited by Guarantee, company number 05650451)

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It's Your Life

(A Charity Company Limited by Guarantee, company number 05650451)

Charitable Company Information for the year ended 31 March 2023

Status:	It's Your Life is a company limited by guarantee and a registered charity governed by its memorandum and articles of association. The directors of the charity are its trustees for the purposes of charity law and throughout this report are collectively referred to as the Trustees.
Charity name:	It's Your Life
Company registration number:	05650451 (England & Wales)
Charity registration number:	1116802
Registered office:	The Glasshouse 161 Old Ford Road London E2 9QB
Operations address:	The Glasshouse 161 Old Ford Road London E2 9QB
Trustees who held office during the year:	D Lewis F Rahim M Sherwood B Thomas
Chair:	D Lewis
Secretary:	J Barnes
Senior Management:	J Barnes
Independent Examiner:	Anthony Armstrong FCA Armstrong & Co <i>Chartered Accountants & Statutory Auditor</i> 4a Printing House Yard Hackney Road London E2 7PR
Bankers:	National Westminster Bank Plc Bethnal Green London

It's Your Life

(A Charity Company Limited by Guarantee, company number 05650451)

Trustees' Report, incorporating the Directors' Report for the year ended 31 March 2023

The Trustees of It's Your Life present their report together with the financial statements for the year ended 31 March 2023.

Trustees

The Trustees of the charity who held office during the year are disclosed on page 3.

Governing Document

It's Your Life is a company limited by guarantee, incorporated on 9 December 2005 and registered as a charity on 15 November 2006. The company was established under a Memorandum of Association which established the objects and powers of the company and is governed under its Articles of Association. In the event of the company being wound up members are required to contribute an amount not exceeding £1 each.

Risk mitigation

The board has examined the principal areas of the charity's operations and considered the major risks which may arise in each of these areas. In the opinion of the Trustees the charity has established resources and review systems which, under normal conditions, should allow the risks identified by them to be mitigated to an acceptable level in its day to day operations.

Activities

It's Your Life is a small dynamic charity with its roots in Tower Hamlets. Over the past 13 years, it has transformed the lives of people with whom it works. The majority of its work takes place in Tower Hamlets with programmes also being delivered in Newham and in Liverpool.

It's Your Life's principal focus is on the education of vulnerable adults, children and young people, who are often hard to reach through conventional services. We recognise that we need to work hard to make contact with those who need our services most and that they often have a complex range of problems. Invariably this means that they will require holistic support, often requiring more than one programme and needing support over an extended period of time.

We provide 3 programmes which are designed to provide wide ranging services aimed at educating, supporting and enabling not only the children themselves, but also their parents and families, in order to improve their life chances.

It's Your Future:

Since April 2016 Tower Hamlets has commissioned It's Your Life to run a short term, part time, alternative provision for secondary and primary pupils referred by Tower Hamlets schools. The provision is an early intervention for pupils who are potentially at risk of permanent exclusion or a managed move to another school, who need additional support to address challenging behaviours or poor relationships with staff or peers. It is suitable for children who may need an interim placement while they are on a reduced timetable at school or who are changing schools (often these are 'hard to place' pupils between Tower Hamlets schools or from a school in another borough). Schools refer pupils to It's Your Life before the risk of permanent exclusion becomes a significant concern. It is not appropriate for children who require long term specialist provision and on average children spend no more than three months on the It's Your Future programme. The programme aims to build confidence, provide family support and maximise educational achievement.

It's Your Child's Life:

Supports parents, equipping them with the tools needed to prepare their children for success in school. It's Your Child's Life believes that in order to tackle under achievement for the poorest children we have to address the poverty that exists in the home. This includes poverty of education and aspiration. Our principal solution to this is a 12-week programme and thereafter various follow-up sessions that give parents the knowledge, attitudes, skills and habits, along with support and confidence to better their parenting and improve their relationships with their child's school.

It's Your Community:

Strengthens ties between different members of the community, by teaching new skills, encouraging social enterprises and supporting positive family and community interaction. Our experience has shown that many members of our community possess skills that are not often tapped into. We address this by providing classes and groups to develop existing and new skills. We provide the facilities, support and expertise to encourage families and individuals to interact through a number of different projects, or indeed set up their own, which creates an inclusive community. This enables and encourages adults to make positive contributions to the community and become actively involved in school and local community initiatives.

It's Your Life

(A Charity Company Limited by Guarantee, company number 05650451)

Trustees' Report, incorporating the Directors' Report for the year ended 31 March 2023

Year in review

As the Chair of It's Your Life, I am privileged to witness the work this amazing charity does. It is a time of huge uncertainty with an ever-increasing demand on services. It's Your Life's staff have shown enormous resilience and commitment to providing the best support for our beneficiaries. We have continued to work with as many families as funding allows. I am very proud of our team, who have worked extremely hard in the context of the cost-of-living crisis. We have to be particularly aware of the impact this is having on parents, children, the community and staff. The need to focus on the well-being of everybody is more pressing than ever.

We have continued to support families on the It's Your Child's Life programme in Liverpool and London. We have expanded our community classes through the increased support from grant makers, trusts and foundations. The demand for access to community classes continues to grow and when new funding allows, we will increase our capacity to help and support more people. The London Boroughs of Newham and Tower Hamlets continue to send young people to be educated with us, as part of the high quality 'It's Your Future' programme.

We acknowledge the crucial support we receive from funders and partners. This support is increasingly important currently, as our work becomes more vital and pressure on new sources of funding remains difficult. The Trustees and I would like to thank everyone who has helped It's Your Life in the last year to achieve all that it has with the families and young people of Tower Hamlets, Liverpool, and Newham. We are extremely grateful for the support from our funders and donors: The National Lottery Community Fund, Garfield Weston, Ernest Cook Trust, Clifford Chance Foundation, Edward Gostling Foundation, The Tallow Chandlers, BBC Children in Need, Rathbone Investment Management, Tom Ap Rhys Pryce Memorial Trust, British Science Association, Wakefield and Tetley Trust, School for Social Entrepreneurs Support Fund and Capital Group as well as Housing Associations: Cobalt Housing, L&Q Placemakers and Clarion Futures. Finally, we are pleased that schools in Tower Hamlets, Liverpool, and Newham continue as loyal partners and users of the services provided by It's Your Life.

Financial Review

Results for the year

The results of the period and financial position of the charity are shown in the annexed financial statements.

The Statement of Financial Activities shows net income for the year of £272,824 and reserves of £371,741.

Tangible fixed assets for use by the charity.

Fixed assets are set out in Note 9 to the accounts.

Reserves Policy

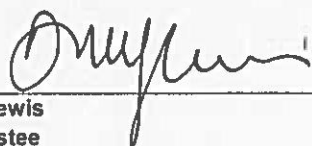
The Trustees consider that a policy of holding a minimum of three months income as a general reserve is appropriate for the charity at the present time and in light of its present circumstances.

Independent Examiner

The Independent Examiner, Anthony Armstrong FCA of Armstrong & Co, Chartered Accountant and Statutory Auditor, has indicated his willingness to be proposed for re-appointment.

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

The financial statements were approved by the Board of Trustees on 13 November 2023 and signed on its behalf by:



D Lewis
Trustee

It's Your Life

(A Charity Company Limited by Guarantee, company number 05650451)

Statement of Trustees' Responsibilities for the year ended 31 March 2023

The Trustees (who are the directors of It's Your Life for the purpose of company law) are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of its incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the Trustees are required to:

- a) Select suitable accounting policies and apply them consistently;
- b) Observe the methods and principles in the Charities SORP;
- c) Make judgements and estimates that are reasonable and prudent;
- d) Follow applicable accounting standards and statements of recommended practice, subject to any material departures disclosed and explained in the accounts, and
- e) Prepare the financial statements on the going concern basis unless it is inappropriate to assume that the charitable company will continue in operation.

The Trustees are responsible for keeping adequate accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006 and charity legislation. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities

It's Your Life

(A Charity Company Limited by Guarantee, company number 05650451)

Independent Examiner's Report to the Trustees of It's Your Life

I report on the accounts of It's Your Life for the period from 1 April 2022 to 31 March 2023, which are set out on pages 8 to 16.

This report is made solely to the Trustees as a body in accordance with section 145 of the Charities Act 2011 (the Charities Act) and regulations made under section 154 of that Act. My examination has been undertaken so that I might state to the Trustees those matters I am required to state to them in an independent examiner's report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the company and the Trustees as a body, for my examination, for this report, or for the opinions I have formed.

Respective responsibilities of trustees and examiner

As described on page 6, the Trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The charity's Trustees consider that an audit is not required for this year under section 144 of the Charities Act and that an independent examination is needed. The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of the Institute of Chartered Accountants in England and Wales (ICAEW).

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- a) examine the accounts under section 145 of the Charities Act;
- b) to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the Charities Act; and
- c) to state whether particular matters have come to my attention.

Basis of independent examiner's statement

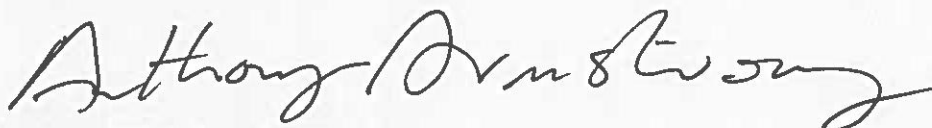
My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the Trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 386 of the Companies Act 2006 Act, or
- the accounts do not accord with such records; or
- the accounts do not comply with relevant accounting requirements under section 396 of the Companies Act 2006 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
- the accounts have not been prepared in accordance with the Charities SORP (FRS102).

I 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.



Anthony Armstrong FCA, Independent Examiner
of Armstrong & Co
Chartered Accountants & Statutory Auditor

4a Printing House Yard
Hackney Road
London E2 7PR

Dated: 13 November 2023

It's Your Life

(A Charity Company Limited by Guarantee, company number 05650451)

Statement of Financial Activities

incorporating the income and expenditure account
for the year ended 31 March 2023

		2023		2022
		Unrestricted Funds	Restricted Funds	Total Funds
	Notes	£	£	£
Income from:				
Donations and legacies	3	2,153	-	2,153
Charitable activities	4	198,123	388,707	586,830
Income	5	2,000	-	2,000
Total income		202,276	388,707	590,983
Expenditure on:				
Raising funds	6	26,156	-	26,156
Charitable activities	7	144,068	147,935	292,003
Total expenditure		170,224	147,935	318,159
Net income/(expenditure) and movement in funds		32,052	240,772	272,824
Reconciliation of funds:				
Total funds brought forward	14	66,859	32,058	98,917
Total funds carried forward	13	98,911	272,830	371,741

All incoming resources and resources expended are derived from continuing activities.

The statement of financial activities incorporates an income and expenditure account.

The accompanying accounting policies and notes form an integral part of these financial statements.

It's Your Life

(A Charity Company Limited by Guarantee, company number 05660451)

Statement of Financial Position as at 31 March 2023

	Notes	31 March 2023		31 March 2022	
		£	£	£	£
Fixed assets:					
Tangible assets	9		670		1,203
Total fixed assets			<u>670</u>		<u>1,203</u>
Current assets:					
Debtors	10	258,031		1,250	
Cash at bank and In hand	11	<u>111,708</u>		<u>96,183</u>	
Total current assets		<u>369,739</u>		<u>97,433</u>	
Creditors: amounts falling due within one year	12	<u>(1,332)</u>		<u>(281)</u>	
Net current assets/(liabilities)			371,071		97,714
Total net assets			<u>371,741</u>		<u>98,917</u>
The funds of the charity:					
Restricted income funds	15		272,830		32,058
Unrestricted funds	15		<u>98,911</u>		<u>66,859</u>
Total charity funds	17		<u>371,741</u>		<u>98,917</u>

The directors are satisfied that the company is entitled to exemption from audit under Section 477 of the Companies Act 2006 and that no member or members have requested an audit pursuant to section 476 of the Companies Act.

The directors acknowledge their responsibilities for:

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

These financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies and with the Financial Reporting Standard 102.

The financial statements were approved by the Board of Trustees on 13 November 2023 and signed on its behalf by:


D Lewis
Trustee


F Rahim
Trustee

The notes on pages 11 to 16 form part of these accounts.

It's Your Life

(A Charity Company Limited by Guarantee, company number 05660451)

Statement of Cash Flows for the year ended 31 March 2023

	Notes	2023 £	2022 £
Cash flows from operating activities:			
Net cash provided by/(used in) operating activities	1	15,525	22,447
Cash flows from investing activities:			
Purchase of property, plant and equipment		-	(545)
Net cash provided by/(used in) investing activities		-	(545)
Change in cash and cash equivalents in the reporting period		15,525	21,902
Cash and cash equivalents at the beginning of the reporting period	2	96,183	74,281
Cash and cash equivalents at the end of the reporting period	2	111,708	96,183

Notes to the Cash Flow Statement

	2023 £	2022 £
1) Reconciliation of net income/(expenditure) to net cash flow from operating activities		
Net income/(expenditure) for the reporting period (as per the statement of financial activities)	272,824	37,475
Adjustments for:		
Depreciation charges	533	533
(Increase)/decrease in debtors	(256,781)	2,350
Increase/(decrease) in creditors	(1,051)	(17,910)
Net cash provided by/(used in) operating activities	15,525	22,447
	2023 £	2022 £
2) Analysis of cash and cash equivalents		
Cash in hand	111,708	96,183
Total cash and cash equivalents	111,708	96,183

It's Your Life

(A Charity Company Limited by Guarantee, company number 05650451)

Accounting Policies

for the year ended 31 March 2023

Basis of preparation

The financial statements have been prepared in accordance with:

- a) Applicable UK accounting standards, including Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)';
- b) 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) - (Charities SORP FRS 102), and
- c) the Companies Act 2006.

Public benefit entity

The charitable company meets the definition of a public benefit entity under FRS 102.

Going concern

The Trustees consider that there are no material uncertainties about the charitable company's ability to continue to operate and accordingly the accounts have been prepared on a going concern basis.

Income recognition

Income is recognised when the charity has a contractual or other right to its receipt, it is probable that the income will be received and that the amount can be measured reliably. Income with conditions attached to its receipt is recognised when those conditions have been fulfilled.

Grant income is recognised on a receivable basis.

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

Restricted Funds

Restricted funds are to be used for specified purposes as laid down by the funder. Direct and support expenditure which meets these criteria are identified to the fund together with a fair allocation of other costs.

Unrestricted Funds

Unrestricted funds are funds received which have no restrictions placed on their use and are available as general funds.

Allocation of costs

Costs are allocated directly to projects where they can be identified as relating solely to that project. Other costs are allocated between the funds based on staff time spent on the fund activities or other appropriate criteria.

Pensions

The charity operates defined contribution schemes which are administered by outside independent pensions providers. Contributions payable for the year are charged to the Statement of Financial Activities.

Tangible Fixed Assets

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

Fixtures & equipment - 25% on cost

Items of equipment are only capitalised where the purchase price exceeds £200.

It's Your Life

(A Charity Company Limited by Guarantee, company number 05650451)

Notes to the Accounts

for the year ended 31 March 2023

1 Incoming resources

The incoming resources and surplus are attributable to the principal activities of the charity

2 Net incoming resources

Net incoming resources are stated after charging:

Independent Examiner's fees - reporting service

Independent Examiner's fees - other services

Depreciation - owned assets

2023

£

1,080

1,728

533

2022

£

1,080

2,272

533

Trustees' emoluments

-

-

Emoluments include salaries, fees, bonuses, expense allowances and estimated non-cash benefits receivable. All Trustees serve in a voluntary capacity and do not receive payment for their services.

3 Income from donations and legacies

Donations

	Unrestricted	Restricted	2023 Total	2022 Total
	£	£	£	£
	2,153	-	2,153	4,165
	<u>2,153</u>	<u>-</u>	<u>2,153</u>	<u>4,165</u>

4 Income from charitable activities

Charitable services

Grant income

	Unrestricted	Restricted	2023 Total	2022 Total
	£	£	£	£
	132,623	-	132,623	185,500
	65,500	388,707	454,207	167,475
	<u>198,123</u>	<u>388,707</u>	<u>586,830</u>	<u>352,975</u>

5 Other income

Room hire

	Unrestricted	Restricted	2023 Total	2022 Total
	£	£	£	£
	2,000	-	2,000	-
	<u>2,000</u>	<u>-</u>	<u>2,000</u>	<u>-</u>

6 Expenditure on raising funds

Fundraising consultancy

	Unrestricted	Restricted	2023 Total	2022 Total
	£	£	£	£
	26,156	-	26,156	21,076
	<u>26,156</u>	<u>-</u>	<u>26,156</u>	<u>21,076</u>

It's Your Life

(A Charity Company Limited by Guarantee, company number 05650451)

Notes to the Accounts

for the year ended 31 March 2023

7 Expenditure on charitable activities	Unrestricted	Restricted	2023	2022
	£	£	Total £	Total £
Staff salaries & costs	115,798	145,122	260,920	251,486
Project delivery	321	402	723	8,480
Project activities	-	-	-	1,097
Project materials	512	642	1,154	2,499
Project equipment	-	-	-	1,369
Volunteer expenses	1,411	1,769	3,180	2,880
Administration support	5,860	-	5,860	3,300
Staff training & welfare	2,224	-	2,224	589
Travel & subsistence	828	-	828	1,240
Rent & services	10,000	-	10,000	17,423
Office costs	2,481	-	2,481	3,141
Insurance	1,100	-	1,100	1,025
Bank charges	192	-	192	175
Independent examiner's fees	1,080	-	1,080	1,080
Accountancy & payroll costs	1,728	-	1,728	2,272
Depreciation	533	-	533	533
	<u>144,068</u>	<u>147,935</u>	<u>292,003</u>	<u>298,589</u>

8 Staff salaries	2023	2022
	£	£
Salaries	236,548	230,221
Social security costs	20,814	19,640
Pensions	3,558	1,625
	<u>260,920</u>	<u>251,486</u>

Average number of employees during the year was:

7.0 7.5

Average number of FTE employees during the year was:

5.5 5.3

No remuneration was paid to any Trustee or their associates for services as a Trustee during the year ended 31 March 2023 nor to 31 March 2022.

Employees paid in excess of £60,000 during the current year and previous year:

1 1

9 Tangible fixed assets

Cost

As at 1 April 2022

4,627 4,627

As at 31 March 2023

4,627 4,627

Depreciation

As at 1 April 2022

3,424 3,424

Charge for the year

533 533

As at 31 March 2023

3,957 3,957

Net book value

As at 31 March 2023

670 670

As at 31 March 2022

1,203 1,203

It's Your Life

(A Charity Company Limited by Guarantee, company number 05650451)

Notes to the Accounts

for the year ended 31 March 2023

10 Debtors: amounts falling due within one year					
				2023	2022
				£	£
Operating debtors				-	1,250
Accrued income				258,031	-
				<u>258,031</u>	<u>1,250</u>
11 Bank and cash in hand				2023	2022
				£	£
Bank current account				111,674	96,149
Petty cash				34	34
				<u>111,708</u>	<u>96,183</u>
12 Creditors: amounts falling due within one year				2023	2022
				£	£
Staff expenses				14	14
Payroll taxes				(747)	(268)
Pension liabilities				133	(183)
Net salaries				(2,732)	(846)
Accrued expenses				2,000	1,002
				<u>(1,332)</u>	<u>(281)</u>
13 The funds of the charity: current year	Opening balance	Resources arising	Resources utilised	Other movements	Closing balance
	£	£	£	£	£
<u>Restricted funds</u>					
Restricted income funds	32,058	388,707	(147,935)	-	272,830
<u>Unrestricted funds</u>					
General funds	66,859	202,276	(170,224)	-	98,911
	<u>98,917</u>	<u>590,983</u>	<u>(318,159)</u>	<u>-</u>	<u>371,741</u>
14 The funds of the charity: prior year	Opening balance	Resources arising	Resources utilised	Other movements	Closing balance
	£	£	£	£	£
<u>Restricted funds</u>					
Restricted income funds	-	111,275	(79,217)	-	32,058
<u>Unrestricted funds</u>					
General funds	61,442	245,865	(240,448)	-	66,859
	<u>61,442</u>	<u>357,140</u>	<u>(319,665)</u>	<u>-</u>	<u>98,917</u>
15 Restricted funds: current period	Opening balance	Incoming resources	Resources expended	Transfers & gains/(losses)	Closing balance
	£	£	£	£	£
British Science Association	-	1,500	1,500	-	-
Clarion Futures	-	2,210	2,210	-	-
Cobalt Housing	-	12,500	12,500	-	-
BBC Children in Need	-	17,162	12,662	-	4,500
Ernest Cook	14,558	14,558	14,558	-	14,558
London & Quadrant	-	16,804	16,804	-	-
National Lottery	-	298,772	45,000	-	253,772
Rathbone Investment Management	2,200	6,000	8,200	-	-
Tallows Chandlers Company	6,800	10,800	17,600	-	-
Trusthouse Charitable Foundation	8,500	-	8,500	-	-
Tom's Trust	-	5,280	5,280	-	-
Wakefield & Tetley	-	3,121	3,121	-	-
	<u>32,058</u>	<u>388,707</u>	<u>147,935</u>	<u>-</u>	<u>272,830</u>

It's Your Life

(A Charity Company Limited by Guarantee, company number 05650451)

Notes to the Accounts

for the year ended 31 March 2023

16 Restricted funds: prior period	Opening balance	Incoming resources	Resources expended	Transfers & gains/(losses)	Closing balance
	£	£	£	£	£
Clarion Futures	-	1,000	1,000	-	-
Concordia Foundation	-	1,000	1,000	-	-
Cobalt Housing	-	2,500	2,500	-	-
BBC Children in Need	-	42,343	42,343	-	-
Ernest Cook	-	14,558	-	-	14,558
London & Quadrant	-	21,374	21,374	-	-
Rathbone Investment Management	-	2,200	-	-	2,200
Tallows Chandlers Company	-	10,800	4,000	-	6,800
Trusthouse Charitable Foundation	-	15,500	7,000	-	8,500
	-	111,275	79,217	-	32,058

Restricted funds (continued)

Projects financed by restricted funds are supported by unrestricted funding where necessary. This occurs where the funding is in arrears or the incidence of expenditure on the project occurs disproportionately at the beginning of the project compared to the income flows. Where restricted projects end the year with a deficit, this is met by after year-end restricted income or transfers from unrestricted funds.

British Science Association	The science of eating healthy food on a budget.
Clarion Futures	To improve the communities understanding of the digital world, and preparing young people for the future of work.
Concordia Foundation	Supporting young people with music tuition.
Cobalt Housing	Supporting the IYCL courses in Liverpool.
BBC Children in Need	To fund a mentor providing Life Skills, motivation, problem solving and overcoming challenges support for young people, and funding for It's Your Child's Life courses in London and Liverpool.
Ernest Cook	To provide a part-time outdoor education teacher.
London & Quadrant	To support It's Your Life's Community Education Zone
National Lottery	Three year funding (2023 to 2025) for the Community Education Zone.
Rathbone Investment Management	Support for parents and families on It's Your Life's Community Education Zone in Liverpool.
Tallows Chandlers Company	To deliver the CALMER project.
Trusthouse Charitable	Contribution to the cost of family worker.
Tom's Trust	It's Your Child's Life course (London)
Wakefield & Tetley	Community Sewing Project

17 Net assets attributable to funds: current period	General funds	Designated funds	Restricted funds	Endowment funds	Total
	£	£	£	£	£
Tangible fixed assets	670	-	-	-	670
Current assets	96,909	-	272,830	-	369,739
Current liabilities	1,332	-	-	-	1,332
Net assets represented by funds	98,911	-	272,830	-	371,741

18 Net assets attributable to funds: prior period	General funds	Designated funds	Restricted funds	Endowment funds	Total
	£	£	£	£	£
Tangible fixed assets	1,203	-	-	-	1,203
Current assets	65,361	-	32,058	-	97,419
Current liabilities	295	-	-	-	295
Net assets represented by funds	66,859	-	32,058	-	98,917

It's Your Life

(A Charity Company Limited by Guarantee, company number 05650451)

Notes to the Accounts

for the year ended 31 March 2023

19 Taxation

The company is a registered charity. Accordingly, it is exempt from taxation in respect of income and capital gains to the extent that these are applied to its charitable objects.

20 Post balance sheet events

There were no significant post balance sheet events.

21 Contingent liabilities

Except as disclosed elsewhere in the Pensions accounting policy note, the charitable company had no material contingent liabilities at 31 March 2023 nor at 31 March 2022.

22 Related parties

During the year payments totaling £25,940 (2022: £20,860) were paid to T Barnes in respect of fundraising and other administrative services. T Barnes is the partner of J Barnes CEO.

23 Transactions with trustees

There were no material transactions with the trustees during the year.

24 Gifts in kind and volunteers

During the year the charitable company benefited from unpaid work performed by volunteers.

25 Company status

The company is limited by guarantee and has no share capital. The guarantors liability in the event the company is wound up is restricted to a maximum of £1 each.

IT'S YOUR LIFE

England & Wales - Charity number 1116802

Accounts

Company number: 05650451

Charity number: 1116802

It's Your Life

(A Charity Company Limited by Guarantee, company number 05650451)

Financial Statements

and

Trustees' Report

for the year ended 31 March 2022

It's Your Life

(A Charity Company Limited by Guarantee, company number 05650451)

Index to the Financial Statements for the year ended 31 March 2022

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It's Your Life

(A Charity Company Limited by Guarantee, company number 05650451)

Charitable Company Information for the year ended 31 March 2022

Status:	It's Your Life is a company limited by guarantee and a registered charity governed by its memorandum and articles of association. The directors of the charity are its trustees for the purposes of charity law and throughout this report are collectively referred to as the Trustees.
Charity name:	It's Your Life
Company registration number:	05650451 (England & Wales)
Charity registration number:	1116802
Registered office:	The Glasshouse 161 Old Ford Road London E2 9QB
Operations address:	The Glasshouse 161 Old Ford Road London E2 9QB
Trustees who held office during the year:	D Lewis F Rahim M Sherwood B Thomas
Chair:	D Lewis
Secretary:	J Barnes
Senior Management:	J Barnes
Independent Examiner:	Anthony Armstrong FCA Armstrong & Co <i>Chartered Accountants & Statutory Auditor</i> 4a Printing House Yard Hackney Road London E2 7PR
Bankers:	National Westminster Bank Plc Bethnal Green London

It's Your Life

(A Charity Company Limited by Guarantee, company number 05650451)

Trustees' Report, incorporating the Directors' Report for the year ended 31 March 2022

The Trustees of It's Your Life present their report together with the financial statements for the year ended 31 March 2022.

Trustees

The Trustees of the charity who held office during the year are disclosed on page 3.

Governing Document

It's Your Life is a company limited by guarantee, incorporated on 9 December 2005 and registered as a charity on 15 November 2006. The company was established under a Memorandum of Association which established the objects and powers of the company and is governed under its Articles of Association. In the event of the company being wound up members are required to contribute an amount not exceeding £1 each.

Risk mitigation

The board has examined the principal areas of the charity's operations and considered the major risks which may arise in each of these areas. In the opinion of the Trustees the charity has established resources and review systems which, under normal conditions, should allow the risks identified by them to be mitigated to an acceptable level in its day to day operations.

Activities

It's Your Life is a small dynamic charity with its roots in Tower Hamlets. Over the past 13 years, it has transformed the lives of people with whom it works. The majority of its work takes place in Tower Hamlets with programmes also being delivered in Newham and in Liverpool.

It's Your Life's principal focus is on the education of vulnerable adults, children and young people, who are often hard to reach through conventional services. We recognise that we need to work hard to make contact with those who need our services most and that they often have a complex range of problems. Invariably this means that they will require holistic support, often requiring more than one programme and needing support over an extended period of time.

We provide 3 programmes which are designed to provide wide ranging services aimed at educating, supporting and enabling not only the children themselves, but also their parents and families, in order to improve their life chances.

It's Your Future:

Since April 2016 Tower Hamlets has commissioned It's Your Life to run a short term, part time, alternative provision for secondary and primary pupils referred by Tower Hamlets schools. The provision is an early intervention for pupils who are potentially at risk of permanent exclusion or a managed move to another school, who need additional support to address challenging behaviours or poor relationships with staff or peers. It is suitable for children who may need an interim placement while they are on a reduced timetable at school or who are changing schools (often these are 'hard to place' pupils between Tower Hamlets schools or from a school in another borough). Schools refer pupils to It's Your Life before the risk of permanent exclusion becomes a significant concern. It is not appropriate for children who require long term specialist provision and on average children spend no more than three months on the It's Your Future programme. The programme aims to build confidence, provide family support and maximise educational achievement.

It's Your Child's Life:

Supports parents, equipping them with the tools needed to prepare their children for success in school. It's Your Child's Life believes that in order to tackle under achievement for the poorest children we have to address the poverty that exists in the home. This includes poverty of education and aspiration. Our principal solution to this is a 12-week programme and thereafter various follow-up sessions that give parents the knowledge, attitudes, skills and habits, along with support and confidence to better their parenting and improve their relationships with their child's school.

It's Your Community:

Strengthens ties between different members of the community, by teaching new skills, encouraging social enterprises and supporting positive family and community interaction. Our experience has shown that many members of our community possess skills that are not often tapped into. We address this by providing classes and groups to develop existing and new skills. We provide the facilities, support and expertise to encourage families and individuals to interact through a number of different projects, or indeed set up their own, which creates an inclusive community. This enables and encourages adults to make positive contributions to the community and become actively involved in school and local community initiatives.

It's Your Life

(A Charity Company Limited by Guarantee, company number 05650451)

Trustees' Report, incorporating the Directors' Report for the year ended 31 March 2022

Year in review

It is a privilege to support this small, remarkable organisation. We have a team of people with a real passion for the work we do and a special base where people feel at home, can rebuild their confidence, and improve their education and life chances. The basis of our charity is firmly established to support those most in need within our community and there are great opportunities as well as challenges as we continue to support the most vulnerable in our community.

With child poverty at record highs, it is clear more needs to be done. The issues faced by the families we work with range from isolation, domestic violence, children with mental illness and learning disabilities- right through to unsuitable housing and very low income. This is where our holistic programme sits helping families who, all too often, fall through the net. Seeking to address just one part of such families lives is not enough to solve the seemingly perpetual cycle of poverty and lack of opportunity they face.

We are extremely grateful that we have been able to continue the charity's valuable work with support from Clarion Housing Association, Concordia Foundation, Cobalt Housing, BBC Children in Need, Ernest Cook Trust, London and Quadrant Housing Association, Rathbone Investment Management, The Worshipful Company of Tallow Chandlers and Trusthouse Charitable Foundation. Core funding came from Garfield Weston, Clifford Chance Law Firm, Goldman Sachs Gives and personal donors.

Looking forward, we are endeavouring to source longer term funding to enable the roll out of our core programs and so effective fundraising remains a key challenge for us (as it does other small charities like ours).

The Trustees and I would like to thank everyone who has helped It's Your Life in the last year. We hope that many more people, agencies and companies will support us in the next year as we continue to improve the life chances of the most vulnerable in our society.

Financial Review

Results for the year

The results of the period and financial position of the charity are shown in the annexed financial statements.

The Statement of Financial Activities shows net income for the year of £37,475 and reserves of £98,917.

Tangible fixed assets for use by the charity.

Fixed assets are set out in Note 8 to the accounts.

Reserves Policy

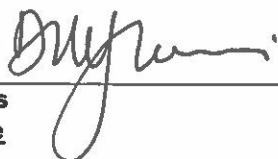
The Trustees consider that a policy of holding a minimum of three months income as a general reserve is appropriate for the charity at the present time and in light of its present circumstances.

Independent Examiner

The Independent Examiner, Anthony Armstrong FCA of Armstrong & Co, Chartered Accountant and Statutory Auditor, has indicated his willingness to be proposed for re-appointment.

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

The financial statements were approved by the Board of Trustees on 28 September 2022 and signed on its behalf by:



D Lewis
Trustee

It's Your Life

(A Charity Company Limited by Guarantee, company number 05650451)

Statement of Trustees' Responsibilities for the year ended 31 March 2022

The Trustees (who are the directors of It's Your Life for the purpose of company law) are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of its incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the Trustees are required to:

- a) Select suitable accounting policies and apply them consistently;
- b) Observe the methods and principles in the Charities SORP;
- c) Make judgements and estimates that are reasonable and prudent;
- d) Follow applicable accounting standards and statements of recommended practice, subject to any material departures disclosed and explained in the accounts; and
- e) Prepare the financial statements on the going concern basis unless it is inappropriate to assume that the charitable company will continue in operation.

The Trustees are responsible for keeping adequate accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006 and charity legislation. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Independent Examiner's Report to the Trustees of It's Your Life

I report on the accounts of It's Your Life for the period from 1 April 2021 to 31 March 2022, which are set out on pages 8 to 16.

This report is made solely to the Trustees as a body in accordance with section 145 of the Charities Act 2011 (the Charities Act) and regulations made under section 154 of that Act. My examination has been undertaken so that I might state to the Trustees those matters I am required to state to them in an independent examiner's report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the company and the Trustees as a body, for my examination, for this report, or for the opinions I have formed.

Respective responsibilities of trustees and examiner

As described on page 6, the Trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The charity's Trustees consider that an audit is not required for this year under section 144 of the the Charities Act and that an independent examination is needed. The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of the Institute of Chartered Accountants in England and Wales (ICAEW).

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- a) examine the accounts under section 145 of the Charities Act;
- b) to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the Charities Act; and
- c) to state whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the Trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 386 of the Companies Act 2006 Act, or
- the accounts do not accord with such records; or
- the accounts do not comply with relevant accounting requirements under section 396 of the Companies Act 2006 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
- the accounts have not been prepared in accordance with the Charities SORP (FRS102).

I 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.



**Anthony Armstrong FCA, Independent Examiner
of Armstrong & Co
Chartered Accountants & Statutory Auditor**

**4a Printing House Yard
Hackney Road
London E2 7PR**

Dated: 28 September 2022

It's Your Life

(A Charity Company Limited by Guarantee, company number 05650451)

Statement of Financial Activities

Incorporating the income and expenditure account
for the year ended 31 March 2022

		2022		2021
		Unrestricted Funds	Restricted Funds	Total Funds
	Notes	£	£	£
Income from:				
Donations and legacies	3	4,165	-	4,165
Charitable activities	4	241,700	111,275	352,975
Total income		245,865	111,275	357,140
Expenditure on:				
Raising funds	5	21,076	-	21,076
Charitable activities	6	219,372	79,217	298,589
Total expenditure		240,448	79,217	319,665
Net income/(expenditure) and movement in funds		5,417	32,058	37,475
Reconciliation of funds:				
Total funds brought forward	13	61,442	-	61,442
Total funds carried forward	12	66,859	32,058	98,917

All incoming resources and resources expended are derived from continuing activities.

The statement of financial activities incorporates an income and expenditure account.

The accompanying accounting policies and notes form an integral part of these financial statements.

It's Your Life

(A Charity Company Limited by Guarantee, company number 05650451)

Statement of Financial Position

as at 31 March 2022

	Notes	31 March 2022		31 March 2021	
		£	£	£	£
Fixed assets:					
Tangible assets	8		1,203		1,191
Total fixed assets			<u>1,203</u>		<u>1,191</u>
Current assets:					
Debtors	9	1,236		3,600	
Cash at bank and In hand	10	<u>96,183</u>		<u>74,281</u>	
Total current assets		<u>97,419</u>		<u>77,881</u>	
Creditors: amounts falling due within one year	11	<u>(295)</u>		<u>17,630</u>	
Net current assets/(liabilities)			<u>97,714</u>		<u>60,251</u>
Total net assets			<u><u>98,917</u></u>		<u><u>61,442</u></u>
The funds of the charity:					
Restricted income funds	14		32,058		-
Unrestricted funds	15		<u>66,859</u>		<u>61,442</u>
Total charity funds	16		<u><u>98,917</u></u>		<u><u>61,442</u></u>

The directors are satisfied that the company is entitled to exemption from audit under Section 477 of the Companies Act 2006 and that no member or members have requested an audit pursuant to section 476 of the Companies Act.


The directors acknowledge their responsibilities for:

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

These financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies and with the Financial Reporting Standard 102.

The financial statements were approved by the Board of Trustees on 28 September 2022 and signed on its behalf by:


D Lewis
Trustee


F Rahim
Trustee

The notes on pages 11 to 16 form part of these accounts.

It's Your Life

(A Charity Company Limited by Guarantee, company number 05650451)

Statement of Cash Flows

for the year ended 31 March 2022

	Notes	2022 £	2021 £
Cash flows from operating activities:			
Net cash provided by/(used in) operating activities	1	22,447	41,810
Cash flows from investing activities:			
Purchase of property, plant and equipment		(545)	(1,588)
Net cash provided by/(used in) investing activities		(545)	(1,588)
Change in cash and cash equivalents in the reporting period		21,902	40,222
Cash and cash equivalents at the beginning of the reporting period	2	74,281	34,059
Cash and cash equivalents at the end of the reporting period	2	96,183	74,281

Notes to the Cash Flow Statement

	2022 £	2021 £
1) Reconciliation of net income/(expenditure) to net cash flow from operating activities		
Net income/(expenditure) for the reporting period (as per the statement of financial activities)	37,475	2,172
Adjustments for:		
Depreciation charges	533	397
(Increase)/decrease in debtors	2,364	34,949
Increase/(decrease) in creditors	(17,925)	4,294
Net cash provided by/(used in) operating activities	22,447	41,810
	2022 £	2021 £
2) Analysis of cash and cash equivalents		
Cash in hand	96,183	74,281
Total cash and cash equivalents	96,183	74,281

It's Your Life

(A Charity Company Limited by Guarantee, company number 05650451)

Accounting Policies

for the year ended 31 March 2022

Basis of preparation

The financial statements have been prepared in accordance with:

- a) Applicable UK accounting standards, including Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)';
- b) 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) - (Charities SORP FRS 102); and
- c) the Companies Act 2006.

Public benefit entity

The charitable company meets the definition of a public benefit entity under FRS 102.

Going concern

The Trustees consider that there are no material uncertainties about the charitable company's ability to continue to operate and accordingly the accounts have been prepared on a going concern basis.

Income recognition

Income is recognised when the charity has a contractual or other right to its receipt, it is probable that the income will be received and that the amount can be measured reliably. Income with conditions attached to its receipt is recognised when those conditions have been fulfilled.

Grant income is recognised on a receivable basis.

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

Restricted Funds

Restricted funds are to be used for specified purposes as laid down by the funder. Direct and support expenditure which meets these criteria are identified to the fund together with a fair allocation of other costs.

Unrestricted Funds

Unrestricted funds are funds received which have no restrictions placed on their use and are available as general funds.

Allocation of costs

Costs are allocated directly to projects where they can be identified as relating solely to that project. Other costs are allocated between the funds based on staff time spent on the fund activities or other appropriate criteria.

Pensions

The charity operates defined contribution schemes which are administered by outside independent pensions providers. Contributions payable for the year are charged to the Statement of Financial Activities.

Tangible Fixed Assets

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

Fixtures & equipment - 25% on cost

Items of equipment are only capitalised where the purchase price exceeds £200.

It's Your Life

(A Charity Company Limited by Guarantee, company number 05650451)

Notes to the Accounts

for the year ended 31 March 2022

1 Incoming resources

The incoming resources and surplus are attributable to the principal activities of the charity.

2 Net incoming resources

Net incoming resources are stated after charging:

	2022	2021
	£	£
Independent Examiner's fees - reporting service	1,080	1,025
Independent Examiner's fees - other services	2,272	1,783
Depreciation - owned assets	533	397

Trustees' emoluments

2022	2021
£	£
-	-

Emoluments include salaries, fees, bonuses, expense allowances and estimated non-cash benefits receivable. All Trustees serve in a voluntary capacity and do not receive payment for their services.

3 Income from donations and legacies	Unrestricted	Restricted	2022	2021
	£	£	Total	Total
Donations	4,165	-	4,165	4,177
	<u>4,165</u>	<u>-</u>	<u>4,165</u>	<u>4,177</u>

4 Income from charitable activities	Unrestricted	Restricted	2022	2021
	£	£	Total	Total
Charitable services	185,500	-	185,500	169,100
Grant income	56,200	111,275	167,475	135,418
	<u>241,700</u>	<u>111,275</u>	<u>352,975</u>	<u>304,518</u>

5 Expenditure on raising funds	Unrestricted	Restricted	2022	2021
	£	£	Total	Total
Fundraising costs	21,076	-	21,076	19,016
	<u>21,076</u>	<u>-</u>	<u>21,076</u>	<u>19,016</u>

6 Expenditure on charitable activities	Unrestricted	Restricted	2022	2021
	£	£	Total	Total
Staff salaries & costs	176,289	75,197	251,486	211,702
Project delivery	5,944	2,536	8,480	36,164
Project activities	769	328	1,097	543
Project materials	1,752	747	2,499	5,022
Project equipment	960	409	1,369	1,358
Volunteer expenses	2,880	-	2,880	2,490
Family support	-	-	-	1,057
Administration support	3,300	-	3,300	6,000
Staff training & welfare	589	-	589	-
Travel & subsistence	1,240	-	1,240	1,044
Rent & services	17,423	-	17,423	13,238
Office costs	3,141	-	3,141	2,519
Insurance	1,025	-	1,025	1,001
Bank charges	175	-	175	170
Independent examiner's fees	1,080	-	1,080	1,025
Accountancy & payroll costs	2,272	-	2,272	2,536
Depreciation	533	-	533	397
Penalties & interest	-	-	-	1,241
	<u>219,372</u>	<u>79,217</u>	<u>298,589</u>	<u>287,507</u>

It's Your Life

(A Charity Company Limited by Guarantee, company number 05650451)

Notes to the Accounts

for the year ended 31 March 2022

7 Staff salaries	2022	2021
	£	£
Salaries	230,221	195,820
Social security costs	19,640	13,556
Pensions	1,625	2,327
	<u>251,486</u>	<u>211,702</u>
Average number of employees during the year was:	<u>7.5</u>	<u>5.0</u>
Average number of FTE employees during the year was:	<u>5.3</u>	<u>4.5</u>
No remuneration was paid to any Trustee or their associates for services as a Trustee during the year ended 31 March 2022 nor to 31 March 2021.		
Employees paid in excess of £60,000 during the current year and previous year:	<u>1</u>	<u>1</u>
8 Tangible fixed assets	Fixtures & equipment	Total
	£	£
Cost		
As at 1 April 2021	4,082	4,082
Additions	545	545
As at 31 March 2022	<u>4,627</u>	<u>4,627</u>
Depreciation		
As at 1 April 2021	2,891	2,891
Charge for the year	533	533
As at 31 March 2022	<u>3,424</u>	<u>3,424</u>
Net book value		
As at 31 March 2022	<u>1,203</u>	<u>1,203</u>
As at 31 March 2021	<u>1,191</u>	<u>1,191</u>
9 Debtors: amounts falling due within one year	2022	2021
	£	£
Operating debtors	1,250	-
Staff expenses	(14)	-
Accrued income	-	3,600
	<u>1,236</u>	<u>3,600</u>
10 Bank and cash in hand	2022	2021
	£	£
Bank current account	96,149	74,247
Petty cash	34	34
	<u>96,183</u>	<u>74,281</u>
11 Creditors: amounts falling due within one year	2022	2021
	£	£
Payroll taxes	(268)	14,851
Pension liabilities	(183)	111
Net salaries	(846)	(141)
Accrued expenses	1,002	2,809
	<u>(295)</u>	<u>17,630</u>

It's Your Life

(A Charity Company Limited by Guarantee, company number 05650451)

Notes to the Accounts

for the year ended 31 March 2022

12 The funds of the charity: current year	Opening balance £	Resources arising £	Resources utilised £	Other movements £	Closing balance £
<u>Restricted funds</u>					
Restricted income funds	-	111,275	(79,217)	-	32,058
<u>Unrestricted funds</u>					
General funds	61,442	245,865	(240,448)	-	66,859
	<u>61,442</u>	<u>357,140</u>	<u>(319,665)</u>	<u>-</u>	<u>98,917</u>

13 The funds of the charity: prior year	Opening balance £	Resources arising £	Resources utilised £	Other movements £	Closing balance £
<u>Restricted funds</u>					
Restricted income funds	-	135,418	(135,418)	-	-
<u>Unrestricted funds</u>					
General funds	59,271	173,277	(171,105)	-	61,443
	<u>59,271</u>	<u>308,695</u>	<u>(306,523)</u>	<u>-</u>	<u>61,443</u>

14 Restricted funds: current period	Opening balance £	Incoming resources £	Resources expended £	Transfers & gains/(losses) £	Closing balance £
Clarion Futures	-	1,000	1,000	-	-
Concordia Foundation	-	1,000	1,000	-	-
Cobalt Housing	-	2,500	2,500	-	-
BBC Children in Need	-	42,343	42,343	-	-
Ernest Cook	-	14,558	-	-	14,558
London & Quadrant	-	21,374	21,374	-	-
Rathbone Investment Management	-	2,200	-	-	2,200
Tallows Chandlers Company	-	10,800	4,000	-	6,800
Trusthouse Charitable Foundation	-	15,500	7,000	-	8,500
	<u>-</u>	<u>111,275</u>	<u>79,217</u>	<u>-</u>	<u>32,058</u>

15 Restricted funds: prior period	Opening balance £	Incoming resources £	Resources expended £	Transfers & gains/(losses) £	Closing balance £
British Science Association	-	500	500	-	-
Clarion Futures	-	8,820	8,820	-	-
BBC Children in Need	-	38,325	38,325	-	-
East End Community Foundation	-	23,147	23,147	-	-
Edward Gosling	-	10,500	10,500	-	-
Eleanor Rathbone Trust	-	5,006	5,006	-	-
EECF Tampon Tax	-	2,500	2,500	-	-
The Grocers' Charity	-	7,210	7,210	-	-
ISLA Foundation	-	2,000	2,000	-	-
Institute of Physics	-	600	600	-	-
London & Quadrant	-	4,800	4,800	-	-
National Lottery	-	9,510	9,510	-	-
School for Social Entrepreneurs	-	7,000	7,000	-	-
Trusthouse Charitable Foundation	-	15,500	15,500	-	-
	<u>-</u>	<u>135,418</u>	<u>135,418</u>	<u>-</u>	<u>-</u>

Notes to the Accounts

for the year ended 31 March 2022

Restricted funds (continued)

Projects financed by restricted funds are supported by unrestricted funding where necessary. This occurs where the funding is in arrears or the incidence of expenditure on the project occurs disproportionately at the beginning of the project compared to the income flows. Where restricted projects end the year with a deficit, this is met by after year-end restricted income or transfers from unrestricted funds.

British Science Association	To pay for a science project for the community.
Clarion Futures	To improve the communities understanding of the digital world, and preparing young people for the future of work.
Concordia Foundation	Supporting young people with music tuition.
Cobalt Housing	Supporting the IYCL courses in Liverpool.
BBC Children in Need	To fund a mentor providing Life Skills, motivation, problem solving and overcoming challenges support for young people, and funding for It's Your Child's Life courses in London and Liverpool.
Ernest Cook	To provide a part-time outdoor education teacher.
East End Community Foundation	To encourage families to eat healthy, reduce waste and shop smartly, and provide holistic support to families during the pandemic.
Edward Gosling	To provide essential items/clothing/resources to families during lockdown and support our children's clothes bank, and support for refugees.
Eleanor Rathbone Trust	To fund support for parents and families on It's Your Child's Life courses in Liverpool.
EECF Tampon Tax	To deliver maths and English courses for women and girls in the community.
The Grocers' Charity	To fund a part time wellbeing tutor to work with female beneficiaries.
ISLA Foundation	To provide maths and English community classes.
Institute of Physics	To pay for a physics project in the community.
London & Quadrant	To support young people with their mental health and resilience.
National Lottery	To deliver Confident, Healthy, Ambitious, Resilient, Minds Project.
Rathbone Investment Management	Support for parents and families on It's Your Life's Community Education Zone in Liverpool.
School for Social Entrepreneurs	To fund cover support for staff to enable them to further develop the charity's programme.
Tallows Chandlers Company	To deliver the CALMER project.
Trusthouse Charitable	Contribution to the cost of family worker.

	General funds	Designated funds	Restricted funds	Endowment funds	Total
		£	£	£	£
16 Net assets attributable to funds: current period					
Tangible fixed assets	1,203	-	-	-	1,203
Current assets	65,361	-	32,058	-	97,419
Current liabilities	295	-	-	-	295
Net assets represented by funds	<u>66,859</u>	<u>-</u>	<u>32,058</u>	<u>-</u>	<u>98,917</u>

	General funds	Designated funds	Restricted funds	Endowment funds	Total
		£	£	£	£
17 Net assets attributable to funds: prior period					
Tangible fixed assets	1,191	-	-	-	1,191
Current assets	77,881	-	-	-	77,881
Current liabilities	(17,629)	-	-	-	(17,629)
Net assets represented by funds	<u>61,443</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>61,443</u>

18 Taxation

The company is a registered charity. Accordingly, it is exempt from taxation in respect of income and capital gains to the extent that these are applied to its charitable objects.

19 Post balance sheet events

There were no significant post balance sheet events.

Notes to the Accounts

for the year ended 31 March 2022

20 Contingent liabilities

Except as disclosed elsewhere in the Pensions accounting policy note, the charitable company had no material contingent liabilities at 31 March 2022 nor at 31 March 2021.

21 Related parties

During the year payments totaling £20,860 (2021: £18,836) were paid to T Barnes in respect of fundraising services. T Barnes is the partner of J Barnes CEO.

22 Transactions with trustees

There were no material transactions with the trustees during the year.

23 Gifts in kind and volunteers

During the year the charitable company benefited from unpaid work performed by volunteers.

24 Company status

The company is limited by guarantee and has no share capital. The guarantors liability in the event the company is wound up is restricted to a maximum of £1 each.

IT'S YOUR LIFE

England & Wales - Charity number 1116802

Accounts

Company number: 05650451

Charity number: 1116802

It's Your Life

(A Charity Company Limited by Guarantee, company number 05650451)

Financial Statements

and

Trustees' Report

for the year ended 31 March 2021

It's Your Life

(A Charity Company Limited by Guarantee, company number 05650451)

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It's Your Life

(A Charity Company Limited by Guarantee, company number 05650451)

Charitable Company Information for the year ended 31 March 2021

Status:	It's Your Life is a company limited by guarantee and a registered charity governed by its memorandum and articles of association. The directors of the charity are its trustees for the purposes of charity law and throughout this report are collectively referred to as the Trustees.
Charity name:	It's Your Life
Company registration number:	05650451 (England & Wales)
Charity registration number:	1116802
Registered office:	The Glasshouse 161 Old Ford Road London E2 9QB
Operations address:	The Glasshouse 161 Old Ford Road London E2 9QB
Trustees who held office during the year:	D Lewis F Rahim M Sherwood B Thomas
Chair:	D Lewis
Secretary:	J Barnes
Senior Management:	J Barnes
Independent Examiner:	Anthony Armstrong FCA Armstrong & Co <i>Chartered Accountants & Statutory Auditor</i> 4a Printing House Yard Hackney Road London E2 7PR
Bankers:	National Westminster Bank Plc Bethnal Green London

It's Your Life

(A Charity Company Limited by Guarantee, company number 05650451)

Trustees' Report, incorporating the Directors' Report for the year ended 31 March 2021

The Trustees of It's Your Life present their report together with the financial statements for the year ended 31 March 2021.

Trustees

The Trustees of the charity who held office during the year are disclosed on page 3.

Governing Document

It's Your Life is a company limited by guarantee, incorporated on 9 December 2005 and registered as a charity on 15 November 2006. The company was established under a Memorandum of Association which established the objects and powers of the company and is governed under its Articles of Association. In the event of the company being wound up members are required to contribute an amount not exceeding £1 each.

Risk mitigation

The board has examined the principal areas of the charity's operations and considered the major risks which may arise in each of these areas. In the opinion of the Trustees the charity has established resources and review systems which, under normal conditions, should allow the risks identified by them to be mitigated to an acceptable level in its day to day operations.

Activities

It's Your Life is a small dynamic charity with its roots in Tower Hamlets. Over the past 13 years, it has transformed the lives of people with whom it works. The majority of its work takes place in Tower Hamlets with programmes also being delivered in Newham and in Liverpool.

It's Your Life's principal focus is on the education of vulnerable adults, children and young people, who are often hard to reach through conventional services. We recognise that we need to work hard to make contact with those who need our services most and that they often have a complex range of problems. Invariably this means that they will require holistic support, often requiring more than one programme and needing support over an extended period of time.

We provide 3 programmes which are designed to provide wide ranging services aimed at educating, supporting and enabling not only the children themselves, but also their parents and families, in order to improve their life chances.

It's Your Future:

Since April 2016 Tower Hamlets has commissioned It's Your Life to run a short term, part time, alternative provision for secondary and primary pupils referred by Tower Hamlets schools. The provision is an early intervention for pupils who are potentially at risk of permanent exclusion or a managed move to another school, who need additional support to address challenging behaviours or poor relationships with staff or peers. It is suitable for children who may need an interim placement while they are on a reduced timetable at school or who are changing schools (often these are 'hard to place' pupils between Tower Hamlets schools or from a school in another borough). Schools refer pupils to It's Your Life before the risk of permanent exclusion becomes a significant concern. It is not appropriate for children who require long term specialist provision and on average children spend no more than three months on the It's Your Future programme. The programme aims to build confidence, provide family support and maximise educational achievement.

It's Your Child's Life:

Supports parents, equipping them with the tools needed to prepare their children for success in school. It's Your Child's Life believes that in order to tackle under achievement for the poorest children we have to address the poverty that exists in the home. This includes poverty of education and aspiration. Our principal solution to this is a 12-week programme and thereafter various follow-up sessions that give parents the knowledge, attitudes, skills and habits, along with support and confidence to better their parenting and improve their relationships with their child's school.

It's Your Community:

Strengthens ties between different members of the community, by teaching new skills, encouraging social enterprises and supporting positive family and community interaction. Our experience has shown that many members of our community possess skills that are not often tapped into. We address this by providing classes and groups to develop existing and new skills. We provide the facilities, support and expertise to encourage families and individuals to interact through a number of different projects, or indeed set up their own, which creates an inclusive community. This enables and encourages adults to make positive contributions to the community and become actively involved in school and local community initiatives.

It's Your Life

(A Charity Company Limited by Guarantee, company number 05650451)

Trustees' Report, incorporating the Directors' Report for the year ended 31 March 2021

Year in review

As for many individuals and organisations, this past year has been a challenging one. It has also been a year when the quality of what we do and, more importantly, how we do it has been fully demonstrated. Through difficult times, the charity has continued to support highly vulnerable families in Tower Hamlets, Newham and Liverpool.

The Covid-19 pandemic gave the communities we support many challenges to overcome. These included an increase in the difficulties faced by families to access the support they needed to thrive. Schools, and many other community organisations, were closed to parents which led to increased levels of social isolation and families losing meaningful connections that were key to their education and wellbeing.

It's Your Life responded magnificently to these challenges; ensuring that support across our programmes could continue to be delivered and, in so doing, demonstrated the critical importance of our holistic approach to supporting those we work with. Taking the time to understand the needs of those individuals meant that no family we support was left behind. This response has only been possible thanks to the dedication of the employees and volunteers who remain fully committed to It's Your Life. We did this without furloughing any members of staff.

In the pandemic we have learnt to be far more flexible in how we can deliver our programmes and materials. For example, delivering sessions for It's Your Child's Life via Zoom was a new skill that staff quickly had to acquire. Similarly, in the absence of being able to hand out materials and resources in person, we discovered new (and better) ways for our materials to reach, and truly help, families. Since some level of contact is always needed, we have found whatever means of communication worked for our families to really engage with them (an effort they have greatly appreciated).

The impact of the pandemic is reflected in our financial reports. Due to the closure of schools we were unable to deliver services face to face, which had a detrimental impact on our associated income streams. The demands for access to our service continues to grow and we are keen to increase our capacity again to help many more people next year. Despite a difficult year, we secured funding to support our core costs and we will continue to raise programme specific and unrestricted funding.

It remains a privilege for me to be part of this organisation and Chair of the Trustee Board. This year's events have shown that the work that we do is more important than ever. Our focus is to help our community not just to survive but to thrive. I am confident in our ability to do this, working alongside our families, supporters, and our partners to make this happen.

On behalf of all the Trustees, thank you to our staff, supporters, donors and partners.

Financial Review

Results for the year

The results of the period and financial position of the charity are shown in the annexed financial statements.

The Statement of Financial Activities shows net income for the year of £2,172 and reserves of £61,443.

Tangible fixed assets for use by the charity.

Fixed assets are set out in Note 9 to the accounts.

Reserves Policy

The trustees consider that a policy of holding a minimum of three months income as a general reserve is appropriate for the charity at the present time and in light of its present circumstances.

Independent Examiner

The Independent Examiner, Anthony Armstrong FCA of Armstrong & Co, Chartered Accountant and Statutory Auditor, has indicated his willingness to be proposed for re-appointment.

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

The financial statements were approved by the Board of Trustees on 17 September 2021 and signed on its behalf by:



D Lewis
Trustee

It's Your Life

(A Charity Company Limited by Guarantee, company number 05650451)

Statement of Trustees' Responsibilities for the year ended 31 March 2021

The Trustees (who are the directors of It's Your Life for the purpose of company law) are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of its incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the Trustees are required to:

- a) Select suitable accounting policies and apply them consistently;
- b) Observe the methods and principles in the Charities SORP;
- c) Make judgements and estimates that are reasonable and prudent;
- d) Follow applicable accounting standards and statements of recommended practice, subject to any material departures disclosed and explained in the accounts; and
- e) Prepare the financial statements on the going concern basis unless it is inappropriate to assume that the charitable company will continue in operation.

The Trustees are responsible for keeping adequate accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006 and charity legislation. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

It's Your Life

(A Charity Company Limited by Guarantee, company number 05650451)

Independent Examiner's Report to the Trustees of It's Your Life

I report on the accounts of It's Your Life for the period from 1 April 2020 to 31 March 2021, which are set out on pages 8 to 16.

This report is made solely to the Trustees as a body in accordance with section 145 of the Charities Act 2011 (the Charities Act) and regulations made under section 154 of that Act. My examination has been undertaken so that I might state to the Trustees those matters I am required to state to them in an independent examiner's report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the company and the Trustees as a body, for my examination, for this report, or for the opinions I have formed.

Respective responsibilities of trustees and examiner

As described on page 6, the Trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The charity's Trustees consider that an audit is not required for this year under section 144 of the Charities Act and that an independent examination is needed. The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of the Institute of Chartered Accountants in England and Wales (ICAEW).

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- a) examine the accounts under section 145 of the Charities Act;
- b) to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the Charities Act; and
- c) to state whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the Trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 386 of the Companies Act 2006 Act, or
- the accounts do not accord with such records; or
- the accounts do not comply with relevant accounting requirements under section 396 of the Companies Act 2006 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
- the accounts have not been prepared in accordance with the Charities SORP (FRS102).

I 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.



Anthony Armstrong FCA, Independent Examiner
of Armstrong & Co
Chartered Accountants & Statutory Auditor

4a Printing House Yard
Hackney Road
London E2 7PR

Dated: 17 September 2021

It's Your Life

(A Charity Company Limited by Guarantee, company number 05650451)

Statement of Financial Activities

*Incorporating the income and expenditure account
for the year ended 31 March 2021*

				2021	2020
		Unrestricted Funds	Restricted Funds	Total Funds	Total Funds
	Notes	£	£	£	£
Income from:					
Donations and legacies	3	4,177	-	4,177	3,005
Charitable activities	4	169,100	135,418	304,518	339,788
Income	5	-	-	-	4,827
Total income		173,277	135,418	308,695	347,620
Expenditure on:					
Raising funds	6	19,016	-	19,016	216
Charitable activities	7	152,089	135,418	287,507	336,766
Total expenditure		171,105	135,418	306,523	336,982
Net income/(expenditure) and movement in funds		2,172	-	2,172	10,638
Reconciliation of funds:					
Total funds brought forward	14	59,271	-	59,271	48,633
Total funds carried forward	13	61,443	-	61,443	59,271

All incoming resources and resources expended are derived from continuing activities.

The statement of financial activities incorporates an income and expenditure account.

The accompanying accounting policies and notes form an integral part of these financial statements.

It's Your Life

(A Charity Company Limited by Guarantee, company number 05650451)

Statement of Financial Position

as at 31 March 2021

		31 March 2021		31 March 2020	
	Notes	£	£	£	£
Fixed assets:					
Tangible assets	9		1,191		-
Total fixed assets			<u>1,191</u>		<u>-</u>
Current assets:					
Debtors	10	3,600		38,549	
Cash at bank and In hand	11	<u>74,281</u>		<u>34,059</u>	
Total current assets		<u>77,881</u>		<u>72,608</u>	
Creditors: amounts falling due within one year	12	<u>17,629</u>		<u>13,337</u>	
Net current assets/(liabilities)			60,252		59,271
Total net assets			<u>61,443</u>		<u>59,271</u>
The funds of the charity:					
Unrestricted funds	15		61,443		59,271
Total charity funds	17		<u>61,443</u>		<u>59,271</u>

The directors are satisfied that the company is entitled to exemption from audit under Section 477 of the Companies Act 2006 and that no member or members have requested an audit pursuant to section 476 of the Companies Act.

The directors acknowledge their responsibilities for:

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

These financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies and with the Financial Reporting Standard 102.

The financial statements were approved by the Board of Trustees on 17 September 2021 and signed on its behalf by:


D Lewis
Trustee


F Rahim
Trustee

The notes on pages 11 to 16 form part of these accounts.

It's Your Life

(A Charity Company Limited by Guarantee, company number 05650451)

Statement of Cash Flows

for the year ended 31 March 2021

	Notes	2021 £	2020 £
Cash flows from operating activities:			
Net cash provided by/(used in) operating activities	1	41,810	(20,603)
Cash flows from investing activities:			
Purchase of property, plant and equipment		(1,588)	-
Net cash provided by/(used in) investing activities		(1,588)	-
Change in cash and cash equivalents in the reporting period		40,222	(20,603)
Cash and cash equivalents at the beginning of the reporting period	2	34,059	54,662
Cash and cash equivalents at the end of the reporting period	2	74,281	34,059

Notes to the Cash Flow Statement

	2021 £	2020 £
1) Reconciliation of net income/(expenditure) to net cash flow from operating activities		
Net income/(expenditure) for the reporting period (as per the statement of financial activities)	2,172	10,638
Adjustments for:		
Depreciation charges	397	118
(Increase)/decrease in debtors	34,949	(26,749)
Increase/(decrease) in creditors	4,292	(4,609)
Net cash provided by/(used in) operating activities	41,810	(20,603)
2) Analysis of cash and cash equivalents		
Cash in hand	74,281	34,059
Total cash and cash equivalents	74,281	34,059

It's Your Life

(A Charity Company Limited by Guarantee, company number 05650451)

Accounting Policies

for the year ended 31 March 2021

Basis of preparation

The financial statements have been prepared in accordance with:

- a) Applicable UK accounting standards, including Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)';
- b) 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) - (Charities SORP FRS 102); and
- c) the Companies Act 2006.

Public benefit entity

The charitable company meets the definition of a public benefit entity under FRS 102.

Going concern

The Trustees consider that there are no material uncertainties about the charitable company's ability to continue to operate and accordingly the accounts have been prepared on a going concern basis.

Income recognition

Income is recognised when the charity has a contractual or other right to its receipt, it is probable that the income will be received and that the amount can be measured reliably. Income with conditions attached to its receipt is recognised when those conditions have been fulfilled.

Grant income is recognised on a receivable basis.

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

Unrestricted Funds

Unrestricted funds are funds received which have no restrictions placed on their use and are available as general funds.

Allocation of costs

Costs are allocated directly to projects where they can be identified as relating solely to that project. Other costs are allocated between the funds based on staff time spent on the fund activities or other appropriate criteria.

Pensions

The charity operates defined contribution schemes which are administered by outside independent pensions providers. Contributions payable for the year are charged to the Statement of Financial Activities.

Tangible Fixed Assets

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

Fixtures & equipment - 25% on cost

Items of equipment are only capitalised where the purchase price exceeds £200.

It's Your Life

(A Charity Company Limited by Guarantee, company number 05650451)

Notes to the Accounts

for the year ended 31 March 2021

1 Incoming resources

The incoming resources and surplus are attributable to the principal activities of the charity.

2 Net incoming resources

Net incoming resources are stated after charging:

Independent Examiner's fees - reporting service

Independent Examiner's fees - other services

Depreciation - owned assets

2021

2020

£

£

1,025

1,200

1,783

1,560

397

118

Trustees' emoluments

Emoluments include salaries, fees, bonuses, expense allowances and estimated non-cash benefits receivable. All Trustees serve in a voluntary capacity and do not receive payment for their services.

3 Income from donations and legacies

	Unrestricted	Restricted	2021 Total	2020 Total
	£	£	£	£
Donations	4,177	-	4,177	3,005
	<u>4,177</u>	<u>-</u>	<u>4,177</u>	<u>3,005</u>

4 Income from charitable activities

	Unrestricted	Restricted	2021 Total	2020 Total
	£	£	£	£
Charitable services	169,100	-	169,100	204,313
Grant income	-	135,418	135,418	135,475
	<u>169,100</u>	<u>135,418</u>	<u>304,518</u>	<u>339,788</u>

5 Other income

	Unrestricted	Restricted	2021 Total	2020 Total
	£	£	£	£
Other income	-	-	-	4,827
	<u>-</u>	<u>-</u>	<u>-</u>	<u>4,827</u>

6 Expenditure on raising funds

	Unrestricted	Restricted	2021 Total	2020 Total
	£	£	£	£
Fundraising costs	19,016	-	19,016	216
	<u>19,016</u>	<u>-</u>	<u>19,016</u>	<u>216</u>

It's Your Life

(A Charity Company Limited by Guarantee, company number 05650451)

Notes to the Accounts

for the year ended 31 March 2021

7 Expenditure on charitable activities	Unrestricted	Restricted	2021	2020
	£	£	Total	Total
Staff salaries & costs	96,293	115,409	211,702	236,269
Project delivery	16,155	20,009	36,164	76,743
Project activities	543	-	543	595
Project materials	5,022	-	5,022	1,712
Project equipment	1,358	-	1,358	1,637
Volunteer expenses	2,490	-	2,490	3,535
Family support	1,057	-	1,057	285
Administration support	6,000	-	6,000	-
Staff training & welfare	-	-	-	915
Travel & subsistence	1,044	-	1,044	1,261
Rent & services	13,238	-	13,238	6,000
Office costs	2,519	-	2,519	3,063
Insurance	1,001	-	1,001	741
Bank charges	170	-	170	213
Independent examiner's fees	1,025	-	1,025	1,200
Accountancy & payroll costs	2,536	-	2,536	2,275
Pension setup & running costs	-	-	-	204
Depreciation	397	-	397	118
Penalties & interest	1,241	-	1,241	-
	<u>152,089</u>	<u>135,418</u>	<u>287,507</u>	<u>336,766</u>

8 Staff salaries	2021	2020
	£	£
Salaries	195,820	211,320
Social security costs	13,557	22,712
Pensions	2,327	2,237
	<u>211,703</u>	<u>236,269</u>

Average number of employees during the year was:

5.0 5.4

Average number of FTE employees during the year was:

4.5 4.9

No remuneration was paid to any Trustee or their associates for services as a Trustee during the year ended 31 March 2021 nor to 31 March 2020.

Employees paid in excess of £60,000 during the current year and previous year:

1 1

9 Tangible fixed assets

Cost

As at 1 April 2020

Additions

As at 31 March 2021

Depreciation

As at 1 April 2020

Charge for the year

As at 31 March 2021

Net book value

As at 31 March 2021

As at 31 March 2020

Fixtures &
equipment
£

Total
£

2,494 2,494

1,588 1,588

4,082 4,082

2,494 2,494

397 397

2,891 2,891

1,191 1,191

- -

It's Your Life

(A Charity Company Limited by Guarantee, company number 05650451)

Notes to the Accounts

for the year ended 31 March 2021

10 Debtors: amounts falling due within one year					
			2021	2020	
			£	£	
Accrued income			3,600	38,549	
			<u>3,600</u>	<u>38,549</u>	
11 Bank and cash in hand					
			2021	2020	
			£	£	
Bank current account			74,247	32,965	
Petty cash			34	158	
Staff expenses			-	936	
			<u>74,281</u>	<u>34,059</u>	
12 Creditors: amounts falling due within one year					
			2021	2020	
			£	£	
Payroll taxes			14,851	4,512	
Pension liabilities			111	879	
Net salaries			(141)	1,185	
Accrued expenses			2,808	6,761	
			<u>17,629</u>	<u>13,337</u>	
13 The funds of the charity: current year					
	Opening balance	Resources arising	Resources utilised	Other movements	Closing balance
	£	£	£	£	£
<u>Restricted funds</u>					
Restricted income funds	-	135,418	(135,418)	-	-
<u>Unrestricted funds</u>					
General funds	59,271	173,277	(171,105)	-	61,443
	<u>59,271</u>	<u>308,695</u>	<u>(306,523)</u>	<u>-</u>	<u>61,443</u>
14 The funds of the charity: prior year					
	Opening balance	Resources arising	Resources utilised	Other movements	Closing balance
	£	£	£	£	£
<u>Restricted funds</u>					
Restricted income funds	19,498	107,595	(127,093)	-	-
<u>Unrestricted funds</u>					
General funds	29,135	240,025	(209,889)	-	59,271
	<u>48,633</u>	<u>347,620</u>	<u>(336,982)</u>	<u>-</u>	<u>59,271</u>
15 Restricted funds: current period					
	Opening balance	Incoming resources	Resources expended	Transfers & gains/(losses)	Closing balance
	£	£	£	£	£
British Science Association	-	500	500	-	-
Clarion Futures	-	8,820	8,820	-	-
BBC Children in Need	-	38,325	38,325	-	-
East End Community Foundation	-	23,147	23,147	-	-
Edward Gosling	-	10,500	10,500	-	-
Eleanor Rathbone Trust	-	5,006	5,006	-	-
Institute of Physics	-	600	600	-	-
ISLA Foundation	-	2,000	2,000	-	-
London & Quadrant	-	4,800	4,800	-	-
National Lottery	-	9,510	9,510	-	-
School for Social Entrepreneurs	-	7,000	7,000	-	-
Trusthouse Charitable Foundation	-	15,500	15,500	-	-
The Grocers' Charity	-	7,210	7,210	-	-
EECF Tampon Tax	-	2,500	2,500	-	-
	<u>-</u>	<u>135,418</u>	<u>135,418</u>	<u>-</u>	<u>-</u>

It's Your Life

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Notes to the Accounts

for the year ended 31 March 2021

16 Restricted funds: prior period	Opening balance	Incoming resources	Resources expended	Transfers & gains/(losses)	Closing balance
	£	£	£	£	£
British Science Association	-	2,100	2,100	-	-
BBC Children in Need	-	31,444	31,444	-	-
Edward Gosling	-	1,994	1,994	-	-
Eleanor Rathbone Trust	-	2,760	2,760	-	-
Groundwork	-	4,500	4,500	-	-
Institute of Physics	-	600	600	-	-
London & Quadrant	5,598	37,062	42,660	-	-
Leathersellers	-	1,000	1,000	-	-
National Lottery	6,150	-	6,150	-	-
Stephen Lawrence	-	365	365	-	-
Trusthouse Charitable Foundation	-	15,500	15,500	-	-
EECF Tampon Tax	4,000	10,270	14,270	-	-
Wakefield & Tetley Trust	3,750	-	3,750	-	-
	<u>19,498</u>	<u>107,595</u>	<u>127,093</u>	<u>-</u>	<u>-</u>

Restricted funds (continued)

Projects financed by restricted funds are supported by unrestricted funding where necessary. This occurs where the funding is in arrears or the incidence of expenditure on the project occurs disproportionately at the beginning of the project compared to the income flows. Where restricted projects end the year with a deficit, this is met by after year-end restricted income or transfers from unrestricted funds.

British Science Association	To pay for a science project for the community.
Clarion Futures	To improve the communities understanding of the digital world, and preparing young people for the future of work.
BBC Children in Need	To fund a mentor providing Life Skills, motivation, problem solving and overcoming challenges support for young people, and funding for It's Your Child's Life courses in London and Liverpool.
East End Community Foundation	To encourage families to eat healthy, reduce waste and shop smartly, and provide holistic support to families during the pandemic.
Edward Gosling	To provide essential items/clothing/resources to families during lockdown and support our children's clothes bank, and support for refugees.
Eleanor Rathbone Trust	To fund support for parents and families on It's Your Child's Life courses in Liverpool.
Groundwork	Community Courses.
Institute of Physics	To pay for a physics project in the community.
ISLA Foundation	To provide manths and English community classes.
London & Quadrant	To support young people with their mental health and resilience.
Leathersellers	To pay for mentoring for It's Your Future Programme.
National Lottery	To deliver Confident, Healthy, Ambitious, Resilient, Minds Project.
Stephen Lawrence	To fund an activity for Stephen Lawrence Day.
School for Social Entrepreneurs	To fund cover support for staff to enable them to further develop the charity's programme.
Trusthouse Charitable Foundation	Contribution to the cost of family worker.
The Grocers' Charity	To fund a part time wellbeing tutor to work with female beneficiaries.
EECF Tampon Tax	To deliver maths and English courses for women and girls in the community.
Wakefield & Tetley Trust	Contribution towards the cost of mentoring and family support.

17 Net assets attributable to funds: current period	General funds	Designated funds	Restricted funds	Endowment funds	Total
		£	£	£	£
Tangible fixed assets	1,191	-	-	-	1,191
Current assets	77,881	-	-	-	77,881
Current liabilities	(17,629)	-	-	-	(17,629)
Net assets represented by funds	<u>61,443</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>61,443</u>

It's Your Life

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Notes to the Accounts

for the year ended 31 March 2021

	General funds	Designated funds	Restricted funds	Endowment funds	Total
18 Net assets attributable to funds: prior period		£	£	£	£
Current assets	72,608	-	-	-	72,608
Current liabilities	(13,336)	-	-	-	(13,336)
Net assets represented by funds	<u>59,272</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>59,272</u>

19 Taxation

The company is a registered charity. Accordingly, it is exempt from taxation in respect of income and capital gains to the extent that these are applied to its charitable objects.

20 Post balance sheet events

There were no significant post balance sheet events.

21 Contingent liabilities

Except as disclosed elsewhere in the Pensions accounting policy note, the charitable company had no material contingent liabilities at 31 March 2021 nor at 31 March 2020.

22 Related parties

During the year payments totaling £18,836 (2020: £Nil) were paid to T Barnes in respect of fundraising services. T Barnes is the partner of J Barnes CEO.

23 Transactions with trustees

There were no material transactions with the trustees during the year.

24 Gifts in kind and volunteers

During the year the charitable company benefited from unpaid work performed by volunteers.

25 Company status

The company is limited by guarantee and has no share capital. The guarantors liability in the event the company is wound up is restricted to a maximum of £1 each.