

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

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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.

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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.

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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

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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.

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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,

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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.

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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.

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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.

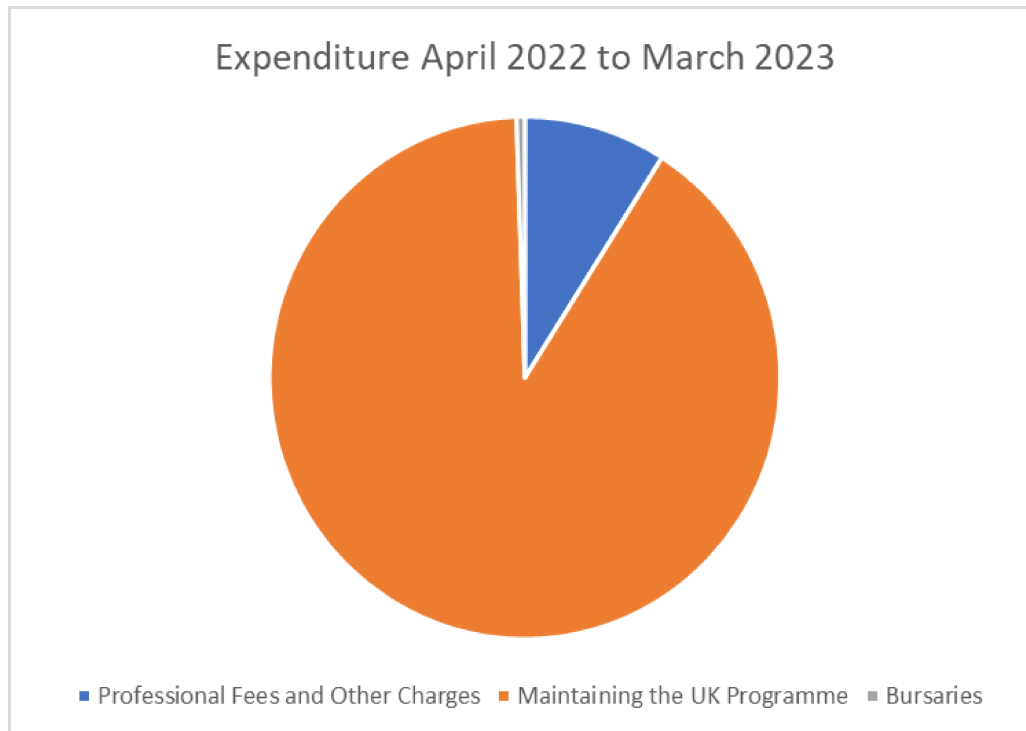
Total expenditure was £47,871.

The pie chart below shows a pictorial representation of expenditure.

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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.

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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.

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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').

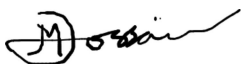
I report in respect of my examination of the charity's accounts as carried out under section 145 of the Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

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

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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.

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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

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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.

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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
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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.

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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

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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

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NOTES TO THE ACCOUNTS

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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

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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.