

THE MORE TO LIFE FOUNDATION UK

England & Wales · Charity number 1120045

Details

Other names	THE KAIROS FOUNDATION UK
Status	Registered
Legal form	Other
Registered	2007-07-12
Register	View on the Charity Commission register

Contact

Address	124 City Road London EC1V 2NX
Phone	07387101317
Email	foundation.uk.treasurer@moretolife.org
Website	www.moretolife.org

Activities

Objects: THE PROVISION OF EDUCATION AND TRAINING IN PERSONAL DEVELOPMENT SKILLS FOR THE BENEFIT OF THE PUBLIC, AND IN PARTICULAR AMONGST DISADVANTAGED AND EXCLUDED ADULTS, SO AS TO DEVELOP THEIR PHYSICAL, MENTAL AND SPIRITUAL CAPACITIES, IN ORDER THAT THEY MAY GROW TO FULL MATURITY AS INDIVIDUALS AND MEMBERS OF SOCIETY AND THEIR CONDITIONS OF LIFE MAY BE IMPROVED.

Activities: The provision of education and training in personal development skills for the benefit of the public, and in particular amongst disadvantaged and excluded adults, so as to develop their physical, mental and spiritual capacities, in order that they may grow to full maturity as individuals and members of society and their conditions of life may be improved

Classification

- **How:** Makes Grants To Organisations, Provides Services
- **What:** Education/training
- **Who:** The General Public/mankind

Geography

- **Area of benefit:** NOT DEFINED IN PRACTICE NATIONAL
- Germany
- Italy
- Scotland
- Spain
- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£37,189	£43,359	-	-
2024-03-31	£28,842	£44,831	-	-
2023-03-31	£67,461	£51,759	-	-
2022-03-31	£42,957	£83,952	-	-
2021-03-31	£46,777	£54,468	-	-

Trustees

Name	Role	Appointed
Katharine Melinda Bastin	Chair	2021-06-11
Harmel Hukam		2026-04-13
Janet Irene Jones		2026-04-13
Jennifer Erin Morrison		2025-10-23

THE MORE TO LIFE FOUNDATION UK

England & Wales - Charity number 1120045

Accounts

Charity Number: 1120045

THE MORE TO LIFE FOUNDATION UK

Trustees Report and Accounts

For the year ended 31 March 2025

THE MORE TO LIFE FOUNDATION UK

CONTENTS

Legal and administrative information	3
Trustees' report	4-11
Independent examiner's report	12
Statement of financial activities	13
Balance sheet	14
Notes to the financial statements	15 - 20

THE MORE TO LIFE FOUNDATION UK

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Katharine Bastin - Chairperson Colin Fine – Secretary Jennifer Morrison (appointed 23 October 2025) Elizabeth Jolley (appointed 12 May 2025) Nicola Statham (appointed 10 April 2025) Zoe Cozens (appointed 27 January 2025) Alyson Morley - ICS Representative
Charity registration number	1120045
Charity Office	1 Church Street, Kirkby Malzeard Ripon HG4 3RT
Bankers	Barclays Bank 9 Portman Square London W1A 3AL
Independent Examiner	Delwar Hossain ACMA CGMA DEL & CO Chartered Management Accountants 277 Anlaby Road Hull HU3 2SE
Accountants	Charity Accounting Services Ltd SPACES – Sutton Point 6 Sutton Plaza, Sutton London SM1 4FS
International affiliation	The charity is part of an international network of similar organisations in the USA, South Africa and New Zealand, The More To Life Foundation, which has its own International Council of Stewards (ICS) drawn from all of these countries.

THE MORE TO LIFE FOUNDATION UK

TRUSTEES' REPORT

for the year ended 31 March 2025

The Trustees are pleased to present their report together with the financial statements of the charity for the year ended 31 March 2025. Legal and administrative information set out on page 3 forms part of this report. The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the charity's trust deed, the Charities Act 2011 and Statement of Recommended Practice: Accounting and Reporting Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and the Republic of Ireland (FRS102).

STRUCTURE, GOVERNANCE AND MANAGEMENT

Legal structure of the charity

The charity is constituted as an unincorporated charity, established by a written constitution and its governing document is a written constitution. The Governing Document was adopted on 6 February 2007, amended on 10 May 2007 and 12 November 2017.

Recruitment and induction of trustees

Trustees are appointed to the Board of Trustees at the AGM according to the terms of the Charity's Constitution:

The Charity in general meeting shall elect the Officers and the other Trustees

The Trustees may appoint any person who is willing to act as a Trustee and not already in that position; they may also appoint Trustees to act as officers.

Each of the Trustees shall retire with effect from the conclusion of the annual general meeting next after his or her appointment but shall be eligible for re-election at that annual general meeting.

At the Annual General Meeting, Colin Fine, Alyson Morley, Katharine Bastin, Zoe Grace Cozens, Nicola Statham, Elizabeth Jolley and Jennifer Morisson retire as Trustees. Colin Fine, Alyson Morley, Katharine Bastin and Zoe Grace Cozens are not standing for re-election.

All the trustees are also members of the charity.

OBJECTIVES AND ACTIVITIES OF THE CHARITY

The purposes of the Charity are set out in the governing document:

The provision of education and training in personal development skills for the benefit of the public and in particular amongst young people and disadvantaged and excluded adults, so as to develop their, physical, mental and spiritual capacities, in order that they may grow to full maturity as individuals and members of society and their conditions of life may be improved.

Note: the previous report included another paragraph in the Objects, which was erroneously included when it had been removed from the official Charity documents in May 2007.

THE MORE TO LIFE FOUNDATION UK

TRUSTEES' REPORT

for the year ended 31 March 2025

ACHIEVEMENTS AND PERFORMANCE

The summary below covers all events in the UK during the year. The main activities undertaken in relation to the purposes of the Charity are covered below.

Summary

We offered more face-to-face courses this year, with one online course *Beyond Anger*, and one online Visioning Day.

We were able to offer our gateway course, the More To Life Weekend, three times, despite some challenges with venue availability and increases in costs. We used a different venue for June (Bromley, Kent) and returned to the Cambridge venue in November and March. Online Mastery courses were offered after the More To Life Weekends.

Visioning Days were held in various parts of the UK from January 2025, and as always were welcomed as an inspiring and creative start to the year.

The community experience of creating and supporting our courses as in-person teams and meeting up at community get togethers created a growing energy, following on from a powerful and successful Focus Course, Opening The Heart, mid March 2024.

To support new students there were online Mastery courses after the More To Life weekends and ongoing online practice groups.

A Power of Self Esteem A Phase in September trained more Licenced Facilitators.

We have been focusing on recruiting new Trustees and establishing a robust team going forward. We will return to consideration of becoming a CIO further down the line, when we have taken more advice from relevant expert organisations.

The report below covers all events in the UK, some of which were funded by the Charity.

SPONSORS AND DONATIONS

In the current year 2024 to 2025, average income from donations for the UK was £1699 per month. This includes a one-off donation of £2000. These donations were via the Charity bank account and also online via the More To Life Hub. The reduction is partly due to the cost of living crisis which is affecting many in the UK. All countries have an agreement that 40% of all donations is paid to the Global Operations Hub, as a shared service fee. 60% of donations are retained in the country. This shared services fee contributes towards central costs, such as the global infrastructure (e.g. the Hub) and international staff costs. It replaces the Licence fee and allows us to continue using the material when running our courses.

Comparing this with the previous year, 2023 to 2024, regular sponsorship income was on average £1605 per month, in 2022 to 2023, it was £1,818 per month. The average number of sponsors per month for 2024/2025 was £67 (2023/2024 was 73, 2022/2023 was 91).

BURSARIES

A total of £350 was allocated by the Charity in bursaries, as follows:

THE MORE TO LIFE FOUNDATION UK

TRUSTEES' REPORT

for the year ended 31 March 2025

Bursaries were allocated for The More To Life Weekends in November, June 2024 and March 2025, totalling £350 (of which £200 was paid in the financial year 2025-2026 so is not included in these accounts).

Bursaries of £450 from Opening The Heart, March 2024, were paid in June 2024 making the total of bursaries paid in this financial year 2024-25 - £600.

There was additional sponsorship for individuals donated by members of the Community.

COURSES HELD

The table below summarises the courses held online during the year, from April 2024 to March 2025.

Date	Course	Trainer	No. of attendees	UK Profit £	Bursaries
March-April 2024	Beyond Anger	Beth McAlpine	7	309.00	
21-23 June 2024	More To Life Weekend	Ann McMaster	30	1,510.87	150
8-10 Nov 2024	More To Life Weekend	Ann McMaster	37	5,125.90	(50 - paid Jan 2026)
Jan-March 2025	5 Visioning Days	various	39 [20 new]	629.40	
21-23 March 2025	More To Life Weekend	Vijay Reddy	27	594.58	(150 - paid July 2025)
TOTALS	9 events		140 [20 new]	8169.75	150 (+ 450 see note above)

Note that UK profit was taken after paying trainer fees and the 20% for online courses and 5% for face-to-face courses given to GOH for shared services, plus additional 5% Royalties for MTLW.

The corresponding figures for the previous financial year, April 2023 to March 2024, were as follows:

- 10 events
- 181 attendees
- £13,915 profit
- £622 allocated in bursaries

FACE TO FACE COURSES

We are now offering a combination of face to face and online courses, which enable us to reach a wider section of society, both in terms of costs and ease of access. The experience of working together face to face is an integral part of our programme as we learn through our working together on teams and in community.

THE MORE TO LIFE FOUNDATION UK

TRUSTEES' REPORT

for the year ended 31 March 2025

COURSES HELD ONLINE

Mastery and Mastery Plus

Jacki Robertson and Margalit Dweck continue to be the champions for the free follow-on courses that enable the learning from the MTLW to be embedded into a way of living.

After the More To Life Weekend in June 2024 an online buddy system was put in place for participants until the 7 week Mastery course took place in September, October.

This was taught by Jacki Robertson and Kathryn Jawara, with 21 Participants and 13 Team.

A Mastery course was held after the More To Life Weekend in November 2024. This was taught by Kathryn Jawara and Aileen Smith, with 22 participants with 15 team.

The advanced, trainer led Mastery Plus course was not put on in this year

VISIONING DAYS

A total of five Visioning days were held in January and March 2025, four face to face and one online. These were hosted by graduates from Isle of Wight, Ely, Manchester, Hebden Bridge. 39 people attended the days, of which 20 were new to MTL. A profit of £629.40 was achieved.

LICENSED FACILITATORS

The Licensed Facilitator programme in the UK/EU continues to lead the way globally with the number of courses offered.

This year 26 courses were taught:

- 14 Power of Self Esteem courses, with 99 participants (of whom 70 were new to More To Life)
- 7 Power of Purpose courses with 34 participants (23 new)
- 1 Power of Connection course with 5 participants, all More To Life students

An example of the impact of these courses can be seen in those run in the Portsmouth area, empowering participants with experience of abuse to step through their demands and accusations to see their lives through a different lens and be able to esteem themselves. There are many examples of participants taking charge of their lives, including one who has become a Licensed Facilitator and is embarking on a counselling course and another who is now the matron of a school, using the skills learned on the course to lead her team of staff.

In September 2024 we ran an A-Phase train to teach for The Power of Self Esteem Course with 11 participants, led by Letitia Blake supported by Nicky Needham.

Jacki Robertson continues her post as UK/EU Licensed Facilitator Coordinator with Sue Forman in the admin role, and Lisa Bayford overseeing the FST finances, in the process of handing this over to Sue. Fay Watts holds the portfolio for the monthly Licensed Facilitators Peer to Peer Forum. The Ambassadors team, headed by Colette Stevens, continues to meet regularly and support Licensed Facilitators.

The Licensed Facilitator Coordinator has been actively involved in Global Licensed Facilitator activities such as the development of the Power of Self Esteem course as an online course, reviewing the Licensed Facilitator Agreements and being part of the Global LF Working Group.

THE MORE TO LIFE FOUNDATION UK

TRUSTEES' REPORT

for the year ended 31 March 2025

INTERNATIONAL ALIGNMENT

Ione Gill continues as Interim Managing Director, and the UK leadership continues to liaise with the Global Ops Hub. Katharine Bastin attends a monthly International Finance meeting.

CHARITY EXPENDITURE

CENTRAL COSTS

There was a reduction in support given by the Charity to maintain the programme in the UK to cover central costs, as income from face to face training events increased. This was the bulk of the expenditure in the year - £23,934.

BURSARIES

As mentioned above, £600 was given in Bursaries in the financial year, to enable participants to attend courses.

OTHER EXPENDITURE

£4,344 was spent on professional fees and other charges.

Total expenditure was £44,831.

FINANCIAL REVIEW

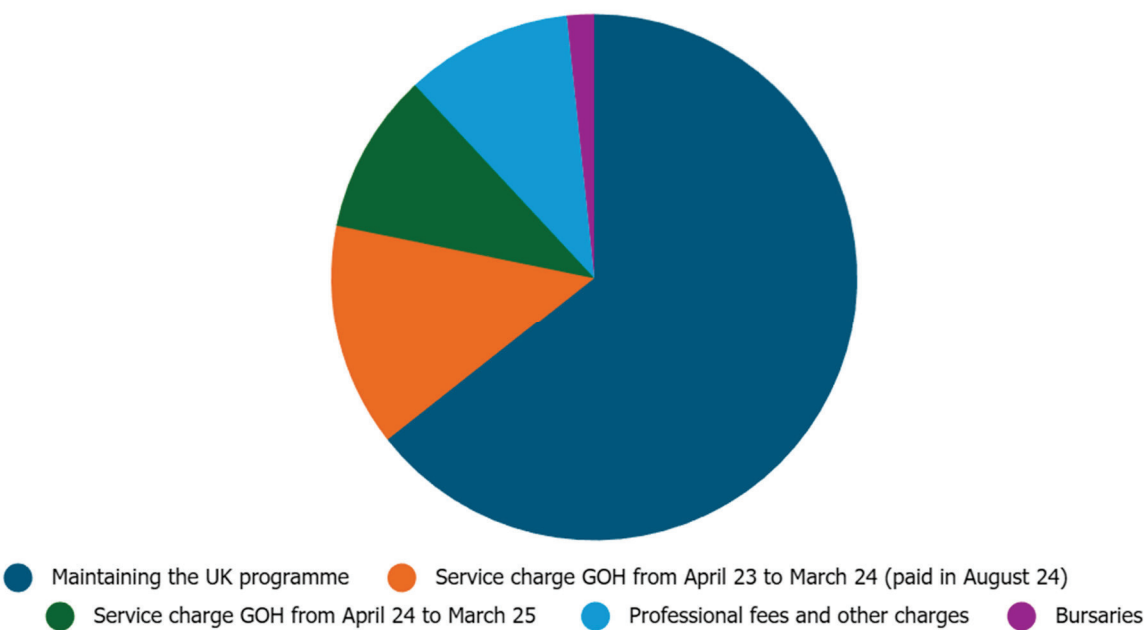
The Trustees report a deficit of £6,170 (2024: deficit of £15,989) on operations for the period under review. The income for the year, £37,189 (2024: £28,842), was higher than the previous year mainly due to having an one off legacy donation of £15,000. Expenditure was £43,359 (2024: 44,831).

The pie chart below shows a pictorial representation of expenditure.

THE MORE TO LIFE FOUNDATION UK

TRUSTEES' REPORT

for the year ended 31 March 2025



Risk Management, Reserve Policy and Going Concern

The main risk to the MTL Foundation UK Charity in this financial year has been the loss of income throughout the global organisation, and the threat to the continuation of the nonprofit organisation managed by the US. Each country contributes 40% of sponsorship income to the Global Operations Hub. Each country also contributes 20% of the revenue from online courses, and 5% of the revenue on Face-to-Face courses, with an additional 5% in Royalties for the More To Life Weekend.

There is the risk of loss of income due to more sponsors ceasing to donate.

At regular meetings the Trustees review the current financial picture. This review includes the current Profit and Loss situation - the balance in the accounts, the committed expenditure and the potential income and expenditure. Depending on the results of this review, decisions are then made.

Public Benefit

When planning our activities during the year, the trustees consider the Charity Commission's guidance on public benefit. The trustees are clear that there are identifiable benefits to the work that we do - some of these are identified below;

- The trustees are clear that these benefits are for a wide cross-section of the public;
- The trustees are clear that those benefits relate to our aims.
- The trustees are clear that those benefits outweigh any potential risks.

THE MORE TO LIFE FOUNDATION UK

TRUSTEES' REPORT

for the year ended 31 March 2025

The benefit to wider society.

Many of the people who come on our courses find that their new insights and skills bring benefits not only to their own lives, but to those they come in contact with, as they often behave and interact in new ways. Many students of the programme are not only therapists and coaches but also managers and business owners who then recommend their patients, clients and staff members to come to MTL to take the courses.

They have also implemented coaching / mentor programmes within their workplaces - that use the basic methodology of the programme and thus spread awareness about the importance of living an awakened life, engaging more authentically within personal relationships and collegiate interactions. Many of our current students are teachers or working within educational settings, not only having an impact in the way they teach, manage and supervise staff but also in their ability to be masterful while educating future generations so that they are more resilient, have heightened self-esteem, and are more able to express and manage their emotions in a healthy way - which in turn leads to greater subjective well-being.

PLANS FOR THE FUTURE

Summary of plans for the future and the trustees' perspective of the future direction of the charity:

- To maintain a financial base for furthering the training of the More To Life programme (MTL), with course fees set at a level which increases sustainability, whilst bursaries continue to be made available to the disadvantaged, in line with the charity's objectives.
- To increase accessibility through encouraging the More To Life Programme to increase the number of offerings both online and in person. Face to face More To Life courses are scheduled for March and November 2025 and May 2026, a Focus course in June 2025 along with an Advanced Course in August 2026 and other offerings.
- To support future leadership initiatives.
- Continue and deepen our partnership with the international leadership teams.

THE MORE TO LIFE FOUNDATION UK

TRUSTEES' REPORT

for the year ended 31 March 2025

STATEMENT OF TRUSTEES' RESPONSIBILITIES

The charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Charities Act 2011 and the Charities (Accounts and Reports) Regulations 2008. Notwithstanding the explicit requirement in the extant statutory regulations, the Charities (Accounts and Reports) Regulations 2008, to prepare the financial statements in accordance with the SORP 2005, in view of the fact that the SORP 2005 has been withdrawn, the determined to interpret this responsibility as requiring them to follow current best practice and prepare the accounts according to the FRS 102 SORP 2015.

In particular, charity law requires the Trustees, if they prepare accounts on an accruals basis, to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity as at the end of the financial year and of the surplus or deficit of the charity. In preparing those financial statements the Trustees are required to :-

- to prepare the accounts in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law).
- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.
- state whether applicable accounting standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements;

The law requires that the trustees must not approve the accounts unless they are satisfied that they give a true and fair view of the state of affairs of the charity and of the surplus or deficit of the charity for the year.

The Trustees are also responsible for maintaining adequate accounting records which disclose with reasonable accuracy at any time the financial position of the charity and which are sufficient to show and explain the charity's transactions and enable them to ensure that the financial statements comply with regulations made under the charity legislation. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees are also responsible for the contents of the Trustees' report, and the statutory responsibility of the Independent Examiner in relation to the Trustees' report is limited to examining the report and ensuring that, on the face of the report, there are no material inconsistencies with the figures disclosed in the financial statements.

This report was approved by the board of trustees on 26 January 2026.



Katharine Bastin
Chair of the Trustees

THE MORE TO LIFE FOUNDATION UK

Independent Examiner's Report to the Trustees

for the year ended 31 March 2025

I report to the charity trustees on my examination of the accounts of The More To Life Foundation UK (the charity) for the year ended 31 March 2025.

Responsibilities and basis of report

As the charity's trustees you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the charity's accounts as carried out under section 145 of the Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

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

1. accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Report) Regulations 2008 other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of 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 the Republic of Ireland (FRS 102)

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



Delwar Hossain ACMA CGMA - Independent Examiner

DEL & CO
Chartered Management Accountants
277 Anlaby Road
Hull
HU3 2SE

This report was signed on 27 January 2026

THE MORE TO LIFE FOUNDATION UK
STATEMENT OF FINANCIAL ACTIVITIES
for the year ended 31 March 2025

		Unrestricted Funds	Restricted Funds	Total Fund 2025	Total Fund 2024
Income from:	Note	£	£	£	£
Donations and legacies	4	35,751	1,438	37,189	28,840
Investment income		-	-	-	2
Total Income		35,751	1,438	37,189	28,842
Expenditure on:					
Raising funds		2,165	-	2,165	216
Charitable activities	5	38,613	2,581	41,194	44,615
Total Expenditure		40,778	2,581	43,359	44,831
Net (expenditure) for the year		(5,027)	(1,143)	(6,170)	(15,989)
Transfer between funds		(1,087)	1,087	-	-
Net Movement in after transfer		(6,114)	(56)	(6,170)	(15,989)
Reconciliation of funds:	9				
Funds brought forward		40,721	2,258	42,979	58,968
Funds carried forward		34,607	2,202	36,809	42,979

All activities derive from continuing operations

The notes attached from page 15 onwards form an integral part of these accounts.

THE MORE TO LIFE FOUNDATION UK

BALANCE SHEET as at 31 March 2025

			2,025		2,024
	Notes	£	£	£	£
CURRENT ASSETS					
Debtors	6	13,743		11,449	
Cash at bank and in hand:		24,538		32,372	
		<u>38,281</u>		<u>43,821</u>	
 CREDITORS: amounts falling due within one year	7	<u>(1,472)</u>		<u>(842)</u>	
NET CURRENT ASSETS			<u>36,809</u>		<u>42,979</u>
 TOTAL ASSETS OF THE CHARITY			<u><u>36,809</u></u>		<u><u>42,979</u></u>
 THE FUNDS OF THE CHARITY	9				
Restricted funds			2,202		2,258
Unrestricted funds			34,607		40,721
 TOTAL FUND OF THE CHARITY			<u><u>36,809</u></u>		<u><u>42,979</u></u>

The Trustees acknowledge their responsibilities for complying with the requirements of charity legislation with respect to accounting records and the preparation of accounts.

The charity is subject to Independent Examination under charity legislation, and the report of the examiner is on pages 12.

The Trustees are satisfied that, although the charity is not registered under the Companies Acts, if it were so registered, it would be eligible to prepare accounts in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime.



Katharine Bastin

Chair of the Trustees

Approved by the board of trustees on 26 January 2026

THE MORE TO LIFE FOUNDATION UK

NOTES TO THE ACCOUNTS

for the year ended 31 March 2025

1 Accounting policies

Basis of preparation and accounting convention

The accounts have been prepared on the accruals basis, under the historical cost convention, and in accordance with the Financial Reporting Standard 102 (effective January 2015)) and 'The FRS102 Statement of Recommended Accounting Practice 2015', (The SORP 2015), and in accordance with all applicable law in the charity's jurisdiction of registration, except that the charity has prepared the financial statements in accordance with the FRS 102 SORP 2015 in preference to the previous SORP, the SORP 2005, which has been withdrawn, notwithstanding the fact that the extant statutory regulations, the Charities (Accounts and Reports) Regulations 2008 refer explicitly to the SORP 2005. This has been done to accord with current best practice.

Going Concern

The trustees regularly review the financial position. While there are always levels of uncertainty, considering the regular donation commitments the trustees are confident that the charity is a going concern.

Income recognition

Income, whether from exchange or non exchange transactions, is recognised in the statement of financial activities (SOFA) on a receivable basis, when a transaction or other event results in an increase in the charity's assets or a reduction in its liabilities and only when the charity has legal entitlement, the income is probable and can be measured reliably.

Income subject to terms and conditions which must be met before the charity is entitled to the resources is not recognised until the conditions have been met.

All income is accounted for gross, before deducting any related fees or costs.

Accounting for deferred income and income received in advance

Where terms and conditions relating to income have not been met or uncertainty exists as to whether the charity can meet any terms or conditions otherwise within its control, income is not recognised but is deferred as a liability until it is probable that the terms or conditions imposed can be met.

Recognition of liabilities and expenditure

Liability and the related expenditure is recognised when a legal or constructive obligation exists as a result of a past event, and when it is more likely than not that a transfer of economic benefits will be required in settlement, and when the amount of the obligation can be measured or reliably estimated.

Liabilities arising from future funding commitments and constructive obligations, including performance related grants, where the timing or the amount of the future expenditure required to settle the obligation are uncertain, give rise to a provision in the accounts, which is reviewed at the accounting year-end. The provision is increased to reflect any increases in liabilities, and is decreased by the utilisation of any provision within the period, and reversed if any provision is no longer required. These movements are charged or credited to the respective funds and activities to which the provision relates.

THE MORE TO LIFE FOUNDATION UK

NOTES TO THE ACCOUNTS

for the year ended 31 March 2025

Allocating costs to activities

Direct costs that are specifically related to an activity are allocated to that activity. Shared direct costs and support costs are apportioned between activities.

Volunteers

In accordance with the SORP, and in recognition of the difficulties in placing a monetary value on the contribution from volunteers, the contribution of volunteers is not included within the income of the charity.

However, the trustees value the significant contribution made to the activities of the charity by unpaid volunteers.

Tangible fixed assets

Tangible fixed assets are measured at their original cost value or subsequent revaluation, or if donated, as described above. Cost value includes all costs expended in bringing the asset into its intended working condition.

Depreciation has been provided at the following rates in order to write off the assets to their anticipated residual value of estimated useful lives.

Furniture & fixtures	25% straight line	Office Equipment	25% straight line
----------------------	-------------------	------------------	-------------------

Financial instruments including cash and bank balances

Cash held by the charity is included at the amount actually held and counted at the year-end. Bank balances, whether in credit or overdrawn, are shown at the amounts properly reconciled to the bank statements.

2 Liability to taxation

As a registered charity, the organisation is exempt from income and corporation tax to the extent that its income and gains are applied towards the charitable objects of the charity and for no other purpose. Value Added Tax is not recoverable by the charity and is therefore included in the relevant costs in the Statement of Financial Activities.

3 Winding up or dissolution of the charity

If upon winding up or dissolution of the charity there remain any assets, after the satisfaction of all debts and liabilities, the assets represented by the accumulated fund shall be transferred to some other charitable body or bodies having similar objects to the charity.

THE MORE TO LIFE FOUNDATION UK

NOTES TO THE ACCOUNTS

for the year ended 31 March 2025

4 Donation and Legacies

	Unrestricted funds	Restricted funds	Total 2025	Total 2024
	£	£	£	£
General donation	19,215	1,170	20,385	26,390
Legacies	15,000		15,000	-
Gift Aid claimed	1,536	268	1,804	2,450
Total Donation & Legacies	35,751	1,438	37,189	28,840

5 Charitable expenditure

5a Direct costs

	Unrestricted funds	Restricted funds	2025 Total	2024 Total
	£	£	£	£
I care Jamaica	-	450	450	1,838
Total direct costs	-	450	450	1,838

5b Grants paid

More to Life CIC: Bursary	600	-	600	622
More to Life CIC: Administration	30,313	1,507	31,820	23,934
More to Life: Global Ops Hub	3,522	-	3,522	13,641
Total Grants paid	34,435	1,507	35,942	38,197

5c Governance and support costs

Accounting service	3,552	-	3,552	3,552
Independent examiner fee	378	-	378	378
Bank Charges	169	-	169	650
Staff Cost	-	624	624	-
Other Costs	79	-	79	-
Total Governance and support costs	4,178	624	4,802	4,580

Total Charitable expenditure	38,613	2,581	41,194	44,615
-------------------------------------	---------------	--------------	---------------	---------------

THE MORE TO LIFE FOUNDATION UK

NOTES TO THE ACCOUNTS

for the year ended 31 March 2025

6 Debtors

	2025	2024
	£	£
Other debtors (MTL Foundation UK)	13,324	11,073
Gift aid accrued	419	376
	13,743	11,449

7 Creditors: amounts falling due within year

	2025	2024
	£	£
Accruals	1,260	630
Other Creditors	212	212
	1,472	842

8 Analysis of Assets by Fund

	Unrestricted funds	Restricted funds	Total
	£	£	2025
At 31st March 2025			
Current assets	36,079	2,202	38,281
Current liabilities	(1,472)	-	(1,472)
Net assets	34,607	2,202	36,809
	Unrestricted funds	Restricted funds	Total
	£	£	2024
At 31st March 2024			
Current assets	41,563	2,258	43,821
Current liabilities	(842)	-	(842)
Net assets	40,721	2,258	42,979

THE MORE TO LIFE FOUNDATION UK

NOTES TO THE ACCOUNTS

for the year ended 31 March 2025

9 Fund analysis

	Fund bal at 01 Apr 2024	Income	Expenditure	Transfer between funds	Fund bal at 31 Mar 2025
	£	£	£	£	£
Unrestricted Funds:					
Unrestricted revenue fund	40,721	35,751	(40,778)	(1,087)	34,607
Total Unrestricted Fund	40,721	35,751	(40,778)	(1,087)	34,607
Restricted Funds:					
A Year Together	(1,087)	-	-	1,087	-
Champions	3,107	1,138	(2,131)	-	2,114
I Care Jamaica	238	300	(450)	-	88
Total Restricted fund	2,258	1,438	(2,581)	1,087	2,202
TOTAL CHARITY FUND	42,979	37,189	(43,359)	-	36,809
Prior year comparative	Fund bal at 01 Apr 2023	Income	Expenditure	Transfer between funds	Fund bal at 31 Mar 2024
	£	£	£	£	£
Unrestricted Funds:					
Unrestricted revenue fund	51,772	27,142	(38,193)	-	40,721
Total Unrestricted Fund	51,772	27,142	(38,193)	-	40,721
Restricted Funds:					
UK Operation HUB	6,448	-	(6,448)	-	-
A Year Together	(1,087)	-	-	-	(1,087)
Champions	1,707	1,400	-	-	3,107
I Care Jamaica	128	300	(190)	-	238
Total Restricted fund	7,196	1,700	(6,638)	-	2,258
TOTAL CHARITY FUND	58,968	28,842	(44,831)	-	42,979

THE MORE TO LIFE FOUNDATION UK

NOTES TO THE ACCOUNTS

for the year ended 31 March 2025

10 Remuneration and payments to Trustees and persons connected with them

No trustees or persons connected with them received any remuneration from the charity, or any related entity.

The More To Life CIC (Company Reg. No. 07401503) is the operational arm of the More To Life programme, arranging weekend training, workshops and focus courses; dealing with administration and handling the logistics such as venue hire, arranging trainers to lead the courses, etc. Katharine Bastin and Alyson Morley are also directors of the More To Life CIC. The More To Life CIC receives ongoing funding from More To Life Foundation UK. The amount of grant made to More To Life Foundation CIC was £32,420 (2024: £24,556).

11 Statement of Financial activities for the prior year comparative

	Unrestricted Funds	Restricted Funds	Total Fund 2024
Income from:	£	£	£
Donations and legacies	27,140	1,700	28,840
Investment Income	2	-	2
Total Income	27,142	1,700	28,842
Expenditure on:			
Raising funds	216	-	216
Charitable activities	37,977	6,638	44,615
Total Expenditure	38,193	6,638	44,831
Net (expenditure) for the year	(11,051)	(4,938)	(15,989)
Transfer between funds	-	-	-
Net Income for the year	(11,051)	(4,938)	(15,989)
Reconciliation of funds:			
Funds brought forward	51,772	7,196	58,968
Funds carried forward	40,721	2,258	42,979

THE MORE TO LIFE FOUNDATION UK

England & Wales - Charity number 1120045

Accounts

Charity Number: 1120045

THE MORE TO LIFE FOUNDATION UK

Trustees Report and Accounts

For the year ended 31 March 2024

THE MORE TO LIFE FOUNDATION UK

CONTENTS

Legal and administrative information	3
Trustees’ report	4-11
Independent examiner’s report	12
Statement of financial activities	13-14
Balance sheet	15
Notes to the financial statements	16 - 21

THE MORE TO LIFE FOUNDATION UK

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Katharine Bastin - Chairperson Colin Fine - Secretary Isobel Hart - Treasurer (resigned 18 December 2023) Alyson Morley - ICS Representative
Charity registration number	1120045
Charity Office	1 Church Street, Kirkby Malzeard Ripon HG4 3RT
Bankers	Barclays Bank 9 Portman Square London W1A 3AL
Independent Examiner	Delwar Hossain ACMA CGMA DEL & CO Chartered Management Accountants 277 Anlaby Road Hull HU3 2SE
International affiliation	The charity is part of an international network of similar organisations in the USA, South Africa and New Zealand, The More To Life Foundation, which has its own International Council of Stewards (ICS) drawn from all of these countries.

THE MORE TO LIFE FOUNDATION UK

TRUSTEES' REPORT

for the year ended 31 March 2024

The Trustees are pleased to present their report together with the financial statements of the charity for the year ended 31 March 2024. Legal and administrative information set out on page 3 forms part of this report. The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the charity's trust deed, the Charities Act 2011 and Statement of Recommended Practice: Accounting and Reporting Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and the Republic of Ireland (FRS102).

STRUCTURE, GOVERNANCE AND MANAGEMENT

Legal structure of the charity

The charity is constituted as an unincorporated charity, established by a written constitution and its governing document is a written constitution. The Governing Document was adopted on 6 February 2007, amended on 10 May 2007 and 12 November 2017.

Recruitment and induction of trustees

Trustees are appointed to the Board of Trustees at the AGM according to the terms of the Charity's Constitution:

The Charity in general meeting shall elect the Officers and the other Trustees

The Trustees may appoint any person who is willing to act as a Trustee and not already in that position; they may also appoint Trustees to act as officers.

Each of the Trustees shall retire with effect from the conclusion of the annual general meeting next after his or her appointment but shall be eligible for re-election at that annual general meeting.

At the Annual General Meeting, Katharine Bastin, Colin Fine, and Alyson Morley retire as trustees. Each is eligible for re-appointment but none of them intend to stand for re-election.

All the trustees are also members of the charity.

OBJECTIVES AND ACTIVITIES OF THE CHARITY

The purposes of the Charity are set out in the governing document:

The provision of education and training in personal development skills for the benefit of the public and in particular amongst young people and disadvantaged and excluded adults, so as to develop their, physical, mental and spiritual capacities, in order that they may grow to full maturity as individuals and members of society and their conditions of life may be improved.

Note: the previous report included another paragraph in the Objects, which was erroneously included when it had been removed from the official Charity documents in May 2007.

THE MORE TO LIFE FOUNDATION UK

TRUSTEES' REPORT

for the year ended 31 March 2024

ACHIEVEMENTS AND PERFORMANCE

The summary below covers all events in the UK during the year. The main activities undertaken in relation to the purposes of the Charity are covered below.

Summary

We continued to offer a mixture of online and face-to-face courses. We held our first More To Life Weekend since the lockdown, in Cambridge in October 2023. This was built on the energy generated at *Lighting the Fire Within*, just before the start of the accounting year, and was larger than the MTL Weekends immediately before lockdown. For many of the team, this was the first time they had met each other in person in three years. This weekend made a reasonable profit, and combined with a substantial donation, allowed us to plan a schedule for the whole year. Senior Trainer Vijay Reddy also led a one-day workshop *Your Evolving Path* in London the following week.

There was a SEE A-phase in June 2023 and a POP A-phase in November 2023.

There were several visioning days around the country in January and February, some online and others in person.

Online offerings continued during the year. The benefits of online courses are increased international accessibility which has helped to create a global community of practice. Also participants did not have the extra costs of travel and accommodation, and the organisation has saved on such costs as venues, trainer travel and accommodation.

Our application to register a CIO was not successful, and after considerable consultation with an expert the advice was not to pursue this option. Our intention in applying was to combine the charity and the company, which would also provide the trustees with the same protection against liability which the directors of the company already have: instead, we have now taken out trustee liability insurance.

The report below covers all events in the UK, some of which were funded by the Charity.

SPONSORS AND DONATIONS

In the current year 2023 to 2024, average income from donations for the UK reduced to £1605 per month. These donations were via the Charity bank account and also online via the More To Life Hub. The reduction is partly due to the cost of living crisis which is affecting many in the UK.

All countries have an agreement that 40% of all donations is paid to the Global Operations Hub, as a shared service fee. 60% of donations are retained in the country. This shared services fee contributes towards central costs, such as the global infrastructure (e.g. the Hub) and international staff costs. It replaces the Licence fee, and allows us to continue using the material when running our courses.

Comparing this with the previous year, 2022 to 2023, regular sponsorship income was on average £1,818 per month.

The average number of sponsors per month for 2023/2024 was 73 (2022/2023 was 91).

THE MORE TO LIFE FOUNDATION UK

TRUSTEES' REPORT

for the year ended 31 March 2024

BURSARIES

A total of £622 was allocated by the Charity in bursaries, as follows.

- Bursaries for Lighting the First Within (reported last year, but paid in 2023-24), £100
- Bursaries were allocated for The More To Life Weekend, totalling £450
- Other students support £72

Bursaries of £200 allocated for Opening The Heart Focus course were paid in 2024-25, and so are not included in these accounts

There was additional sponsorship for individuals donated by members of the Community.

COURSES HELD

The table below summarises the courses held online during the year, from April 2023 to March 2024.

Date	Course	Trainer	No. of attendees	UK Profit £	Bursaries
Oct 2023	More To Life Weekend	Vijay Reddy	52	£7,619	450
Oct 2023	Your Evolving Path	Vijay Reddy	9	£85	
Jan, March 2024	6 Visioning Days, 5 in person, 1 online	Various	63	£1372	
Feb, March 20 24	Mastery Plus, online	Ann McMaster	25	£736	
March 2024	Opening The Heart, Focus course	Vijay Reddy	32	£4,103	200(paid in 2024)
TOTALS	10 events		181	13,915	622

Note that UK profit was taken after paying trainer fees and the 20% for online courses and 5% for face to face courses given to GOH for shared services, plus additional 5% Royalties for MTLW.

The corresponding figures for the previous financial year, April 2022 to March 2023, were as follows:

- 8 events
- 212 attendees
- £9,714 profit
- £305 allocated in bursaries

THE MORE TO LIFE FOUNDATION UK

TRUSTEES' REPORT

for the year ended 31 March 2024

FACE TO FACE COURSES

The first face to face More To Life weekend since the COVID pandemic was held in October 2023 in Cambridge led by Senior Trainer Vijay Reddy, with TLs Gili Stephens and Liz Jolley. 52 participants attended. The course made a profit of £7619. This brought the community together again to deliver our gateway course, and the team once again experienced the learnings and benefits of working together in service.

COURSES HELD ONLINE

Mastery and Mastery Plus

Jacki Robertson and Margalit Dweck continue to be the champions for the free follow-on courses that enable the learning from the MTLW to be embedded into a way of living.

24 attended a free online Mastery course after the More To Life Weekend in October, September and 4 attended a face to face Mastery course over a weekend.

In addition Ann McMaster led a Mastery Plus course online in February, March 2024. As this was trainer-led there was a charge, and 25 attendees did more in-depth processing. There was a profit of £736.

VISIONING DAYS

A total of 6 Visioning days were held in January and March 2024, five face to face and one online. These were hosted by graduates from Manchester, Hebden Bridge, London, Cambridge, and also in Brussels. 63 people attended the days, of which 19 were new to MTL. A profit of £1372 was achieved.

LICENSED FACILITATORS

Jacki Robertson continues her post as UK/EU Licensed Facilitator Coordinator. Sue Forman has taken on the admin role, Lisa Bayford continues to oversee the FST finances. The admin and co-ordinator roles are funded by the FST finances. While the aim has always been to be self-sustaining this has not yet been achieved.

There was a small profit from the Power of Self Esteem A-Phase, however the Power of Purpose A-Phase ran at a loss. The two A-Phases, held during 2023/2024, were trained by Letitia Blake supported by Shena Pyke, Nicky Needham and Carey Warden.

Twenty one MTL students are now the Power of Self Esteem Provisional Licensed Facilitators and 6 MTL students are now The Power of Purpose Provisional Licensed Facilitators. We plan in 2025 to focus on supporting our Provisional Licence Facilitators to teach a course. We are currently looking at planning a B-Phase early in 2026. As B-Phase requires a Senior Trainer to lead this will require additional costs.

UK/EU Facilitators continue to register their courses and follow the solid system developed and supported by Sue Forman (Admin). Our UK/EU Licensed Facilitators were impeccably supported by the Ambassadors team headed by Colette Stevens. The Ambassadors team are a group of very experienced Licensed Facilitators who are no longer leading courses. They work in partnership with the LF and provide bespoke support.

THE MORE TO LIFE FOUNDATION UK

TRUSTEES' REPORT

for the year ended 31 March 2024

There were 16 Power of Self Esteem courses taught in 2023 and 20 in 2024. This included a weekend course taught for the first time in Belfast by Nicky Needham and Catherine McKinney one of our new Licensed Facilitators. Carey Warden continues to deliver The Power of Self Esteem 6 session courses as part of her work within the Portsmouth area. One of the students went on to take the MTLW, take A-Phase and will co-lead a course with Carey Warden.

The Power of Self Esteem has been taught several times online by experienced LF's who have taught the course face to face many times. (Aileen Smith, Judith Ferrer and Nicky Needham). Their experiences have been added to the report. There are many issues to consider before this course is approved as an online course.

The Power of Purpose was taught mainly online. The Power of Connection was taught twice in 2023 and twice in 2024, including a course taught by Katy Van Haeften in Morocco. Katy Van Haeften and Letitia Blake will teach a pilot 6 session online POC course starting in March. They will complete a report with recommendations.

Monthly Peer to Peer Forums continue to be planned in collaboration with Licensed Facilitators. Fay Watts has taken on the portfolio of these forums. Jacki Robertson and Carey Warden attended regular meetings of the International LF Working Group alongside representatives from the US, New Zealand and South Africa.

Jacki Robertson, Carey Warden and Sylvia Hebert have been meeting to review the LF Agreements and the A-Z Glossary of Terms for Licensed Facilitators. These will be presented to the working group at the next meeting. When they are approved we will be able to customise them specifically for UK/EU Licensed Facilitators.

INTERNATIONAL ALIGNMENT

Ione Gill continues as Interim Managing Director, and the UK leadership continues to liaise with the Global Ops Hub. Katharine Bastin attends a monthly International Finance meeting.

CHARITY EXPENDITURE

CENTRAL COSTS

There was a reduction in support given by the Charity to maintain the programme in the UK to cover central costs, as income from face to face training events increased. This was the bulk of the expenditure in the year - £23,934.

BURSARIES

As mentioned above, £650 was given in Bursaries in the financial year, to enable participants to attend courses.

OTHER EXPENDITURE

£4344 was spent on professional fees and other charges.

Total expenditure was £44,831.

THE MORE TO LIFE FOUNDATION UK

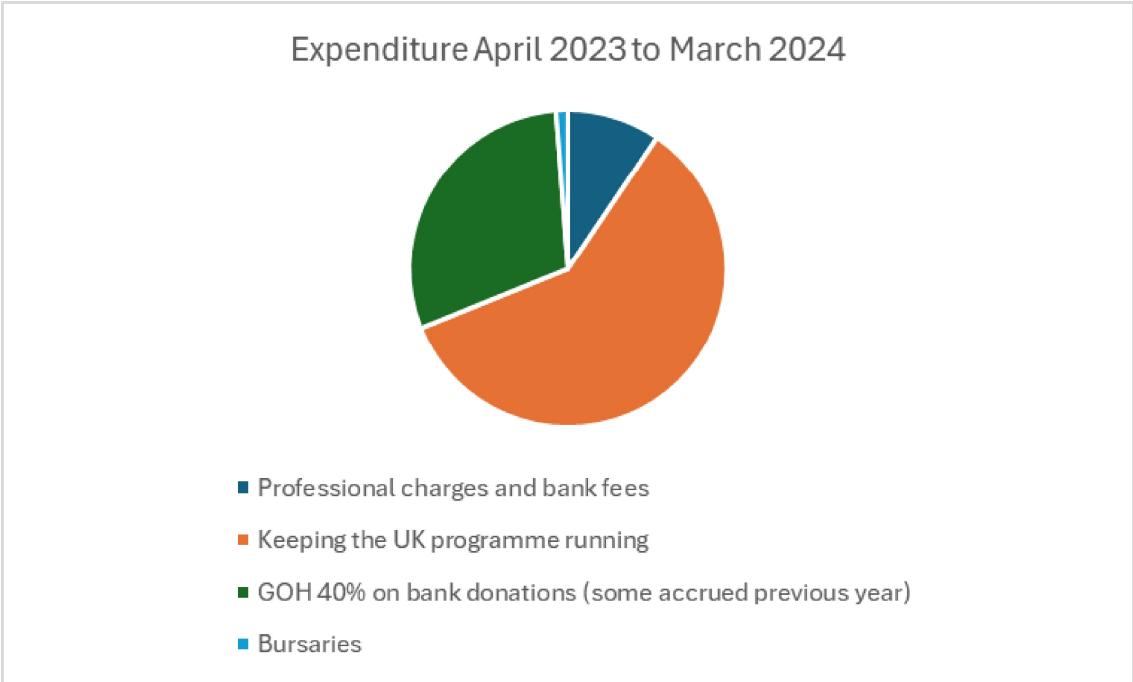
TRUSTEES' REPORT

for the year ended 31 March 2024

FINANCIAL REVIEW

The Trustees report a deficit of £15,989 (2023: surplus of £15,702) on operations for the period under review. The income for the year, £28,842 (2023: £67,461), was significantly lower than the previous year. Expenditure was significantly lower for the year £44,831 (2023: 51,759).

The pie chart below shows a pictorial representation of expenditure.



Risk Management, Reserve Policy and Going Concern

The main risk to the MTL Foundation UK Charity in this financial year has been the loss of income throughout the global organisation, and the threat to the continuation of the non profit organisation managed by the US. Each country contributes 40% of sponsorship income to the Global Operations Hub. Each country also contributes 20% of the revenue from online courses, and 5% of the revenue on Face to Face courses, with an additional 5% in Royalties for the More To Life Weekend.

There is the risk of loss of income due to more sponsors ceasing to donate.

At regular meetings the Trustees review the current financial picture. This review includes the current Profit and Loss situation - the balance in the accounts, the committed expenditure and the potential income and expenditure. Depending on the results of this review, decisions are then made.

THE MORE TO LIFE FOUNDATION UK

TRUSTEES' REPORT

for the year ended 31 March 2024

Public Benefit

When planning our activities during the year, the trustees consider the Charity Commission's guidance on public benefit. The trustees are clear that there are identifiable benefits to the work that we do - some of these are identified below;

- The trustees are clear that these benefits are for a wide cross-section of the public;
- The trustees are clear that those benefits relate to our aims.
- The trustees are clear that those benefits outweigh any potential risks.

The benefit to wider society.

Many of the people who come on our courses find that their new insights and skills bring benefits not only to their own lives, but to those they come in contact with, as they often behave and interact in new ways. Many students of the programme are not only therapists and coaches but also managers and business owners who then recommend their patients, clients and staff members to come to MTL to take the courses.

They have also implemented coaching / mentor programmes within their workplaces - that use the basic methodology of the programme and thus spread awareness about the importance of living an awakened life, engaging more authentically within personal relationships and collegiate interactions. Many of our current students are teachers or working within educational settings, not only having an impact in the way they teach, manage and supervise staff but also in their ability to be masterful while educating future generations so that they are more resilient, have heightened self-esteem, and are more able to express and manage their emotions in a healthy way - which in turn leads to greater subjective well-being.

PLANS FOR THE FUTURE

Summary of plans for the future and the trustees' perspective of the future direction of the charity:

- To maintain a financial base for furthering the training of the More To Life programme (MTL), with course fees set at a level which increases sustainability, whilst bursaries continue to be made available to the disadvantaged, in line with the charity's objectives.
- To increase accessibility through encouraging the More To Life Programme to increase the number of offerings both online and in person. Face to face More To Life courses are scheduled in Cambridge for March and November 2025 and a Focus course in July 2025 along with several online offerings.
- To support future leadership initiatives.
- Continue and deepen our partnership with the international leadership teams.

THE MORE TO LIFE FOUNDATION UK

TRUSTEES' REPORT

for the year ended 31 March 2024

STATEMENT OF TRUSTEES' RESPONSIBILITIES

The charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Charities Act 2011 and the Charities (Accounts and Reports) Regulations 2008. Notwithstanding the explicit requirement in the extant statutory regulations, the Charities (Accounts and Reports) Regulations 2008, to prepare the financial statements in accordance with the SORP 2005, in view of the fact that the SORP 2005 has been withdrawn, the determined to interpret this responsibility as requiring them to follow current best practice and prepare the accounts according to the FRS 102 SORP 2015.

In particular, charity law requires the Trustees, if they prepare accounts on an accruals basis, to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity as at the end of the financial year and of the surplus or deficit of the charity. In preparing those financial statements the Trustees are required to :-

- to prepare the accounts in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law);
- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.
- state whether applicable accounting standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements;

The law requires that the trustees must not approve the accounts unless they are satisfied that they give a true and fair view of the state of affairs of the charity and of the surplus or deficit of the charity for the year.

The Trustees are also responsible for maintaining adequate accounting records which disclose with reasonable accuracy at any time the financial position of the charity and which are sufficient to show and explain the charity's transactions and enable them to ensure that the financial statements comply with regulations made under the charity legislation. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees are also responsible for the contents of the Trustees' report, and the statutory responsibility of the Independent Examiner in relation to the Trustees' report is limited to examining the report and ensuring that, on the face of the report, there are no material inconsistencies with the figures disclosed in the financial statements.

This report was approved by the board of trustees on 24 January 2025.



Katharine Bastin

Chair of the Trustees

THE MORE TO LIFE FOUNDATION UK

Independent Examiner's Report to the Trustees for the year ended 31 March 2024

I report to the charity trustees on my examination of the accounts of The More To Life Foundation UK (the charity) for the year ended 31 March 2024 set out on page 17 onwards.

Responsibilities and basis of report

As the charity's trustees you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

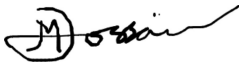
I report in respect of my examination of the charity's accounts as carried out under section 145 of the Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

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

1. accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Report) Regulations 2008 other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of 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 the Republic of Ireland (FRS 102)

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



Delwar Hossain ACMA CGMA - Independent Examiner

DEL & CO
Chartered Management Accountants
277 Anlaby Road
Hull
HU3 2SE

This report was signed on 28 January 2025

THE MORE TO LIFE FOUNDATION UK

STATEMENT OF FINANCIAL ACTIVITIES

for the year ended 31 March 2024

		Unrestricted Funds	Restricted Funds	Total Fund 2024	Total Fund 2023
Income from:	Note	£	£	£	£
Donations and legacies	4	27,140	1,700	28,840	67,461
Investment income		2	-	2	-
Total Income		27,142	1,700	28,842	67,461
Expenditure on:					
Raising funds		216	-	216	216
Charitable activities	5	37,977	6,638	44,615	51,543
Total Expenditure		38,193	6,638	44,831	51,759
Net (expenditure) for the year		(11,051)	(4,938)	(15,989)	15,702
Transfer between funds		-	-	-	-
Net Movement in after transfer		(11,051)	(4,938)	(15,989)	15,702
Reconciliation of funds:	9				
Funds brought forward		51,772	7,196	58,968	43,266
Funds carried forward		40,721	2,258	42,979	58,968

All activities derive from continuing operations

The notes attached from page 16 onwards form an integral part of these accounts.

THE MORE TO LIFE FOUNDATION UK

STATEMENT OF FINANCIAL ACTIVITIES

for the year ended 31 March 2024

Statement of Financial activities for the prior year comparative

	Unrestrict ed Funds	Restricted Funds	Total Fund 2023	Total Fund 2022
Income from:	£	£	£	£
Donations and legacies	63,767	3,694	67,461	42,956
Investment Income	-	-	-	1
Total Income	63,767	3,694	67,461	42,957
Expenditure on:				
Raising funds	216	-	216	216
Charitable activities	28,660	22,883	51,543	83,735
Total Expenditure	28,876	22,883	51,759	83,951
Net (expenditure) for the year	34,891	(19,189)	15,702	(40,994)
Transfer between funds	-	-	-	
Net Income for the year	34,891	(19,189)	15,702	(40,994)
Reconciliation of funds:				
Funds brought forward	16,881	26,385	43,266	84,260
Funds carried forward	51,772	7,196	58,968	43,266

THE MORE TO LIFE FOUNDATION UK

BALANCE SHEET as at 31 March 2024

	Notes	£	2,024 £	2,023 £
CURRENT ASSETS				
Debtors	6	11,449	15,447	
Cash at bank and in hand:		32,372	44,817	
		<u>43,821</u>	<u>60,264</u>	
 CREDITORS: amounts falling due within one year	7	(842)	(1,296)	
NET CURRENT ASSETS			<u>42,979</u>	<u>58,968</u>
 TOTAL ASSETS OF THE CHARITY			<u>42,979</u>	<u>58,968</u>
 THE FUNDS OF THE CHARITY	9			
Restricted funds			2,258	7,196
Unrestricted funds			40,721	51,772
 TOTAL FUND OF THE CHARITY			<u>42,979</u>	<u>58,968</u>

The Trustees acknowledge their responsibilities for complying with the requirements of charity legislation with respect to accounting records and the preparation of accounts.

The charity is subject to Independent Examination under charity legislation, and the report of the examiner is on pages 12.

The Trustees are satisfied that, although the charity is not registered under the Companies Acts, if it were so registered, it would be eligible to prepare accounts in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime.



Katharine Bastin

Chair of the Trustees

Approved by the board of trustees on 24 January 2025

THE MORE TO LIFE FOUNDATION UK

NOTES TO THE ACCOUNTS

for the year ended 31 March 2024

1 Accounting policies

Basis of preparation and accounting convention

The accounts have been prepared on the accruals basis, under the historical cost convention, and in accordance with the Financial Reporting Standard 102 (effective January 2015)) and 'The FRS102 Statement of Recommended Accounting Practice 2015', (The SORP 2015), and in accordance with all applicable law in the charity's jurisdiction of registration, except that the charity has prepared the financial statements in accordance with the FRS 102 SORP 2015 in preference to the previous SORP, the SORP 2005, which has been withdrawn, notwithstanding the fact that the extant statutory regulations, the Charities (Accounts and Reports) Regulations 2008 refer explicitly to the SORP 2005. This has been done to accord with current best practice.

Going Concern

The trustees regularly review the financial position. While there are always levels of uncertainty, considering the regular donation commitments the trustees are confident that the charity is a going concern.

Income recognition

Income, whether from exchange or non exchange transactions, is recognised in the statement of financial activities (SOFA) on a receivable basis, when a transaction or other event results in an increase in the charity's assets or a reduction in its liabilities and only when the charity has legal entitlement, the income is probable and can be measured reliably.

Income subject to terms and conditions which must be met before the charity is entitled to the resources is not recognised until the conditions have been met.

All income is accounted for gross, before deducting any related fees or costs.

Accounting for deferred income and income received in advance

Where terms and conditions relating to income have not been met or uncertainty exists as to whether the charity can meet any terms or conditions otherwise within its control, income is not recognised but is deferred as a liability until it is probable that the terms or conditions imposed can be met.

Recognition of liabilities and expenditure

Liability and the related expenditure is recognised when a legal or constructive obligation exists as a result of a past event, and when it is more likely than not that a transfer of economic benefits will be required in settlement, and when the amount of the obligation can be measured or reliably estimated.

Liabilities arising from future funding commitments and constructive obligations, including performance related grants, where the timing or the amount of the future expenditure required to settle the obligation are uncertain, give rise to a provision in the accounts, which is reviewed at the accounting year-end. The provision is increased to reflect any increases in liabilities, and is decreased by the utilisation of any provision within the period, and reversed if any provision is no longer required. These movements are charged or credited to the respective funds and activities to which the provision relates.

THE MORE TO LIFE FOUNDATION UK

NOTES TO THE ACCOUNTS

for the year ended 31 March 2024

Allocating costs to activities

Direct costs that are specifically related to an activity are allocated to that activity. Shared direct costs and support costs are apportioned between activities.

Volunteers

In accordance with the SORP, and in recognition of the difficulties in placing a monetary value on the contribution from volunteers, the contribution of volunteers is not included within the income of the charity.

However, the trustees value the significant contribution made to the activities of the charity by unpaid volunteers.

Tangible fixed assets

Tangible fixed assets are measured at their original cost value or subsequent revaluation, or if donated, as described above. Cost value includes all costs expended in bringing the asset into its intended working condition.

Depreciation has been provided at the following rates in order to write off the assets to their anticipated residual value of estimated useful lives.

Furniture & fixtures	25% straight line	Office Equipment	25% straight line
----------------------	-------------------	------------------	-------------------

Financial instruments including cash and bank balances

Cash held by the charity is included at the amount actually held and counted at the year-end. Bank balances, whether in credit or overdrawn, are shown at the amounts properly reconciled to the bank statements.

2 Liability to taxation

As a registered charity, the organisation is exempt from income and corporation tax to the extent that its income and gains are applied towards the charitable objects of the charity and for no other purpose. Value Added Tax is not recoverable by the charity and is therefore included in the relevant costs in the Statement of Financial Activities.

3 Winding up or dissolution of the charity

If upon winding up or dissolution of the charity there remain any assets, after the satisfaction of all debts and liabilities, the assets represented by the accumulated fund shall be transferred to some other charitable body or bodies having similar objects to the charity.

THE MORE TO LIFE FOUNDATION UK

NOTES TO THE ACCOUNTS

for the year ended 31 March 2024

4 Donation and Legacies

	Unrestricted funds £	Restricted funds £	Total 2024 £	Total 2023 £
General donation	25,000	1,390	26,390	56,942
Gift Aid claimed	2,140	310	2,450	10,519
Total Donation & Legacies	27,140	1,700	28,840	67,461

5 Charitable expenditure

5a Direct costs

	Unrestricted funds £	Restricted funds £	2024 Total £	2023 Total £
Sponsorship to Global Operations Hub	1,649	189	1,838	3,710
Total direct costs	1,649	189	1,838	3,710

5b Grants paid to More to Life CIC

Bursary	622	-	622	255
Grant made to partners	7,192	6,449	13,641	-
CIC Administration	23,934	-	23,934	43,300
Total Grants paid to More to Life CIC	31,748	6,449	38,197	43,555

5c Governance and support costs

Accounting service	3,552	-	3,552	3,540
Independent examiner fee	378	-	378	360
Bank Charges	650	-	650	378
Total Governance and support costs	4,580	-	4,580	4,278

Total Charitable expenditure	37,977	6,638	44,615	51,543
-------------------------------------	---------------	--------------	---------------	---------------

THE MORE TO LIFE FOUNDATION UK

NOTES TO THE ACCOUNTS

for the year ended 31 March 2024

6 Debtors

	2024	2023
	£	£
Other debtors	11,073	6,192
Trade debtors	376	9,255
	11,449	15,447

7 Creditors: amounts falling due within year

	2024	2023
	£	£
Accruals	630	1,084
Other Creditors	212	212
	842	1,296

8 Analysis of Assets by Fund

	Unrestricted funds	Restricted funds	Total 2024
	£	£	£
At 31st March 2024			
Current assets	41,563	2,258	43,821
Current liabilities	(842)	-	(842)
Net assets	40,721	2,258	42,979

	Unrestricted funds	Restricted funds	Total 2023
	£	£	£
At 31st March 2023			
Current assets	53,068	7,196	60,264
Current liabilities	(1,296)	-	(1,296)
Net assets	51,772	7,196	58,968

THE MORE TO LIFE FOUNDATION UK

NOTES TO THE ACCOUNTS

for the year ended 31 March 2024

9 Fund analysis

	Fund bal at 01 Apr 2023 £	Income £	Expenditure £	Transfer between funds £	Fund bal at 31 Mar 2024 £
Unrestricted Funds:					
Unrestricted revenue fund	51,772	27,142	(38,193)	-	40,721
Total Unrestricted Fund	51,772	27,142	(38,193)	-	40,721
Restricted Funds:					
UK Operation HUB	6,448	-	(6,448)	-	-
A Year Together	(1,087)	-	-	-	(1,087)
Champions	1,707	1,400	-	-	3,107
I Care Jamaica	128	300	(190)	-	238
Total Restricted fund	7,196	1,700	(6,638)	-	2,258
TOTAL CHARITY FUND	58,968	28,842	(44,831)	-	42,979

	Fund bal at 01 Apr 2022 £	Income £	Expenditure £	Transfer between funds £	Fund bal at 31 Mar 2023 £
Prior year comparative					
Unrestricted Funds:					
Unrestricted revenue fund	16,881	63,767	(28,876)	-	51,772
Total Unrestricted Fund	16,881	63,767	(28,876)	-	51,772
Restricted Funds:					
UK Operation HUB	26,748	-	(20,300)	-	6,448
A Year Together	(823)	1,847	(2,111)	-	(1,087)
Champions	160	1,547	-	-	1,707
I Care Jamaica	300	300	(472)	-	128
Total Restricted fund	26,385	3,694	(22,883)	-	7,196
TOTAL CHARITY FUND	43,266	67,461	(51,759)	-	58,968

THE MORE TO LIFE FOUNDATION UK

NOTES TO THE ACCOUNTS

for the year ended 31 March 2024

10 Remuneration and payments to Trustees and persons connected with them

No trustees or persons connected with them received any remuneration from the charity, or any related entity.

The More To Life CIC (Company Reg. No. 07401503) is the operational arm of the More To Life programme, arranging weekend training, workshops and focus courses; dealing with administration and handling the logistics such as venue hire, arranging trainers to lead the courses, etc. Katharine Bastin and Alyson Morley are also directors of the More To Life CIC. The More To Life CIC receives ongoing funding from More To Life Foundation UK. The amount of grant made to More To Life Foundation CIC was £24,556 (2023: £43,555).

THE MORE TO LIFE FOUNDATION UK

England & Wales - Charity number 1120045

Accounts

Charity Number: 1120045

THE MORE TO LIFE FOUNDATION UK

Trustees Report and Accounts

For the year ended 31 March 2023

THE MORE TO LIFE FOUNDATION UK

CONTENTS

Legal and administrative information	3
Trustees' report	4-13
Independent examiner's report	14
Statement of financial activities	15-16
Balance sheet	17
Notes to the financial statements	18 - 23

THE MORE TO LIFE FOUNDATION UK

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Katharine Bastin - Chairperson Colin Fine - Secretary Isobel Hart - Treasurer Alyson Morley - ICS Representative
Charity registration number	1120045
Charity Office	1 Church Street, Kirkby Malzeard Ripon HG4 3RT
Bankers	Barclays Bank 9 Portman Square London W1A 3AL
Independent Examiner	Delwar Hossain ACMA CGMA DEL & CO Chartered Management Accountants 277 Anlaby Road Hull HU3 2SE
International affiliation	The charity is part of an international network of similar organisations in the USA, South Africa and New Zealand, The More To Life Foundation, which has its own International Council of Stewards (ICS) drawn from all of these countries.

THE MORE TO LIFE FOUNDATION UK

TRUSTEES' REPORT

for the year ended 31 March 2023

The Trustees are pleased to present their report together with the financial statements of the charity for the year ended 31 March 2023. Legal and administrative information set out on page 3 forms part of this report. The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the charity's trust deed, the Charities Act 2011 and Statement of Recommended Practice: Accounting and Reporting Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and the Republic of Ireland (FRS102).

STRUCTURE, GOVERNANCE AND MANAGEMENT

Legal structure of the charity

The charity is constituted as an unincorporated charity, established by a written constitution and its governing document is a written constitution. The Governing Document was adopted on 6 February 2007, amended on 10 May 2007 and 12 November 2017.

Recruitment and induction of trustees

Trustees are appointed to the Board of Trustees at the AGM according to the terms of the Charity's Constitution:

The Charity in general meeting shall elect the Officers and the other Trustees

The Trustees may appoint any person who is willing to act as a Trustee and not already in that position; they may also appoint Trustees to act as officers.

Each of the Trustees shall retire with effect from the conclusion of the annual general meeting next after his or her appointment but shall be eligible for re-election at that annual general meeting.

At the Annual General Meeting, Katharine Bastin, Colin Fine, Alyson Morley, and Isobel Hart retire as trustees. Each is eligible for re-appointment and Katharine, Colin and Alyson intend to stand for re-election.

All the trustees are also members of the charity.

OBJECTIVES AND ACTIVITIES OF THE CHARITY

The purposes of the Charity are set out in the governing document:

The provision of education and training in personal development skills for the benefit of the public and in particular amongst young people and disadvantaged and excluded adults, so as to develop their, physical, mental and spiritual capacities, in order that they may grow to full maturity as individuals and members of society and their conditions of life may be improved.

Note: the previous report included another paragraph in the Objects, which was erroneously included when it had been removed from the official Charity documents in May 2007.

THE MORE TO LIFE FOUNDATION UK

TRUSTEES' REPORT

for the year ended 31 March 2023

ACHIEVEMENTS AND PERFORMANCE

The summary below covers all events in the UK during the year. The main activities undertaken in relation to the purposes of the Charity are covered below.

Summary

The ongoing impact of the Coronavirus pandemic has led to a reduction in demand for online courses, as well as a lack of support for face to face courses. This has had a further major impact on our revenue from April 2022 to March 2023. The first face to face course since the More To Life weekend in February 2020 took place in March 2023 - Lighting the Fire Within. This was promoted and taught by a Senior Trainer, Ann McMaster, to support and re-energise the community following the isolation during the Covid pandemic. This course was financially successful and engendered a large donation which enabled the organisation to plan for the next financial year. Some of the Visioning Days in January and February 2023 were also face to face.

Online offerings continued during the year. The benefits of online courses are increased international accessibility which has helped to create a global community of practice. Also participants did not have the extra costs of travel and accommodation, and the organisation has saved on such costs as venues, trainer travel and accommodation.

The report below covers all events in the UK, some of which were funded by the Charity.

SPONSORS AND DONATIONS

In the current year 2022 to 2023, average income from donations for the UK reduced to £1,818 per month. These donations were via the Charity bank account and also online via the More To Life Hub, under the campaign 'A Rising Tide'. The reduction is partly due to the cost of living crisis which is affecting many in the UK.

In addition, £1,438 was donated by UK sponsors for the International Fundraising campaign, A Year Together (AYT), which ended during the year.

All countries have an agreement that 40% of all donations is paid to the Global Operations Hub, as a shared service fee. 60% of donations are retained in the country. This shared services fee contributes towards central costs, such as the global infrastructure (e.g. the Hub) and international staff costs. It replaces the Licence fee, and allows us to continue using the material when running our courses.

Comparing this with the previous year, 2021 to 2022, regular sponsorship income was on average £2,175 per month.

The average number of sponsors per month for 2022/2023 was 91 (2021/2022 was 112).

We also received a very generous sustaining donation of £30,000 in March 2023. The donor, who wishes to remain anonymous, wrote:

'I would like to explore funding some/all of your 2023 programme with the intent of putting fire under the programme, releasing people's energy to work on resetting the MTL strategy and

THE MORE TO LIFE FOUNDATION UK

TRUSTEES' REPORT

for the year ended 31 March 2023

plan for the future, space to enrol and deliver the courses without worries on funding and to share this wonderful work with more people.'

We are extremely grateful for this donation, and are monitoring the expenditure very carefully. In summary, it will support the UK for most of the next financial year, with the paid posts of Coordinator, Enrolment Coordinator and Administration.

BURSARIES

A total of £355 was allocated by the Charity in bursaries, as follows.

- Bursaries were allocated for Heart Of The Matter, totalling £205
- Bursaries were allocated for Lighting the Fire Within, totalling £100 - note these were paid in May 23 so do not feature in these accounts.
- Plus a bursary of £50 was given for 1 person on SEE in May 2022.

There was additional sponsorship for individuals donated by members of the Community.

THE MORE TO LIFE FOUNDATION UK

TRUSTEES' REPORT

for the year ended 31 March 2023

COURSES HELD ONLINE

The table below summarises the courses held online during the year, from April 2022 to March 2023.

Date	Course	Trainer	No. of attendees	UK Profit £	Bursaries
March/April 22	Mastery Plus - Wellbeing	Ann McMaster	19	£611	
April 22	Boundaries	Ann McMaster	27	£346	
May/June 22	Mastery Plus - Support	Ann McMaster	12	£387	
June/July 22	HOTM	Vijay Reddy	7	£402	£205 for 2 people
Sept 22	Beyond Anger	Beth McAlpine	12	£432	
Jan/Feb 23	4 Visioning Days, one online and 3 face to face	Various	70 attendees, of which 20 were new to MTL	£1141	
Feb/March 23	Mastery Plus - Leadership	Ann McMaster and Shena Pike	13	£512	
March 23	Lighting the Fire Within	Ann McMaster, Shena Pike and Nicky Needham	52	£5883	£100 (paid May 23) for 2 people
TOTALS	8 events		212	£9714	£305

Note that UK profit was taken after paying trainer fees and the 20% for online courses and 5% for face to face courses given to GOH for shared services.

The corresponding figures for the previous financial year, April 2021 to March 2022, were as follows:

- 18 events
- 316 attendees
- £9,974 profit
- £1,155 allocated in bursaries to 9 people,

THE MORE TO LIFE FOUNDATION UK

TRUSTEES' REPORT

for the year ended 31 March 2023

FACE TO FACE COURSES

A More To Life weekend was scheduled for November 2022, but was cancelled due to the absence of a Team Leader, Spain cancelling their face to face course which would have allowed the UK to share the cost of bringing a Senior Trainer from the US, and insufficient take up in the community.

A very successful face to face course was held at St Katharine's in East London over the last weekend of March 2023. This was the first in person event since February 2020, just before lockdown. Lighting the Fire Within attracted 52 participants, the maximum for the venue. It was trained by Ann McMaster, assisted by trainer candidates Shena Pyke and Nicky Needham. A significant number of long standing students who had not been involved for many years attended, along with younger students. The course reignited community energy resulting in interest in joining Leadership and being on team for a future More To Life weekend, after Gilli Stephens put herself forward to source the next weekend in Cambridge.

The profit from this course was £5883.

COURSES HELD ONLINE

Heart Of The Matter

After being held three times in the previous financial year, one was held in the financial year April 2022 to March 2023. Held in June and July 2022, it was successfully trained by Vijay Reddy. 7 people attended and the course achieved a profit of £402.

Mastery and Mastery Plus

Jacki Robertson and Margalit Dweck continue to be the champions for the free follow-on courses that enable the learning from the MTLW to be embedded into a way of living.

14 attended a Mastery course after HOTM, in September and October.

In addition Ann McMaster led Mastery Plus courses, with the topics Wellbeing, Support and Leadership.. As these were trainer-led there was a charge, and 44 attendees did more in-depth processing. There was a profit of £1,510.

ONLINE WEBINARS AND WORKSHOPS

There were a couple of these and prices were kept low so as to encourage take-up. The webinars were designed to attract the general public as well as existing students.

Beyond Anger

Beth McAlpine trained one running of this course, in September 2022. 12 participants attended with a profit of £432.

Boundaries

Ann McMaster trained this in April 2022, for 27 attendees and a resulting profit of £346.

THE MORE TO LIFE FOUNDATION UK

TRUSTEES' REPORT

for the year ended 31 March 2023

VISIONING DAYS

A total of 4 Visioning days were held in January and February 2022, one online and three face to face. These were hosted by graduates from Glasgow, Manchester, Hebden Bridge, and London. 70 people attended the days, of which 20 were new to MTL. A profit of £1141 was achieved.

LICENSED FACILITATORS

Jacki Robertson started her post as UK/EU Licensed Facilitator Coordinator in March 2022.

The funding for the ongoing admin role, part funded by the Charity and part funded by a private donation, ran out in January 2023 and this is now being covered from the FST finances. While the aim has always been to be self sustaining this has not yet been achieved. During 2023-24 the plan is to organise A-Phase and B-Phase Trainings that will hopefully enable this aim.

UK/EU Facilitators continue to register their courses and follow the solid system developed and supported by the 4 Integrity Admin team. Our UK/EU Licensed Facilitators were impeccably supported by the Ambassadors team headed by Colette Stevens. The Ambassadors team are a group of very experienced Licensed Facilitators who are no longer leading courses. They work in partnership with the LF and provide bespoke support.

The Power of Purpose was taught several times face to face and online. The Power of Self Esteem has been taught several times as a weekend format. Carey Warden continues to deliver The Power of Self Esteem 6 session courses as part of her work within the Portsmouth area. The Power of Self Esteem online was piloted twice by Jacki Robertson and Nicky Needham. They will write a report with recommendations for this course being taught online. The Power of Connection was taught face to face and piloted online twice by Shena Pyke, partnering with Troy Bertelsen and Katy Van Haeften.

It was decided that all Licensed Facilitator courses will carry CPD accreditation in future.

Monthly Peer to Peer Forums continue to be planned in collaboration with Licensed Facilitators.

Jacki Robertson and Carey Warden have attended regular meetings of the International LF Working Group alongside representatives from the US, New Zealand and South Africa.

THE MORE TO LIFE FOUNDATION UK

TRUSTEES' REPORT

for the year ended 31 March 2023

INTERNATIONAL ALIGNMENT

Ione Gill continues as Interim Managing Director, and the UK leadership continues to liaise with the Global Ops Hub. Katharine Bastin and Isobel Hart attend a monthly International Finance meeting.

CHARITY EXPENDITURE

CENTRAL COSTS

Increased support was given by the Charity to maintain the programme in the UK, covering central costs in the absence of face to face training events. This was the bulk of the expenditure in the year - £43,300.

BURSARIES

As mentioned above, £255 was given in Bursaries in the financial year, to enable participants to attend courses. £355 was given in total for courses run in the year, a late payment of £100 was made in May 2023.

OTHER EXPENDITURE

£4316 was spent on professional fees and other charges.

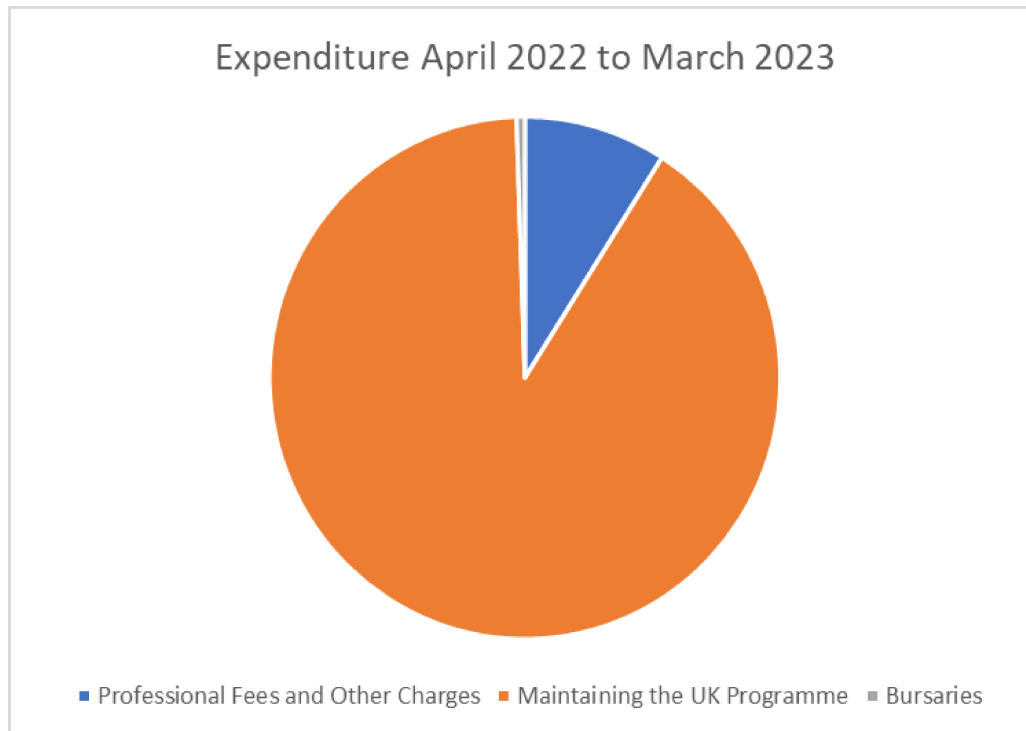
Total expenditure was £47,871.

The pie chart below shows a pictorial representation of expenditure.

THE MORE TO LIFE FOUNDATION UK

TRUSTEES' REPORT

for the year ended 31 March 2023



FINANCIAL REVIEW

The Trustees report a surplus of £15,702 (2022: deficit of £40,994) on operations for the period under review. The income for the year, £67,461 (2022: £42,957), was higher than the previous year. Expenditure was significantly lower for the year £51,759 (2022: 83,952).

Risk Management, Reserve Policy and Going Concern

The main risk to the MTL Foundation UK Charity in this financial year has been the loss of income throughout the global organisation, and the threat to the continuation of the non profit organisation managed by the US. Each country contributes 40% of sponsorship income to the Global Operations Hub. Each country also contributes 20% of the revenue from online courses, and 5% of the revenue on Face to Face courses..

There is the risk of loss of income due to more sponsors ceasing to donate.

At regular meetings the Trustees review the current financial picture. This review includes the current Profit and Loss situation - the balance in the accounts, the committed expenditure and the potential income and expenditure. Depending on the results of this review, decisions are then made. By February 2023 Charity funds were very low, but thanks to the generous donation mentioned above, there will be less need for Charity funds to be used to keep the UK Programme running in the financial year 2023/2024.

THE MORE TO LIFE FOUNDATION UK

TRUSTEES' REPORT

for the year ended 31 March 2023

Public Benefit

When planning our activities during the year, the trustees consider the Charity Commission's guidance on public benefit. The trustees are clear that there are identifiable benefits to the work that we do - some of these are identified below;

- The trustees are clear that these benefits are for a wide cross-section of the public;
- The trustees are clear that those benefits relate to our aims.
- The trustees are clear that those benefits outweigh any potential risks.

The benefit to wider society.

Many of the people who come on our courses find that their new insights and skills bring benefits not only to their own lives, but to those they come in contact with, as they often behave and interact in new ways. Many students of the programme are not only therapists and coaches but also managers and business owners who then recommend their patients, clients and staff members to come to MTL to take the courses.

They have also implemented coaching / mentor programmes within their workplaces - that use the basic methodology of the programme and thus spread awareness about the importance of living an awakened life, engaging more authentically within personal relationships and collegiate interactions. Many of our current students are teachers or working within educational settings, not only having an impact in the way they teach, manage and supervise staff but also in their ability to be masterful while educating future generations so that they are more resilient, have heightened self-esteem, and are more able to express and manage their emotions in a healthy way - which in turn leads to greater subjective well-being.

PLANS FOR THE FUTURE

Summary of plans for the future and the trustees' perspective of the future direction of the charity:

- To maintain a financial base for furthering the training of the More To Life programme (MTL), with course fees set at a level which increases sustainability, whilst bursaries continue to be made available to the disadvantaged, in line with the charity's objectives.
- To increase accessibility through encouraging the More To Life Programme to increase the number of offerings both online and in person. A face to face More To Life course is scheduled in Cambridge for October 2023.
- To continue offering Heart of the Matter online, for those in other countries and for those who are still hesitant to meet face to face or who appreciate the reduced costs of attending online.
- To transition to a CIO (Charitable Incorporated Organisation), merging the charity and the CIC into a single governing body for the UK. This should save on administrative and accounting costs. As part of this process, role descriptions will be reviewed and succession planning will be a key focus of the trustees. This transition is in progress.
- To support future leadership initiatives.

THE MORE TO LIFE FOUNDATION UK

TRUSTEES' REPORT

for the year ended 31 March 2023

- Continue and deepen our partnership with the international leadership teams.

STATEMENT OF TRUSTEES' RESPONSIBILITIES

The charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Charities Act 2011 and the Charities (Accounts and Reports) Regulations 2008. Notwithstanding the explicit requirement in the extant statutory regulations, the Charities (Accounts and Reports) Regulations 2008, to prepare the financial statements in accordance with the SORP 2005, in view of the fact that the SORP 2005 has been withdrawn, the determined to interpret this responsibility as requiring them to follow current best practice and prepare the accounts according to the FRS 102 SORP 2015.

In particular, charity law requires the Trustees, if they prepare accounts on an accruals basis, to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity as at the end of the financial year and of the surplus or deficit of the charity. In preparing those financial statements the Trustees are required to :-

- to prepare the accounts in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law).
- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.
- state whether applicable accounting standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements;

The law requires that the trustees must not approve the accounts unless they are satisfied that they give a true and fair view of the state of affairs of the charity and of the surplus or deficit of the charity for the year.

The Trustees are also responsible for maintaining adequate accounting records which disclose with reasonable accuracy at any time the financial position of the charity and which are sufficient to show and explain the charity's transactions and enable them to ensure that the financial statements comply with regulations made under the charity legislation. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees are also responsible for the contents of the Trustees' report, and the statutory responsibility of the Independent Examiner in relation to the Trustees' report is limited to examining the report and ensuring that, on the face of the report, there are no material inconsistencies with the figures disclosed in the financial statements.

This report was approved by the board of trustees on 18 December 2023 at their AGM.



Katharine Bastin

Chair of the Trustees

THE MORE TO LIFE FOUNDATION UK

TRUSTEES' REPORT

for the year ended 31 March 2023

I report to the charity trustees on my examination of the accounts of The More To Life Foundation UK (the charity) for the year ended 31 March 2023 set out on page 17 onwards.

Responsibilities and basis of report

As the charity's trustees you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

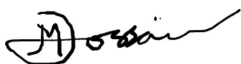
I report in respect of my examination of the charity's accounts as carried out under section 145 of the Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

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

1. accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Report) Regulations 2008 other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of 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 the Republic of Ireland (FRS 102)

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



Delwar Hossain ACMA CGMA - Independent Examiner

DEL & CO
Chartered Management Accountants
277 Anlaby Road
Hull
HU3 2SE

This report was signed on 29 January 2024

THE MORE TO LIFE FOUNDATION UK

STATEMENT OF FINANCIAL ACTIVITIES

for the year ended 31 March 2023

		Unrestricted Funds £	Restricted Funds £	Total Fund 2023 £	Total Fund 2022 £
Income from:	Note				
Donations and legacies	4	63,767	3,694	67,461	42,956
Investment income		-	-	-	1
Total Income		63,767	3,694	67,461	42,957
Expenditure on:					
Raising funds		216	-	216	216
Charitable activities	5	28,660	22,883	51,543	83,735
Total Expenditure		28,876	22,883	51,759	83,951
Net (expenditure) for the year		34,891	(19,189)	15,702	(40,994)
Transfer between funds		-	-	-	-
Net Movement in after transfer		34,891	(19,189)	15,702	(40,994)
Reconciliation of funds:	9				
Funds brought forward		16,881	26,385	43,266	84,260
Funds carried forward		51,772	7,196	58,968	43,266

All activities derive from continuing operations

The notes attached from page 18 onwards form an integral part of these accounts.

THE MORE TO LIFE FOUNDATION UK

STATEMENT OF FINANCIAL ACTIVITIES

for the year ended 31 March 2023

Statement of Financial activities for the prior year comparative

	Unrestricted Funds £	Restricted Funds £	Total Fund 2022 £	Total Fund 2021 £
Income from:				
Donations and legacies	34,260	8,696	42,956	46,777
Investment Income	1	-	1	-
Total Income	34,261	8,696	42,957	46,777
Expenditure on:				
Raising funds	216	-	216	216
Charitable activities	74,944	8,791	83,735	54,252
Total Expenditure	75,160	8,791	83,951	54,468
Net (expenditure) for the year	(40,899)	(95)	(40,994)	(7,691)
Transfer between funds	-	-	-	
Net Income for the year	(40,899)	(95)	(40,994)	(7,691)
Reconciliation of funds:				
Funds brought forward	57,780	26,480	84,260	91,951
Funds carried forward	16,881	26,385	43,266	84,260

THE MORE TO LIFE FOUNDATION UK

BALANCE SHEET as at 31 March 2023

			2,023	2,022
	Notes	£	£	£
CURRENT ASSETS				
Debtors	6	15,447	8,163	
Cash at bank and in hand:		44,817	37,134	
		<u>60,264</u>	<u>45,297</u>	
 CREDITORS: amounts falling due within one year	7	<u>(1,296)</u>	<u>(2,031)</u>	
NET CURRENT ASSETS			<u>58,968</u>	<u>43,266</u>
 TOTAL ASSETS OF THE CHARITY			<u>58,968</u>	<u>43,266</u>
 THE FUNDS OF THE CHARITY	9			
 Restricted funds			7,196	26,385
Unrestricted funds			51,772	16,881
 TOTAL FUND OF THE CHARITY			<u>58,968</u>	<u>43,266</u>

The Trustees acknowledge their responsibilities for complying with the requirements of charity legislation with respect to accounting records and the preparation of accounts.

The charity is subject to Independent Examination under charity legislation, and the report of the examiner is on pages 14.

The Trustees are satisfied that, although the charity is not registered under the Companies Acts, if it were so registered, it would be eligible to prepare accounts in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime.



Katharine Bastin

Chair of the Trustees

Approved by the board of trustees on 18 December 2023

THE MORE TO LIFE FOUNDATION UK

NOTES TO THE ACCOUNTS

for the year ended 31 March 2023

1 Accounting policies

Basis of preparation and accounting convention

The accounts have been prepared on the accruals basis, under the historical cost convention, and in accordance with the Financial Reporting Standard 102 (effective January 2015)) and 'The FRS102 Statement of Recommended Accounting Practice 2015', (The SORP 2015), and in accordance with all applicable law in the charity's jurisdiction of registration, except that the charity has prepared the financial statements in accordance with the FRS 102 SORP 2015 in preference to the previous SORP, the SORP 2005, which has been withdrawn, notwithstanding the fact that the extant statutory regulations, the Charities (Accounts and Reports) Regulations 2008 refer explicitly to the SORP 2005. This has been done to accord with current best practice.

Going Concern

The trustees regularly review the financial position. While there are always levels of uncertainty, considering the regular donation commitments the trustees are confident that the charity is a going concern.

Income recognition

Income, whether from exchange or non exchange transactions, is recognised in the statement of financial activities (SOFA) on a receivable basis, when a transaction or other event results in an increase in the charity's assets or a reduction in its liabilities and only when the charity has legal entitlement, the income is probable and can be measured reliably.

Income subject to terms and conditions which must be met before the charity is entitled to the resources is not recognised until the conditions have been met.

All income is accounted for gross, before deducting any related fees or costs.

Accounting for deferred income and income received in advance

Where terms and conditions relating to income have not been met or uncertainty exists as to whether the charity can meet any terms or conditions otherwise within its control, income is not recognised but is deferred as a liability until it is probable that the terms or conditions imposed can be met.

Recognition of liabilities and expenditure

Liability and the related expenditure is recognised when a legal or constructive obligation exists as a result of a past event, and when it is more likely than not that a transfer of economic benefits will be required in settlement, and when the amount of the obligation can be measured or reliably estimated.

Liabilities arising from future funding commitments and constructive obligations, including performance related grants, where the timing or the amount of the future expenditure required to settle the obligation are uncertain, give rise to a provision in the accounts, which is reviewed at the accounting year-end. The provision is increased to reflect any increases in liabilities, and is decreased by the utilisation of any provision within the period, and reversed if any provision is no longer required. These movements are charged or credited to the respective funds and activities to which the provision relates.

THE MORE TO LIFE FOUNDATION UK

NOTES TO THE ACCOUNTS

for the year ended 31 March 2023

Allocating costs to activities

Direct costs that are specifically related to an activity are allocated to that activity. Shared direct costs and support costs are apportioned between activities.

Volunteers

In accordance with the SORP, and in recognition of the difficulties in placing a monetary value on the contribution from volunteers, the contribution of volunteers is not included within the income of the charity.

However, the trustees value the significant contribution made to the activities of the charity by unpaid volunteers.

Tangible fixed assets

Tangible fixed assets are measured at their original cost value or subsequent revaluation, or if donated, as described above. Cost value includes all costs expended in bringing the asset into its intended working condition.

Depreciation has been provided at the following rates in order to write off the assets to their anticipated residual value of estimated useful lives.

Furniture & fixtures	25% straight line	Office Equipment	25% straight line
----------------------	-------------------	------------------	-------------------

Financial instruments including cash and bank balances

Cash held by the charity is included at the amount actually held and counted at the year-end. Bank balances, whether in credit or overdrawn, are shown at the amounts properly reconciled to the bank statements.

2 Liability to taxation

As a registered charity, the organisation is exempt from income and corporation tax to the extent that its income and gains are applied towards the charitable objects of the charity and for no other purpose. Value Added Tax is not recoverable by the charity and is therefore included in the relevant costs in the Statement of Financial Activities.

3 Winding up or dissolution of the charity

If upon winding up or dissolution of the charity there remain any assets, after the satisfaction of all debts and liabilities, the assets represented by the accumulated fund shall be transferred to some other charitable body or bodies having similar objects to the charity.

THE MORE TO LIFE FOUNDATION UK

NOTES TO THE ACCOUNTS

for the year ended 31 March 2023

4 Donation and Legacies

	Unrestricted funds £	Restricted funds £	Total 2023 £	Total 2022 £
General donation	53,906	3,036	56,942	39,041
Gift Aid claimed	9,861	658	10,519	3,915
Total Donation & Legacies	63,767	3,694	67,461	42,956

5 Charitable expenditure

5a Direct costs

	Unrestricted funds £	Restricted funds £	2023 Total £	2022 Total £
Marketing	-	-	-	2,613
Sponsorship to Global Operations Hub	1,171	2,539	3,710	15,786
Total direct costs	1,171	2,539	3,710	18,399

5b Grants paid to More to Life CIC

Bursary	255	-	255	1,243
Royalties	-	-	-	266
CIC Administration	23,000	20,300	43,300	59,535
Total Grants paid to More to Life CIC	23,255	20,300	43,555	61,044

5c Governance and support costs

Accounting service	3,540	-	3,540	3,300
Independent examiner fee	360	-	360	360
Bank Charges	334	44	378	333
Presentation	-	-	-	300
Total Governance and support costs	4,234	44	4,278	4,293
Total Charitable expenditure	28,660	22,883	51,543	83,736

THE MORE TO LIFE FOUNDATION UK

NOTES TO THE ACCOUNTS

for the year ended 31 March 2023

6 Debtors

	2,023	2,022
	£	£
Other debtors	6,192	6,192
Trade debtors	9,255	1,971
	15,447	8,163

7 Creditors: amounts falling due within year

	2,023	2,022
	£	£
Accruals	1,084	600
Other Creditors	212	212
Trade Creditor	-	1,219
	1,296	2,031

8 Analysis of Assets by Fund

	Unrestricted funds	Restricted funds	Total 2023
	£	£	£
At 31st March 2023			
Current assets	53,068	7,196	60,264
Current liabilities	(1,296)	-	(1,296)
Net assets	51,772	7,196	58,968

	Unrestricted funds	Restricted funds	Total 2022
	£	£	£
At 31st March 2022			
Current assets	18,912	26,385	45,297
Current liabilities	(2,031)	-	(2,031)
Net assets	16,881	26,385	43,266

THE MORE TO LIFE FOUNDATION UK

NOTES TO THE ACCOUNTS

for the year ended 31 March 2023

9 Fund analysis

	Fund bal at 01 Apr 2022 £	Income £	Expenditure £	Transfer between funds £	Fund bal at 31 Mar 2023 £
Unrestricted Funds:					
Unrestricted revenue fund	16,881	63,767	(28,876)	-	51,772
Total Unrestricted Fund	16,881	63,767	(28,876)	-	51,772
Restricted Funds:					
UK Operation HUB	26,748	-	(20,300)	-	6,448
A Year Together	(823)	1,847	(2,111)	-	(1,087)
Champions	160	1,547	-	-	1,707
I Care Jamaica	300	300	(472)	-	128
Total Restricted fund	26,385	3,694	(22,883)	-	7,196
TOTAL CHARITY FUND	43,266	67,461	(51,759)	-	58,968

	Fund bal at 01 Apr 2021 £	Income £	Expenditure £	Transfer between funds £	Fund bal at 31 Mar 2022 £
Prior year comparative					
Unrestricted Funds:					
Unrestricted revenue fund	57,780	34,261	(75,160)	-	16,881
Total Unrestricted Fund	57,780	34,261	(75,160)	-	16,881
Restricted Funds:					
UK Operation HUB	23,980	269	(1)	2,500	26,748
UK-US MTLR	2,500	-	-	(2,500)	-
A Year Together	-	7,967	(8,790)	-	(823)
Champions	-	160	-	-	160
I Care Jamaica	-	300	-	-	300
Total Restricted fund	26,480	8,696	(8,791)	-	26,385
TOTAL CHARITY FUND	84,260	42,957	(83,951)	-	43,266

THE MORE TO LIFE FOUNDATION UK

NOTES TO THE ACCOUNTS

for the year ended 31 March 2023

10 Remuneration and payments to Trustees and persons connected with them

No trustees or persons connected with them received any remuneration from the charity, or any related entity.

The More To Life CIC (Company Reg. No. 07401503) is the operational arm of the More To Life programme, arranging weekend training, workshops and focus courses; dealing with administration and handling the logistics such as venue hire, arranging trainers to lead the courses, etc. Katharine Bastin and Alyson Morley are also directors of the More to Life CIC. The More to Life CIC receives ongoing funding from More to Life Foundation UK.

THE MORE TO LIFE FOUNDATION UK

England & Wales - Charity number 1120045

Accounts

THE MORE TO LIFE FOUNDATION UK

Trustees Report and Accounts

For the year ended 31 March 2022

THE MORE TO LIFE FOUNDATION UK

CONTENTS

Legal and administrative information	3
Trustees’ report	4-14
Independent examiner’s report	15
Statement of financial activities	16-17
Balance sheet	18
Notes to the financial statements	19 - 25

THE MORE TO LIFE FOUNDATION UK

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Katharine Bastin - Chairperson (appointed 11 June 2021) Colin Fine - Secretary Isobel Hart - Treasurer Alyson Morley (appointed 11 June 2021) Robert Nock - Chairperson (resigned 11 June 2021) Gary Chester (resigned 9 September 2021) Alexandra Hobbs (resigned 11 June 2021)
Charity registration number	1120045
Charity Office	1 Church Street, Kirkby Malzeard Ripon HG4 3RT
Bankers	Barclays Bank 9 Portman Square London W1A 3AL
Independent Examiner	Delwar Hossain ACMA CGMA DEL & CO Chartered Management Accountants 277 Anlaby Road Hull HU3 2SE
International affiliation	The charity is part of an international network of similar organisations in the USA, South Africa and New Zealand, The More To Life Foundation, which has its own International Council of Stewards drawn from all of these countries.

THE MORE TO LIFE FOUNDATION UK

TRUSTEES' REPORT

for the year ended 31 March 2022

The Trustees are pleased to present their report together with the financial statements of the charity for the year ended 31 March 2022. Legal and administrative information set out on page 3 forms part of this report. The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the charity's trust deed, the Charities Act 2011 and Statement of Recommended Practice: Accounting and Reporting Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and the Republic of Ireland (FRS102).

STRUCTURE, GOVERNANCE AND MANAGEMENT

Legal structure of the charity

The charity is constituted as an unincorporated charity, established by a written constitution and its governing document is a written constitution. The Governing Document is dated 10 May 2007, amended 12 November 2017.

The charity is part of an international network of similar organisations in the USA, South Africa and New Zealand, called The More To Life Foundation, which has its own International Council of Stewards drawn from all of these countries.

Recruitment and induction of trustees

Trustees are appointed to the Board of Trustees at the AGM according to the terms of the Charity's Constitution:

The Charity in general meeting shall elect the Officers and the other Trustees

The Trustees may appoint any person who is willing to act as a Trustee and not already in that position; they may also appoint Trustees to act as officers.

Each of the Trustees shall retire with effect from the conclusion of the annual general meeting next after his or her appointment but shall be eligible for re-election at that annual general meeting.

In June 2021, Robert Nock and Alexandra Hobbs stepped down as trustees, Katharine Bastin (known as Kay) and Alyson Morley were appointed trustees, and Kay Bastin was appointed Chair. In September 2021, Gary Chester stepped down as a Trustee

At the Annual General Meeting, Kay Bastin, Colin Fine, Alyson Morley, and Isobel Hart retire as trustees. Each is eligible for re-appointment and Kay, Colin, Alyson and Isobel intend to stand for re-election.

All the trustees are also members of the charity.

The purposes of the Charity are set out in the governing document:

THE MORE TO LIFE FOUNDATION UK

TRUSTEES' REPORT

for the year ended 31 March 2022

To promote mental and spiritual well-being and encourage personal empowerment amongst adults and young people, in particular, but not exclusively, by the design, development and administration of courses, training, workshops and coaching programmes.

The provision of education and training in personal development skills for the benefit of the public and in particular amongst young people and disadvantaged and excluded adults, so as to develop their, physical, mental and spiritual capacities, in order that they may grow to full maturity as individuals and members of society and their conditions of life may be improved.

ACHIEVEMENTS AND PERFORMANCE

The summary below covers all events in the UK during the year. The main activities undertaken in relation to the purposes of the Charity are covered below.

Summary

The continuation of the impact of the Coronavirus pandemic and a lack of support for face to face courses has had a further major impact on our revenue from April 2021 to March 2022. We are continuing to offer courses online; however our main gateway course (the More To Life Weekend), which could accommodate 70 plus participants, is currently being replaced with an online version (Heart Of The Matter - HOTM) with the limitation of restricted numbers.

A number of long serving members of our community resigned during this financial year - Judi Dumont Barter, the London Coordinator, resigned in April 2021. Gerry Moline, Senior Trainer, resigned in January 2022, and Kate Palmer, Country Programme Director (CPD) resigned in February 2022. The Trustees are extremely grateful for all they brought and their valuable contributions to the More To Life Programme.

Sophie Sabbage, former Senior Trainer and author of *Lifeshocks and How to Love Them*, died in October 2021 after living 7 years with cancer. "She was a voice". She is deeply missed.

Rosanna Clements, who was providing admin support to the programme, was given a larger role and continued to organise courses after Kate's resignation.

A face to face residential training was planned for October 2021, a More To Life weekend in Derbyshire, with Gerry Moline, Andrea Constantine and Kate Palmer. Due to the low number of registrations during the pandemic, the course was moved to April 2022. However the resignations of Gerry and Kate in early 2022 made the course unviable, so it was cancelled. The Operations Group investigated whether the venue could be used at a later date or for a different activity, such as a community get together, but this was not possible.

Short course offerings continued, comprising repeats of successful courses plus new online webinars and workshops open to the general public, and also new courses for students, all written and presented by Senior Trainers, Associate Trainers and Trainer Candidates. These

THE MORE TO LIFE FOUNDATION UK

TRUSTEES' REPORT

for the year ended 31 March 2022

events have been competitively priced so as to attract newcomers, and to take into account changed financial circumstances of many of our students.

The benefits of online courses are increased international accessibility which has helped to create a global community of practice. Also participants did not have the extra costs of travel and accommodation, and the organisation has saved on such costs as venues, trainer travel and accommodation.

Sponsorship income remained steady, but the lack of large face to face courses had a financial impact on the organisation.

The Trustees met with the members of the Operations Group in February 2022, and agreed changes to course fees. The objective was to offer a fair fee for those who can afford it, and for those funded by their company, whilst still offering subsidised fees for those that could not afford the full fee.

The report below covers all events in the UK, some of which were funded by the Charity.

SPONSORS AND DONATIONS

In the current year 2021 to 2022, average income for the UK was £2,175 per month. In addition, £6,729 was donated by UK sponsors for the International Fundraising campaign, A Year Together (AYT).

This compares well with the previous year, 2020 to 2021, when regular sponsorship income was on average £2,165 per month, excluding a large donation of £2,000.

The average number of sponsors per month for 2021/2022 was 112 (2020/2021 was 103). This was primarily due to A Year Together sponsors.

BURSARIES

A total of £1,242.50 was allocated by the Charity in bursaries, as follows.

- 9 bursaries were allocated over 3 runnings of Heart Of The Matter, totalling £1,155
- Plus a bursary of £87.50 was given for 1 person on SEE in February 2022.

There was additional sponsorship for individuals donated by members of the Community.

THE MORE TO LIFE FOUNDATION UK

TRUSTEES' REPORT

for the year ended 31 March 2022

COURSES HELD ONLINE

The table below summarises the courses held online during the year, from April 2021 to March 2022.

Date	Course	Trainer	No. of attendees	Profit £	Bursaries
April 21	Anger, Passion and Compassion	Beth McAlpine	10	124	
May 21	Heart of the Matter (HOTM)	Vijay Reddy, Andrea Constantine	10	1,213	£455 2 people
May 21	Parenting Yourself	Jeannie Horsfield	13	247	
May 21	Mastery Plus	Andrea Constantine, Shena Pike	20	366	
June 21	Our Spiritual Self	Judith Koetze	16	242	
June 21	Bouncing Back	Beth McAlpine	6	91	
June 21	Beyond Anger	Beth McAlpine	12	409	
Aug 21	Beyond Anger	Beth McAlpine	16	538	
Aug 21	HOTM	Vijay Reddy and Andrea Constantine	15	2,115	£300 3 people
Sept 21	Our Wise Self	Ann McMaster	17	292	

THE MORE TO LIFE FOUNDATION UK

TRUSTEES' REPORT

for the year ended 31 March 2022

Oct 21	Mastery Plus	Andrea Constantine, Jacki Robertson	15	373	
Oct 21	Unlocking the Habit Code	Jeannie Horsfield	12	103	
Oct 21	Beyond Anger	Beth McAlpine	9	302	
Oct 21	Personal Authority vs Wilful Power	Warren Kahn	20	136	
Dec 21	HOTM	Vijay Reddy and Mary Reynolds	11	2,047	£400 4 people
Jan/Feb 2022	5 Visioning Days, online	Various	78	961	
Feb 2022	From Locked Down to Freed Up	Ann McMaster	25	194	
Jan/Feb 2022	Beyond Anger	Beth McAlpine	11	220	
TOTALS			316	£9974	9 people £1,155

Note that UK profit was taken after paying trainer fees and the 20% given to Global Ops Hub for shared infrastructure etc.

The corresponding figures for the previous financial year, April 2020 to March 2021, were as follows:

- 510 attendees
- £20,736 profit
- £2,314 allocated in bursaries to 21 people,

There was a noticeably reduced appetite for online activities as the lockdown eased.

THE MORE TO LIFE FOUNDATION UK

TRUSTEES' REPORT

for the year ended 31 March 2022

COURSES HELD ONLINE

Heart Of The Matter

After being held twice in the previous financial year, there were 3 runnings of this course from April 2021 to March 2022. All were successfully trained by Vijay Reddy, assisted by Andrea Constantine, and Mary Reynolds. 36 people attended in total and many of these went on to participate in Enrichment groups and Mastery. Numbers are restricted because of the requirement to have one-on-one support from a team member.

This is our most profitable course, and a profit of £5,375 was achieved over the 3 runnings.

Mastery and Mastery Plus

Jacki Robertson continued to be the champion for the free follow-on courses that enable the learning from the MTLW to be embedded into a way of living. She was joined by Margalit Dweck who is working alongside Jacki to develop the role of a TL for Practice of Processing Mastery and to create relevant documents.

Four online courses have been delivered in the year, with more Mastery teachers facilitated to lead the courses online. 60 participants in total joined the courses.

Andrea Constantine led 2 Mastery Plus courses supported by Shena Pyke and Jacki Robertson. As these were trainer-led there was a charge, and 35 attendees did more in-depth processing. There was a profit of £739.

ONLINE WEBINARS AND WORKSHOPS

There were a number of these and prices were kept low so as to encourage take-up. The webinars were designed to attract the general public as well as existing students. They were run by Senior Trainers, Associate Trainers and Trainer Candidates.

Beyond Anger

Beth McAlpine trained 4 runnings of this course, in June, August and October 2021 and in January 2022. Each course took place over a 3 week period, one evening a week. 48 participants attended with a profit of £1469.

Other webinars

These included:

In April, Anger, Passion and Compassion - led by Beth McAlpine.

In May, Parenting Yourself - led by Jeannie Horsfield.

In June, Our Spiritual Self - led by Judith Koetze; and Bouncing Back - led by Beth.

In September, Our Wise Self - led by Ann McMaster.

In October, Unlocking the Habit Code - led by Jeannie; and Personal Authority versus Wilful Power - led by Warren Kahn.

THE MORE TO LIFE FOUNDATION UK

TRUSTEES' REPORT

for the year ended 31 March 2022

In February, From Locked Down to Freed Up - led by Ann McMaster

In total 119 people attended, and a profit of £1429 was achieved.

VISIONING DAYS

A total of 6 Visioning days were held in January and February 2022, hosted by graduates from Manchester, Hebden Bridge, Nottingham, Darlington, Glasgow and London. The first two were face to face, the remainder were online. 78 people attended the days. A profit of £ 962 was achieved.

THE MORE TO LIFE FOUNDATION UK

TRUSTEES' REPORT

for the year ended 31 March 2022

LICENSED FACILITATORS

A group of facilitators from *4Integrity* worked together to create one database of licensed facilitators (previously known as “mentors”) from several, and to establish a set of procedures and folders. This initial work will enable anyone to pick up the current situation in the Licensed Facilitators Team. Jacki Robertson took on the paid role of Licensed Facilitator Co-ordinator in March 2022. An ongoing admin role was part funded by the Charity, and part funded by a private donation, for the years 2020 and 2021. This funding will run out and the spend ratio is being monitored by the LF Admin team so that it will be clear when we are to become self-sustaining, which has always been the aim.

The Power of Purpose online was taught several times by several Licensed Facilitators during the period. The Power of Self Esteem and the Power of Connection will be piloted online in 2022. The Power of Proactive Parenting has been put on hold until resources are available to complete the re-working of the manual, including trainer input. The manuals are being updated/re-formatted by Shena Pyke.

The Licensed Facilitators are grateful for all that Gerry Moline brought to the newly formed Facilitators Support Team (FST) and her support in the re-kindling and re-connecting of the UK/EU LF community, and a full acknowledgement was sent to her to express their gratitude. Gerry worked with FST/LF's until she stepped down from being a Senior Trainer but will always be welcome at any LF event in the future.

Carey Warden also stepped down from the FST in this year but continues in a more informal support role on the International LF Group.

CHARITY EXPENDITURE

The Trustees continued to meet frequently during the year because of the financial situation created by Lockdowns and the absence of face to face courses. On a regular basis they have liaised with the Global Operations Hub team (International Finance Team) and with officers of the International Council of Stewards (ICS) about the overall financial status of the More To Life Organisation.

The UK Charity offered financial support to the International organisation in order to support the non profit organisation held by the US, so that the UK can continue to use the infrastructure and material and provide courses. This offer was made during the 2020/2021 financial year, but the support offered was not called upon during this period. £10,000 was paid by the UK Charity in April 2021.

FUNDS PROVIDED FOR DEVELOPMENT

A workshop on presenting and script writing skills for online courses for the trainers was held by Lara De Belder at a cost of £300.

THE MORE TO LIFE FOUNDATION UK

TRUSTEES' REPORT

for the year ended 31 March 2022

An External Marketing consultant was in post during the year, at a cost of £2,612. The intention was to raise More To Life's profile for a new audience via social media, such as Instagram and Facebook.

CENTRAL COSTS

Increased support was given by the Charity to maintain the programme in the UK, covering central costs in the absence of face to face training events. This was the bulk of the expenditure in the year.

INTERNATIONAL ALIGNMENT

Ione Gill continues as Interim Managing Director, and the UK leadership continue to work closely with her Global Ops Hub. As mentioned above, the Charity donated £10,000 in April 2021, to maintain the global infrastructure which enabled the UK to use the material and provide courses.

The Masterclass *Transformation in the Time of Coronavirus*, created by Sophie Sabbage, is in process of being repurposed for use as independent modules.

BURSARIES

As mentioned above, £1,242.50 was given in Bursaries, to enable participants to attend courses.

OTHER EXPENDITURE

c. £4330 was spent on professional fees and other charges, and £266 on Royalties.

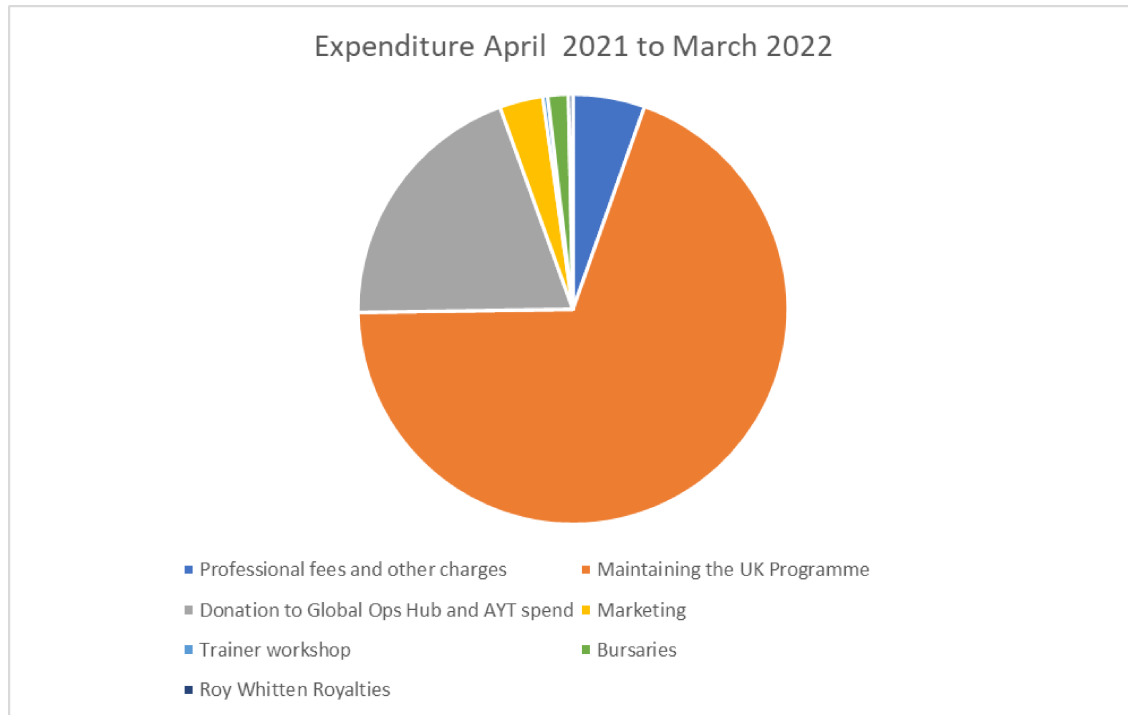
The pie chart below shows a pictorial representation of expenditure.

THE MORE TO LIFE FOUNDATION UK

TRUSTEES' REPORT

for the year ended 31 March 2022

SUMMARY OF CHARITY EXPENDITURE



FINANCIAL REVIEW

The Trustees report a deficit of £40,995 (2021: deficit of £7,691) on operations for the period under review. The income for the year, £42,957 (2021: £46,777), was slightly lower than the previous year. Expenditure was higher for the year £83,952 (2021: £54,468).

Risk Management, Reserve Policy and Going Concern

The main risk to the MTL Foundation UK Charity in this financial year has been the loss of income throughout the global organisation, and the threat to the continuation of the overarching US non profit organisation. Financial support of £10,000 was offered in late 2020 to the Global Operations Hub, and was given in April 2021, as without its continuing existence, the UK would not be able to provide courses.

There is also the risk of loss of income due to sponsors ceasing to donate. This has not been the case in the financial year 2021 to 2022, but it has been an area of concern from April 2022 onwards.

THE MORE TO LIFE FOUNDATION UK

TRUSTEES' REPORT

for the year ended 31 March 2022

At regular meetings the Trustees review the current financial picture. This review includes the current Profit and Loss situation - the balance in the accounts, the committed expenditure and the potential income and expenditure. Depending on the results of this review, decisions are then made. It was an objective that the overall balance of the main Charity account should not drop below £20,000, except in extraordinary circumstances. Those extraordinary circumstances have arrived, due to a combination of the pandemic and the cost of living impact.

Reviews of current sponsors are undertaken periodically. We acknowledge our sponsors with a thank-you card from time to time. And follow up to those who express a wish to become a sponsor is done, in the hope that their wish is translated into a standing order into the Charity.

Public Benefit

When planning our activities during the year, the trustees consider the Charity Commission's guidance on public benefit. The trustees are clear that there are identifiable benefits to the work that we do - some of these are identified below;

- The trustees are clear that these benefits are for a wide cross-section of the public;
- The trustees are clear that those benefits relate to our aims.
- The trustees are clear that those benefits outweigh any potential risks.

PLANS FOR THE FUTURE

Summary of plans for the future and the trustees' perspective of the future direction of the charity:

- To maintain a financial base for furthering the training of the More To Life programme (MTL), with course fees set at a level which increases sustainability, whilst bursaries continue to be made available to the disadvantaged, in line with the charity's objectives.
- To increase accessibility through encouraging the More To Life Programme to increase the number of offerings both online and in person. A face to face More To Life course is currently scheduled for November 2022.
- To continue offering Heart of the Matter online, for those in other countries and for those who are still hesitant to meet face to face or who appreciate the reduced costs of attending online.
- To transition to a CIO (Charitable Incorporated Organisation), merging the charity and the CIC into a single governing body for the UK. This should save on administrative and accounting costs. As part of this process, role descriptions will be reviewed and succession planning will be a key focus of the trustees. This transition is in progress.
- To support future leadership initiatives.
- Continue and deepen our partnership with the international leadership teams.

THE MORE TO LIFE FOUNDATION UK

TRUSTEES' REPORT

for the year ended 31 March 2022

STATEMENT OF TRUSTEES' RESPONSIBILITIES

The charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Charities Act 2011 and the Charities (Accounts and Reports) Regulations 2008. Notwithstanding the explicit requirement in the extant statutory regulations, the Charities (Accounts and Reports) Regulations 2008, to prepare the financial statements in accordance with the SORP 2005, in view of the fact that the SORP 2005 has been withdrawn, the determined to interpret this responsibility as requiring them to follow current best practice and prepare the accounts according to the FRS 102 SORP 2015.

In particular, charity law requires the Trustees, if they prepare accounts on an accruals basis, to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity as at the end of the financial year and of the surplus or deficit of the charity. In preparing those financial statements the Trustees are required to :-

- to prepare the accounts in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law).
- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.
- state whether applicable accounting standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements;

The law requires that the trustees must not approve the accounts unless they are satisfied that they give a true and fair view of the state of affairs of the charity and of the surplus or deficit of the charity for the year.

The Trustees are also responsible for maintaining adequate accounting records which disclose with reasonable accuracy at any time the financial position of the charity and which are sufficient to show and explain the charity's transactions and enable them to ensure that the financial statements comply with regulations made under the charity legislation. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees are also responsible for the contents of the Trustees' report, and the statutory responsibility of the Independent Examiner in relation to the Trustees' report is limited to examining the report and ensuring that, on the face of the report, there are no material inconsistencies with the figures disclosed in the financial statements.

This report was approved by the board of trustees on 15th October 2022 at their AGM.



Katharine Bastin

Chair of the Trustees

THE MORE TO LIFE FOUNDATION UK

INDEPENDENT EXAMINERS' REPORT TO THE TRUSTEES'

for the year ended 31 March 2022

I report to the charity trustees on my examination of the accounts of The More To Life Foundation UK (the charity) for the year ended 31 March 2022 set out on page 17 onwards.

Responsibilities and basis of report

As the charity's trustees you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

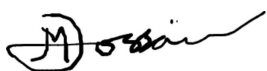
I report in respect of my examination of the charity's accounts as carried out under section 145 of the Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

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

1. accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Report) Regulations 2008 other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of 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 the Republic of Ireland (FRS 102)

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



Delwar Hossain ACMA CGMA - Independent Examiner

DEL & CO
Chartered Management Accountants
277 Anlaby Road
Hull
HU3 2SE

This report was signed on 19 January 2023

THE MORE TO LIFE FOUNDATION UK

STATEMENT OF FINANCIAL ACTIVITIES

for the year ended 31 March 2022

		Unrestrict ed Funds	Restricted Funds	Total Fund 2022	Total Fund 2021
Income from:	Note	£	£	£	£
Donations and legacies	4	34,260	8,696	42,956	46,777
Investment income		1	0	1	0
Total Income		34,261	8,696	42,957	46,777
Expenditure on:					
Raising funds		216	0	216	216
Charitable activities	5	74,945	8,791	83,736	54,252
Total Expenditure		75,161	8,791	83,952	54,468
Net (expenditure) for the year		(40,900)	(95)	(40,995)	(7,691)
Transfer between funds		0	0	0	0
Net Movement in after transfer		(40,900)	(95)	(40,995)	(7,691)
Reconciliation of funds:	9				
Funds brought forward		57,780	26,480	84,260	91,951
Funds carried forward		16,881	26,385	43,266	84,260

All activities derive from continuing operations

The notes attached from page 16 onwards form an integral part of these accounts.

THE MORE TO LIFE FOUNDATION UK

STATEMENT OF FINANCIAL ACTIVITIES

for the year ended 31 March 2022

Statement of Financial activities for the prior year comparative

	Unrestricted Funds	Restricted Funds	Total Fund 2021	Total Fund 2020
	£	£	£	£
Income from:				
Donations and legacies	36,072	10,705	46,777	40,928
Investment Income	0	0	0	22
Total Income	36,072	10,705	46,777	40,950
Expenditure on:				
Raising funds	216	0	216	216
Charitable activities	39,026	15,226	54,252	47,972
Total Expenditure	39,242	15,226	54,468	48,188
Net (expenditure) for the year	(3,170)	(4,521)	(7,691)	(7,238)
Transfer between funds	0	0	0	0
Net Income for the year	(3,170)	(4,521)	(7,691)	(7,238)
Reconciliation of funds:				
Funds brought forward	60,950	31,001	91,951	99,189
Funds carried forward	57,780	26,480	84,260	91,951

THE MORE TO LIFE FOUNDATION UK

BALANCE SHEET as at 31 March 2022

			2022	2021
	Notes	£	£	£
CURRENT ASSETS				
Debtors	6	8,163	6,871	
Cash at bank and in hand:		37,134	78,441	
		<u>45,297</u>	<u>85,312</u>	
 CREDITORS: amounts falling due within one year	7	<u>(2,031)</u>	<u>(1,052)</u>	
NET CURRENT ASSETS			<u>43,266</u>	<u>84,260</u>
 TOTAL ASSETS OF THE CHARITY			<u>43,266</u>	<u>84,260</u>
 THE FUNDS OF THE CHARITY	9			
Restricted funds			26,385	26,480
Unrestricted funds			16,881	57,780
 TOTAL FUND OF THE CHARITY			<u>43,266</u>	<u>84,260</u>

The Trustees acknowledge their responsibilities for complying with the requirements of charity legislation with respect to accounting records and the preparation of accounts.

The charity is subject to Independent Examination under charity legislation, and the report of the examiner is on pages 18-19.

The Trustees are satisfied that, although the charity is not registered under the Companies Acts, if it were so registered, it would be eligible to prepare accounts in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime.



Katharine Bastin

Chair of the Trustees

Approved by the board of trustees on 15th October 2022

THE MORE TO LIFE FOUNDATION UK

NOTES TO THE ACCOUNTS

for the year ended 31 March 2022

1 Accounting policies

Basis of preparation and accounting convention

The accounts have been prepared on the accruals basis, under the historical cost convention, and in accordance with the Financial Reporting Standard 102 (effective January 2015)) and 'The FRS102 Statement of Recommended Accounting Practice 2015', (The SORP 2015), and in accordance with all applicable law in the charity's jurisdiction of registration, except that the charity has prepared the financial statements in accordance with the FRS 102 SORP 2015 in preference to the previous SORP, the SORP 2005, which has been withdrawn, notwithstanding the fact that the extant statutory regulations, the Charities (Accounts and Reports) Regulations 2008 refer explicitly to the SORP 2005. This has been done to accord with current best practice.

Going Concern

The trustees regularly review the financial position. While there are always levels of uncertainty, considering the regular donation commitments the trustees are confident that the charity is a going concern.

Income recognition

Income, whether from exchange or non exchange transactions, is recognised in the statement of financial activities (SOFA) on a receivable basis, when a transaction or other event results in an increase in the charity's assets or a reduction in its liabilities and only when the charity has legal entitlement, the income is probable and can be measured reliably.

Income subject to terms and conditions which must be met before the charity is entitled to the resources is not recognised until the conditions have been met.

All income is accounted for gross, before deducting any related fees or costs.

Accounting for deferred income and income received in advance

Where terms and conditions relating to income have not been met or uncertainty exists as to whether the charity can meet any terms or conditions otherwise within its control, income is not recognised but is deferred as a liability until it is probable that the terms or conditions imposed can be met.

Recognition of liabilities and expenditure

Liability and the related expenditure is recognised when a legal or constructive obligation exists as a result of a past event, and when it is more likely than not that a transfer of economic benefits will be required in settlement, and when the amount of the obligation can be measured or reliably estimated.

Liabilities arising from future funding commitments and constructive obligations, including performance related grants, where the timing or the amount of the future expenditure required to settle the obligation are uncertain, give rise to a provision in the accounts, which is reviewed at the accounting year-end. The provision is increased to reflect any increases in liabilities, and is decreased by the utilisation of any provision within the period, and reversed if any provision is no longer required. These movements are charged or credited to the respective funds and activities to which the provision relates.

THE MORE TO LIFE FOUNDATION UK

NOTES TO THE ACCOUNTS

for the year ended 31 March 2022

Allocating costs to activities

Direct costs that are specifically related to an activity are allocated to that activity. Shared direct costs and support costs are apportioned between activities.

Volunteers

In accordance with the SORP, and in recognition of the difficulties in placing a monetary value on the contribution from volunteers, the contribution of volunteers is not included within the income of the charity.

However, the trustees value the significant contribution made to the activities of the charity by unpaid volunteers.

Tangible fixed assets

Tangible fixed assets are measured at their original cost value or subsequent revaluation, or if donated, as described above. Cost value includes all costs expended in bringing the asset into its intended working condition.

Depreciation has been provided at the following rates in order to write off the assets to their anticipated residual value of estimated useful lives.

Furniture & fixtures 25% straight line Office Equipment 25% straight line

Financial instruments including cash and bank balances

Cash held by the charity is included at the amount actually held and counted at the year-end. Bank balances, whether in credit or overdrawn, are shown at the amounts properly reconciled to the bank statements.

2 Liability to taxation

As a registered charity, the organisation is exempt from income and corporation tax to the extent that its income and gains are applied towards the charitable objects of the charity and for no other purpose. Value Added Tax is not recoverable by the charity and is therefore included in the relevant costs in the Statement of Financial Activities.

3 Winding up or dissolution of the charity

If upon winding up or dissolution of the charity there remain any assets, after the satisfaction of all debts and liabilities, the assets represented by the accumulated fund shall be transferred to some other charitable body or bodies having similar objects to the charity.

4 Donation and Legacies

	Unrestricted funds £	Restricted funds £	Total 2022 £	Total 2021 £
General donation	31,605	7,436	39,041	39,847
Gift Aid claimed	2,655	1,260	3,915	6,930
Total Donation & Legacies	34,260	8,696	42,956	46,777

THE MORE TO LIFE FOUNDATION UK

NOTES TO THE ACCOUNTS

for the year ended 31 March 2022

5 Charitable expenditure

5a Direct costs

	Unrestricted funds	Restricted funds	2022 Total	2021 Total
	£	£	£	£
Marketing	0	2,613	2,613	0
Sponsorship to Global Operations Hub	10,000	5,786	15,786	7,500
Total direct costs	10,000	8,399	18,399	7,500

5b Grants paid to More To Life CIC

Bursary	1,243	0	1,243	2,378
Leadership - marketing, coaching	0	0	0	7,838
Royalties	266	0	266	0
Licensed facilitators	0	0	0	2,500
CIC Administration	59,535	0	59,535	30,000
Total Grants paid to More To Life CIC	61,044	0	61,044	42,716

5c Governance and support costs

Accounting service	3,300	0	3,300	3,540
Independent examiner fee	360	0	360	360
Bank Charges	241	92	333	136
Presentation	0	300	300	0
Total Governance and support costs	3,901	392	4,293	4,036
Total Charitable expenditure	74,945	8,791	83,736	54,252

THE MORE TO LIFE FOUNDATION UK

NOTES TO THE ACCOUNTS

for the year ended 31 March 2022

6 Debtors

	2022	2021
	£	£
Other debtors	6,192	6,192
Trade debtors	1,971	679
	8,163	6,871

7 Creditors: amounts falling due within year

	2022	2021
	£	£
Accruals	600	840
Other Creditors	212	212
Trade Creditor	1,219	0
	2,031	1,052

8 Analysis of Assets by Fund

	Unrestricted funds	Restricted funds	Total 2022
	£	£	£
At 31st March 2022			
Current assets	18,912	26,385	45,297
Current liabilities	(2,031)	0	(2,031)
Net assets	16,881	26,385	43,266

	Unrestricted funds	Restricted funds	Total 2021
	£	£	£
At 31st March 2021			
Current assets	58,832	26,480	85,312
Current liabilities	(1,052)	0	(1,052)
Net assets	57,780	26,480	84,260

THE MORE TO LIFE FOUNDATION UK

NOTES TO THE ACCOUNTS

for the year ended 31 March 2022

9 Fund analysis

	Fund bal at 01 Apr 2021 £	Income £	Expenditure £	Transfer between funds £	Fund bal at 31 Mar 2022 £
Unrestricted Funds:					
Unrestricted revenue fund	57,780	34,261	(75,161)	0	16,881
Total Unrestricted Fund	57,780	34,261	(75,161)	0	16,881
Restricted Funds:					
UK Operation HUB	26,480	8,696	(8,791)	0	26,385
Total Restricted fund	26,480	8,696	(8,791)	0	26,385
TOTAL CHARITY FUND	84,260	42,957	(83,952)	0	43,266

Prior year comparative	Fund bal at 01 Apr 2020 £	Income £	Expenditure £	Transfer between funds £	Fund bal at 31 Mar 2021 £
Unrestricted Funds:					
Unrestricted revenue fund	60,950	36,072	(39,242)	0	57,780
Total Unrestricted Fund	60,950	36,072	(39,242)	0	57,780
Restricted Funds:					
UK Operation HUB	31,001	10,705	(15,226)	0	26,480
Total Restricted fund	31,001	10,705	(15,226)	0	26,480
TOTAL CHARITY FUND	91,951	46,777	(54,468)	0	84,260

THE MORE TO LIFE FOUNDATION UK

NOTES TO THE ACCOUNTS

for the year ended 31 March 2022

10 Remuneration and payments to Trustees and persons connected with them

No trustees or persons connected with them received any remuneration from the charity, or any related entity.

The More To Life CIC is the operational arm of the More To Life programme, arranging weekend training, workshops and focus courses; dealing with administration and handling the logistics such as venue hire, arranging trainers to lead the courses, etc. Katharine Bastin and Alyson Morley are also directors of the More To Life CIC.

THE MORE TO LIFE FOUNDATION UK

England & Wales - Charity number 1120045

Accounts

THE MORE TO LIFE FOUNDATION UK

Trustees Report and Accounts

For the year ended 31 March 2021

THE MORE TO LIFE FOUNDATION UK

CONTENTS

Legal and administrative information	3
Trustees' report	4-13
Independent examiner's report	14
Statement of financial activities	15-16
Balance sheet	17
Notes to the financial statements	18 - 23

THE MORE TO LIFE FOUNDATION UK

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Robert Nock - Chairperson (resigned 11 June 2021) Katharine Bastin - Chairperson (appointed 11 June 2021) Colin Fine - Secretary Isobel Hart - Treasurer Gary Chester (resigned 9 September 2021) Alexandra Hobbs (resigned 11 June 2021) Alison Morley (appointed 11 June 2021)
Charity registration number	1120045
Charity Office	1 Church Street, Kirkby Malzeard Ripon HG4 3RT
Bankers	Barclays Bank 9 Portman Square London W1A 3AL
Independent Examiner	Delwar Hossain ACMA CGMA DEL & CO Chartered Management Accountants 277 Anlaby Road Hull HU3 2SE
International affiliation	The charity is part of an international network of similar organisations in the USA, South Africa and New Zealand, The More To Life Foundation, which has its own International Council of Stewards drawn from all of these countries.

THE MORE TO LIFE FOUNDATION UK

TRUSTEES' REPORT

for the year ended 31 March 2021

The Trustees are pleased to present their report together with the financial statements of the charity for the year ended 31 March 2021. Legal and administrative information set out on page 3 forms part of this report. The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the charity's trust deed, the Charities Act 2011 and Statement of Recommended Practice: Accounting and Reporting Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and the Republic of Ireland (FRS102).

STRUCTURE, GOVERNANCE AND MANAGEMENT

Legal structure of the charity

The charity is constituted as an unincorporated charity, established by a written constitution and its governing document is a written constitution. The Governing Document is dated 10 May 2007, amended 12 November 2017.

The charity is part of an international network of similar organisations in the USA, South Africa and New Zealand, called The More To Life Foundation, which has its own International Council of Stewards drawn from all of these countries.

Recruitment and induction of trustees

Trustees are appointed to the Board of Trustees at the AGM according to the terms of the Charity's Constitution:

The Charity in general meeting shall elect the Officers and the other Trustees

The Trustees may appoint any person who is willing to act as a Trustee and not already in that position; they may also appoint Trustees to act as officers.

Each of the Trustees shall retire with effect from the conclusion of the annual general meeting next after his or her appointment but shall be eligible for re-election at that annual general meeting.

In June 2021 (after the period to which this report relates), Robert Nock and Alexandra Hobbs stepped down as trustees, Kay Bastin and Alyson Morley were appointed trustees, and Kay Bastin was appointed Chair. In September 2021, Gary Chester stepped down as a Trustee

At the Annual General Meeting, Kay Bastin, Colin Fine, Alyson Morley, and Isobel Hart retire as trustees. Each is eligible for re-appointment and Kay, Colin, Alyson and Isobel intend to stand for re-election.

All the trustees are also members of the charity.

THE MORE TO LIFE FOUNDATION UK

TRUSTEES' REPORT

for the year ended 31 March 2021

OBJECTIVES AND ACTIVITIES OF THE CHARITY

The purposes of the Charity are set out in the governing document:

To promote mental and spiritual well-being and encourage personal empowerment amongst adults and young people, in particular, but not exclusively, by the design, development and administration of courses, training, workshops and coaching programmes.

The provision of education and training in personal development skills for the benefit of the public and in particular amongst young people and disadvantaged and excluded adults, so as to develop their, physical, mental and spiritual capacities, in order that they may grow to full maturity as individuals and members of society and their conditions of life may be improved.

ACHIEVEMENTS AND PERFORMANCE

The summary below covers all events in the UK and Spain during the year, some of which were funded by the Charity. The main activities undertaken in relation to the purposes of the Charity are covered below.

Summary

The Coronavirus pandemic of the last year and subsequent restrictions on face to face courses has had a major impact on our revenue from April 2020 to March 2021. We have adapted by offering courses online; however our main gateway course (the More To Life Weekend), which could accommodate 70 plus participants, has been replaced with an online version (Heart Of The Matter) with the limitation of restricted numbers. Because of the lack of face to face courses and income we have reduced our overall staffing level.

The last face to face training was held in February 2020, a More To Life weekend in London. Despite the limitations of the Coronavirus pandemic there has been an increase in short course offerings in the UK, sourced by the Country Programme Director. These comprise new online webinars and workshops open to the general public, and also new courses for students, all written and presented by Candidate, Associate and Senior Trainers. These events have been competitively priced so as to attract newcomers, and to take into account changed financial circumstances of many of our students.

The benefits of online courses are increased international accessibility which has helped to create a global community of practice. Also participants did not have the extra costs of travel and accommodation, and the organisation has saved on such costs as venues, trainer travel and accommodation.

However income has fallen because of a combination of competitive pricing, lower numbers and a drop in sponsorship (see below).

THE MORE TO LIFE FOUNDATION UK

TRUSTEES' REPORT

for the year ended 31 March 2021

The report below covers all events in the UK and Spain, some of which were funded by the Charity.

SPONSORS AND DONATIONS

Regular sponsorship income for the previous year, 2019 to 2020, was on average £2,625 per month. This excludes large donations for Bursaries (£3,920) and a donation from a participant on WOW (£1,000).

In 2020 to 2021, excluding a large donation of £2,000, average income was £2,165 per month. A number of sponsors contacted the Trustees to say that, with regret, their donations would cease for the time being, due to the adverse impact of the virus on their business and income.

In terms of numbers of sponsors, the average for 2020/2021 is 103 per month (2019/2020 111 per month).

BURSARIES

A total of £2,377 was allocated by the Charity in bursaries, as follows.

- 14 bursaries were allocated over 3 runnings of the Power of Proactive Parenting, PPP, totalling £1,324.
- 2 bursaries were allocated for PPP Phase A, totalling £200.
- 5 bursaries were allocated over 2 runnings of Heart Of The Matter, totalling £790
- £63 was allocated to 2 people attending a Power of Purpose course.

Some of the funds for bursaries were raised at one-off online fundraising events. Made To Laugh, a comedy and quiz evening held in July 2020, raised £639 in ticket prices, and £581 for Bursaries for Gary Chester's sponsored haircut.

COURSES HELD ONLINE

The table below summarises the courses held online during the year.

Date	Course	Trainer	No of attendees	Profit	Bursaries (No and total value)
April 20	Boundaries	Ann McMaster	49	£544	
June 20	Power of Proactive Parenting (PPP)	Ann McMaster	26	£3564	4 - £268
July 20	PPP	Ann McMaster	20	£2614	5 - £486

THE MORE TO LIFE FOUNDATION UK

TRUSTEES' REPORT

for the year ended 31 March 2021

July 20	Boundaries	Ann McMaster	42	£451	
Aug 20	PPP	Ann McMaster	15	£2429	5 - £570
Aug 20	Courage & Vulnerability	Judith Koetze	43	£720	
Sept 20	Authority vs Power	Warren Kahn	52		
Oct 20	PPP A Phase	Ann McMaster	10	£1851	2 - £200
Sept 20	Heart Of The Matter (HOTM)	Vijay Reddy	9	£1419	1 - £200
Dec 20	HOTM	Vijay Reddy	14	£2820	4 - £590
Dec 20	Gratitude	Ann McMaster	37	£505	
Jan 21	Visioning Days	Various	94	£2103	
Feb 21	Mastery Plus	Ann McMaster and Andrea Constantine	35	£848	
Feb 21	Your Inner Light on Dark Days	Andrea Constantine	18	£204	
Mar 21	Removing the Mask	Beth McAlpine	16	£155	
Mar 21	Our Physical Self	Ann McMaster	30	£509	
Total			510	£20736	21=£2314

THE MORE TO LIFE FOUNDATION UK

TRUSTEES' REPORT

for the year ended 31 March 2021

The Power of Proactive Parenting

3 courses were run by Ann McMaster for Licensed Facilitators, which led to an A Phase in October with 10 participants. The manual needed to be expanded and aligned with other More To Life LF manuals, and will be finalised by the end of the financial year 2021/2022.

Ann also led a PPP course in Spain in February 2021.

Heart Of The Matter

This was a new course, using material from the More To Life Weekend, created by Clare Vivian-Neal and pioneered in New Zealand. It was held twice from the UK, and was very successful. 23 people attended and many of these went on to participate in e groups and Mastery. Numbers are restricted because of the requirement to have one-on-one support from a team member. We intend to retain these online courses as part of our programme going forward.

Mastery and Mastery Plus

Jacki Robertson continues to be the champion for the free follow-on courses that enable the learning from the MTLW to be embedded into a way of living. Six online courses have been delivered in the year, with more Mastery teachers facilitated to lead the courses online. 110 participants in total joined the 6 courses.

Ann McMaster pioneered and ran a Mastery Plus course, with Andrea Constantine. As this was trainer-led there was a charge, and 35 attendees did more in-depth processing.

ONLINE WEBINARS AND WORKSHOPS

There were a number of these: prices were kept low so as to encourage take-up. The webinars were designed to attract the general public.

Boundaries

Ann McMaster ran two successful sessions of the Boundaries workshop in April and July 2020 (which followed a face to face workshop held in August 2019). 91 people attended these, and a profit of £995 was achieved.

Courage and Vulnerability *and* Authority versus Power

Judith Koetze ran the former in August, 43 people attended. Warren Kahn ran 2 sessions of the latter, in September and November, 88 people attended these. An offer of a reduced price was made to attend both workshops, and 30 people took this up. A combined profit of £720 was achieved.

Gratitude

In December Ann McMaster ran this workshop; there were 37 attendees and a profit of £505 was achieved.

THE MORE TO LIFE FOUNDATION UK

TRUSTEES' REPORT

for the year ended 31 March 2021

Wake Up Wednesdays

These monthly webinars were introduced from February 2021, aimed at members of the public as well as More To Life students. They were run by trainer associates and trainer candidates. In February Andrea Constantine ran a workshop called 'Your Inner Light on Dark Days'. In March 2021 it was followed by Beth McAlpine running 'Removing the Mask'. A total of 34 attendees at the two events generated a profit of £359. This included some multiple ticket purchases for future events at a discount.

Tune In Tuesdays

These are quarterly events being run by trainers. Ann McMaster held 'Our Physical Self' in March. 20 people attended, a profit of £509 was achieved.

FUNDS PROVIDED FOR DEVELOPMENT

An Internal Enrolment and Marketing consultant was in post during the year, ensuring the More To Life community was kept informed of future events. The future emphasis on Marketing is to broaden the organisation's reach to the public, and grow the student body.

VISIONING DAYS

A total of 6 Visioning days were held online in January and February 2021, hosted by graduates from Manchester, Hebden Bridge, Nottingham, Darlington, Glasgow and London. 94 people attended the days, of which c.30 were new to More To Life. Because costs were very low, a profit of £2,103 was achieved.

LICENSED FACILITATORS

A group of facilitators (previously known as "mentors") from *4Integrity* worked together to create one database of licensed facilitators from several, and to establish a set of procedures and folders. This initial work will enable anyone to pick up the current situation in the Licensed Facilitators Team. An ongoing admin role was part funded by the Charity, and part funded by a private donation, for the years 2020 and 2021.

The new offering taught to Licensed Facilitators has been the Power of Proactive Parenting. Power of Purpose was taught several times during the period, but Power of Self Esteem and Power of Connection are not currently licensed for online delivery.

CENTRAL COSTS

Increased support was given by the Charity to maintain the programme in the UK, covering central costs in the absence of face to face training events. This was the bulk of the expenditure in the year.

Country Programme Director (CPD)

Kate Palmer was appointed the UK Country Programme Director in May 2020, and created the schedule of new online courses that has taken the organisation in a new direction. We intend to retain these online courses as part of our programme going forward.

THE MORE TO LIFE FOUNDATION UK

TRUSTEES' REPORT

for the year ended 31 March 2021

INTERNATIONAL ALIGNMENT

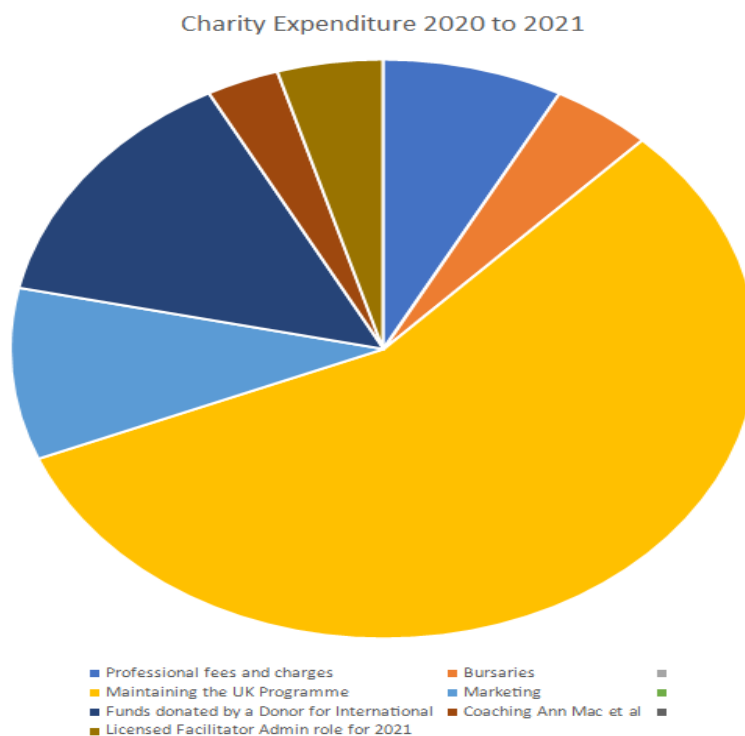
The Managing Director, Bill Thatcher, stepped down in November 2020, and an Interim team stepped in, headed by Ione Gill as Interim Executive Manager.

Sophie Sabbage created a Masterclass called Transformation in the Time of Coronavirus. This was an open access course including webinars, videos and other teaching materials. It was not as successful financially as anticipated, which had an impact on the financial position of the Global organisation.

The Webinars and Workshops training schedule created by the UK CPD was then adopted by the Interim Executive Manager as the basis of the international online training programme. From that the other CPDs, for the US, South Africa and New Zealand, created similar programmes, though none were as comprehensive as the UK programme. The UK time zone makes international attendance attractive to members of the community worldwide.

The Trustees have met more frequently during the year than in previous years, and have liaised with officers of the International Council of Stewards (ICS) about the overall financial status of the More To Life Organisation. The UK Charity offered financial support to the International organisation in order to support the non profit organisation held by the US, so that the UK can continue to use the infrastructure and material and provide courses. This offer was made during the 2020/2021 financial year, but the support offered was not called upon during this period.

SUMMARY OF CHARITY EXPENDITURE



THE MORE TO LIFE FOUNDATION UK

TRUSTEES' REPORT

for the year ended 31 March 2021

FINANCIAL REVIEW

The Trustees report a deficit of £7,691 (2020: deficit of £7,238) on operations for the period under review. The income for the year, £46,777 (2020: £40,950), was slightly higher than the previous year. Expenditure was higher for the year £54,468 (2020: £48,188).

Reserve policy

Our policy is to retain enough money in our account to ensure that we can cover our ongoing operational costs for a period of between 3 and 6 months. The unrestricted reserve balance at the end of the year was £57,780 (2020: £60,950).

The Trustees considered carefully our Reserve Policy in making the offer of financial support to the International organisation.

Risk Management and Going Concern

The main risk to the MTL Foundation UK Charity in this financial year has been the loss of income throughout the global organisation, and the threat to the continuation of the overarching US non profit organisation. This led us to consider an offer of financial support, which was not required in this period.

There is also the risk of loss of income due to sponsors ceasing to donate. At regular meetings the Trustees review the current financial picture. This review includes the current balance in the accounts, the committed expenditure and the potential expenditure. Depending on the results of this review, decisions are then made. It is an objective that the overall balance of the main Charity account shall not drop below £20,000, except in extraordinary circumstances.

Regarding sponsorship, *ad hoc* events take place to boost the Charity's income on a one off basis. Donations received often go towards bursaries to assist people taking courses, in line with our objectives. Reviews of current sponsors are undertaken periodically. We acknowledge our sponsors with a thank-you card from time to time. And follow up to those who express a wish to become a sponsor is done, in the hope that their wish is translated into a standing order into the Charity.

Public Benefit

When planning our activities during the year, the trustees consider the Charity Commission's guidance on public benefit. The trustees are clear that there are identifiable benefits to the work that we do - some of these are identified below;

- The trustees are clear that these benefits are for a wide cross-section of the public;
- The trustees are clear that those benefits relate to our aims.
- The trustees are clear that those benefits outweigh any potential risks.

THE MORE TO LIFE FOUNDATION UK

TRUSTEES' REPORT

for the year ended 31 March 2021

PLANS FOR THE FUTURE

Summary of plans for the future and the trustees' perspective of the future direction of the charity:

- To maintain a resilient financial base for furthering the training of the More To Life programme (MTL), so that course fees can be set at a level which increases sustainability, whilst bursaries continue to be made available, in line with the charity's objectives.
- To increase accessibility through encouraging the More To Life Programme to increase the number of offerings both online and in person.
- To transition to a CIO (Charitable Incorporated Organisation), merging the charity and the CIC into a single governing body for the UK. This should also save on administrative and accounting costs. As part of this process, role descriptions will be reviewed and succession planning will be a key focus of the trustees.
- To fund future leadership initiatives
- Continue and deepen our partnership with the international leadership team.

THE MORE TO LIFE FOUNDATION UK

TRUSTEES' REPORT

for the year ended 31 March 2021

STATEMENT OF TRUSTEES' RESPONSIBILITIES

The charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Charities Act 2011 and the Charities (Accounts and Reports) Regulations 2008. Notwithstanding the explicit requirement in the extant statutory regulations, the Charities (Accounts and Reports) Regulations 2008, to prepare the financial statements in accordance with the SORP 2005, in view of the fact that the SORP 2005 has been withdrawn, the determined to interpret this responsibility as requiring them to follow current best practice and prepare the accounts according to the FRS 102 SORP 2015.

In particular, charity law requires the Trustees, if they prepare accounts on an accruals basis, to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity as at the end of the financial year and of the surplus or deficit of the charity. In preparing those financial statements the Trustees are required to :-

- to prepare the accounts in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law).
- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.
- state whether applicable accounting standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements;

The law requires that the trustees must not approve the accounts unless they are satisfied that they give a true and fair view of the state of affairs of the charity and of the surplus or deficit of the charity for the year.

The Trustees are also responsible for maintaining adequate accounting records which disclose with reasonable accuracy at any time the financial position of the charity and which are sufficient to show and explain the charity's transactions and enable them to ensure that the financial statements comply with regulations made under the charity legislation. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees are also responsible for the contents of the Trustees' report, and the statutory responsibility of the Independent Examiner in relation to the Trustees' report is limited to examining the report and ensuring that, on the face of the report, there are no material inconsistencies with the figures disclosed in the financial statements.

This report was approved by the board of trustees on 03 October 2021 at their AGM.



Katharine Bastin

Chair of the Trustees

THE MORE TO LIFE FOUNDATION UK

INDEPENDENT EXAMINERS' REPORT TO THE TRUSTEES'

for the year ended 31 March 2021

I report to the charity trustees on my examination of the accounts of The More To Life Foundation UK (the charity) for the year ended 31 March 2021 set out on page 14 onwards.

Responsibilities and basis of report

As the charity's trustees you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

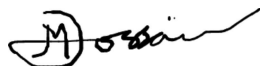
I report in respect of my examination of the charity's accounts as carried out under section 145 of the Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

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

1. accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Report) Regulations 2008 other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of 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 the Republic of Ireland (FRS 102)

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



Delwar Hossain ACMA CGMA - Independent Examiner

DEL & CO
Chartered Management Accountants
277 Anlaby Road
Hull
HU3 2SE

This report was signed on 03 October 2021

THE MORE TO LIFE FOUNDATION UK

STATEMENT OF FINANCIAL ACTIVITIES

for the year ended 31 March 2021

		Unrestricted Funds	Restricted Funds	Total Fund 2021	Total Fund 2020
Income from:	Note	£	£	£	£
Donations and legacies	4	36,072	10,705	46,777	40,928
Investment income		0	0	0	22
Total Income		36,072	10,705	46,777	40,950
Expenditure on:					
Raising funds		216	0	216	216
Charitable activities	5	39,026	15,226	54,252	47,972
Total Expenditure		39,242	15,226	54,468	48,188
Net (expenditure) for the year		(3,170)	(4,521)	(7,691)	(7,238)
Transfer between funds		0	0	0	0
Net Movement in after transfer		(3,170)	(4,521)	(7,691)	(7,238)
Reconciliation of funds:	9				
Funds brought forward		60,950	31,001	91,951	99,189
Funds carried forward		57,780	26,480	84,260	91,951

All activities derive from continuing operations

The notes attached from page 16 onwards form an integral part of these accounts.

THE MORE TO LIFE FOUNDATION UK
STATEMENT OF FINANCIAL ACTIVITIES
for the year ended 31 March 2021

Statement of Financial activities for the prior year comparative

	Unrestricted Funds £	Restricted Funds £	Total Fund 2020 £
Income from:			
Donations and legacies	39,181	1,747	40,928
Investment Income	22		22
Total Income	39,203	1,747	40,950
Expenditure on:			
Raising funds	216	0	216
Charitable activities	43,640	4,332	47,972
Total Expenditure	43,856	4,332	48,188
Net (expenditure) for the year	(4,653)	(2,585)	(7,238)
Transfer between funds	31,534	(31,534)	0
Net Income for the year	26,881	(34,119)	(7,238)
Reconciliation of funds:			
Funds brought forward	34,069	65,120	99,189
Funds carried forward	60,950	31,001	91,951

THE MORE TO LIFE FOUNDATION UK

BALANCE SHEET as at 31 March 2021

	Notes	£	2021 £	£	2020 £
CURRENT ASSETS					
Debtors	6	6,871		7,657	
Cash at bank and in hand:		<u>78,441</u>		<u>85,346</u>	
		85,312		93,003	
 CREDITORS: amounts falling due within one year	7	<u>(1,052)</u>		<u>(1,052)</u>	
NET CURRENT ASSETS			<u>84,260</u>		<u>91,951</u>
 TOTAL ASSETS OF THE CHARITY			<u>84,260</u>		<u>91,951</u>
 THE FUNDS OF THE CHARITY	9				
 Restricted funds		26,480		31,001	
Unrestricted funds		57,780		60,950	
 TOTAL FUND OF THE CHARITY			<u>84,260</u>		<u>91,951</u>

The Trustees acknowledge their responsibilities for complying with the requirements of charity legislation with respect to accounting records and the preparation of accounts.

The charity is subject to Independent Examination under charity legislation, and the report of the examiner is on pages 18-19.

The Trustees are satisfied that, although the charity is not registered under the Companies Acts, if it were so registered, it would be eligible to prepare accounts in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime.



Katharine Bastin

Chair of the Trustees

Approved by the board of trustees on 03 October 2021

THE MORE TO LIFE FOUNDATION UK

NOTES TO THE ACCOUNTS

for the year ended 31 March 2021

1 Accounting policies

Basis of preparation and accounting convention

The accounts have been prepared on the accruals basis, under the historical cost convention, and in accordance with the Financial Reporting Standard 102 (effective January 2015)) and 'The FRS102 Statement of Recommended Accounting Practice 2015', (The SORP 2015), and in accordance with all applicable law in the charity's jurisdiction of registration, except that the charity has prepared the financial statements in accordance with the FRS 102 SORP 2015 in preference to the previous SORP, the SORP 2005, which has been withdrawn, notwithstanding the fact that the extant statutory regulations, the Charities (Accounts and Reports) Regulations 2008 refer explicitly to the SORP 2005. This has been done to accord with current best practice.

Going Concern

The directors are not aware of any material uncertainties about the charity's ability to continue as a going concern.

Income recognition

Income, whether from exchange or non exchange transactions, is recognised in the statement of financial activities (SOFA) on a receivable basis, when a transaction or other event results in an increase in the charity's assets or a reduction in its liabilities and only when the charity has legal entitlement, the income is probable and can be measured reliably.

Income subject to terms and conditions which must be met before the charity is entitled to the resources is not recognised until the conditions have been met.

All income is accounted for gross, before deducting any related fees or costs.

Accounting for deferred income and income received in advance

Where terms and conditions relating to income have not been met or uncertainty exists as to whether the charity can meet any terms or conditions otherwise within its control, income is not recognised but is deferred as a liability until it is probable that the terms or conditions imposed can be met.

Recognition of liabilities and expenditure

Liability and the related expenditure is recognised when a legal or constructive obligation exists as a result of a past event, and when it is more likely than not that a transfer of economic benefits will be required in settlement, and when the amount of the obligation can be measured or reliably estimated.

Liabilities arising from future funding commitments and constructive obligations, including performance related grants, where the timing or the amount of the future expenditure required to settle the obligation are uncertain, give rise to a provision in the accounts, which is reviewed at the accounting year-end. The provision is increased to reflect any increases in liabilities, and is decreased by the utilisation of any provision within the period, and reversed if any provision is no longer required. These movements are charged or credited to the respective funds and activities to which the provision relates.

THE MORE TO LIFE FOUNDATION UK

NOTES TO THE ACCOUNTS

for the year ended 31 March 2021

Allocating costs to activities

Direct costs that are specifically related to an activity are allocated to that activity. Shared direct costs and support costs are apportioned between activities.

Volunteers

In accordance with the SORP, and in recognition of the difficulties in placing a monetary value on the contribution from volunteers, the contribution of volunteers is not included within the income of the charity.

However, the trustees value the significant contribution made to the activities of the charity by unpaid volunteers.

Tangible fixed assets

Tangible fixed assets are measured at their original cost value or subsequent revaluation, or if donated, as described above. Cost value includes all costs expended in bringing the asset into its intended working condition.

Depreciation has been provided at the following rates in order to write off the assets to their anticipated residual value of estimated useful lives.

Furniture & fixtures 25% straight line Office Equipment 25% straight line

Financial instruments including cash and bank balances

Cash held by the charity is included at the amount actually held and counted at the year-end. Bank balances, whether in credit or overdrawn, are shown at the amounts properly reconciled to the bank statements.

2 Liability to taxation

As a registered charity, the organisation is exempt from income and corporation tax to the extent that its income and gains are applied towards the charitable objects of the charity and for no other purpose. Value Added Tax is not recoverable by the charity and is therefore included in the relevant costs in the Statement of Financial Activities.

3 Winding up or dissolution of the charity

If upon winding up or dissolution of the charity there remain any assets, after the satisfaction of all debts and liabilities, the assets represented by the accumulated fund shall be transferred to some other charitable body or bodies having similar objects to the charity.

4 Donation and Legacies

	Unrestricted funds £	Restricted funds £	Total 2021 £	Total 2020 £
General donation	29,142	10,705	39,847	37,921
Gift Aid claimed	6,930		6,930	3,007
Total Donation & Legacies	36,072	10,705	46,777	40,928

THE MORE TO LIFE FOUNDATION UK

NOTES TO THE ACCOUNTS

for the year ended 31 March 2021

5 Charitable expenditure

5a Direct costs

	Unrestricted funds	Restricted funds	2021 Total	2020 Total
	£	£	£	£
Direct Programme cost	0	0	0	3,006
Service awareness	0	0	0	1,146
Sponsorship fee USA	0	7,500	7,500	0
Total direct costs	0	7,500	7,500	4,152

5b Grants paid to More to Life CIC

Bursary	2,378	0	2,378	9,429
Leadership - marketing, coaching	112	7,726	7,838	3,300
Royalties	0	0	0	2,579
Licensed facilitators	2,500	0	2,500	0
CIC Administration	30,000	0	30,000	24,195
Total Grants paid to More to Life CIC	34,990	7,726	42,716	39,503

5c Governance and support costs

Accounting service	3,540	0	3,540	3,540
Independent examiner fee	360	0	360	360
Bank Charges	136	0	136	162
Sundry Expenses	0	0	0	255
Total Governance and support costs	4,036	0	4,036	4,317
Total Charitable expenditure	39,026	15,226	54,252	47,972

THE MORE TO LIFE FOUNDATION UK

NOTES TO THE ACCOUNTS

for the year ended 31 March 2021

6 Debtors

	2021	2020
	£	£
Other debtors	6,192	6,192
Trade debtors	679	1,465
	6,871	7,657

7 Creditors: amounts falling due within year

	2021	2020
	£	£
Accruals	840	840
Other Creditors	212	212
	1,052	1,052

8 Analysis of Assets by Fund

	Unrestricted funds	Restricted funds	Total 2021
	£	£	£
At 31st March 2021			
Current assets	58,832	26,480	85,312
Current liabilities	(1,052)	0	(1,052)
Net assets	57,780	26,480	84,260

	Unrestricted funds	Restricted funds	Total 2020
	£	£	£
At 31st March 2020			
Current assets	62,002	31,001	93,003
Current liabilities	(1,052)	0	(1,052)
Net assets	60,950	31,001	91,951

THE MORE TO LIFE FOUNDATION UK

NOTES TO THE ACCOUNTS

for the year ended 31 March 2021

9 Fund analysis

	Fund bal at 01 Apr 2020 £	Income £	Expenditure £	Transfer between funds £	Fund bal at 31 Mar 2021 £
Unrestricted Funds:					
Unrestricted revenue fund	60,950	36,072	(39,242)	0	57,780
Total Unrestricted Fund	60,950	36,072	(39,242)	0	57,780
Restricted Funds:					
UK Operation HUB	31,001	10,705	(15,226)	0	26,480
Total Restricted fund	31,001	10,705	(15,226)	0	26,480
TOTAL CHARITY FUND	91,951	46,777	(54,468)	0	84,260

Prior year comparative	Fund bal at 01 Apr 2019 £	Income £	Expenditure £	Transfer between funds £	Fund bal at 31 Mar 2020 £
Unrestricted Funds:					
Unrestricted revenue fund	34,069	39,203	(43,856)	31,534	60,950
Total Unrestricted Fund	34,069	39,203	(43,856)	31,534	60,950
Restricted Funds:					
UK Operation HUB	65,120	1,747	(4,332)	(31,534)	31,001
Total Restricted fund	65,120	1,747	(4,332)	(31,534)	31,001
TOTAL CHARITY FUND	99,189	40,950	(48,188)	0	91,951

THE MORE TO LIFE FOUNDATION UK

NOTES TO THE ACCOUNTS

for the year ended 31 March 2021

10 Remuneration and payments to Trustees and persons connected with them

No trustees or persons connected with them received any remuneration from the charity, or any related entity.

The More To Life CIC is the operational arm of the More To Life programme, arranging weekend training, workshops and focus courses; dealing with administration and handling the logistics such as venue hire, arranging trainers to lead the courses, etc. Katharine Bastin is also a director of More to Life Foundation CIC.

The Charity has a focus on generating funds and the subsequent appropriation of those funds. This includes sponsoring those who are financially disadvantaged to enable them to take part in More To Life courses.