

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

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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.

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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).

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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.

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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.

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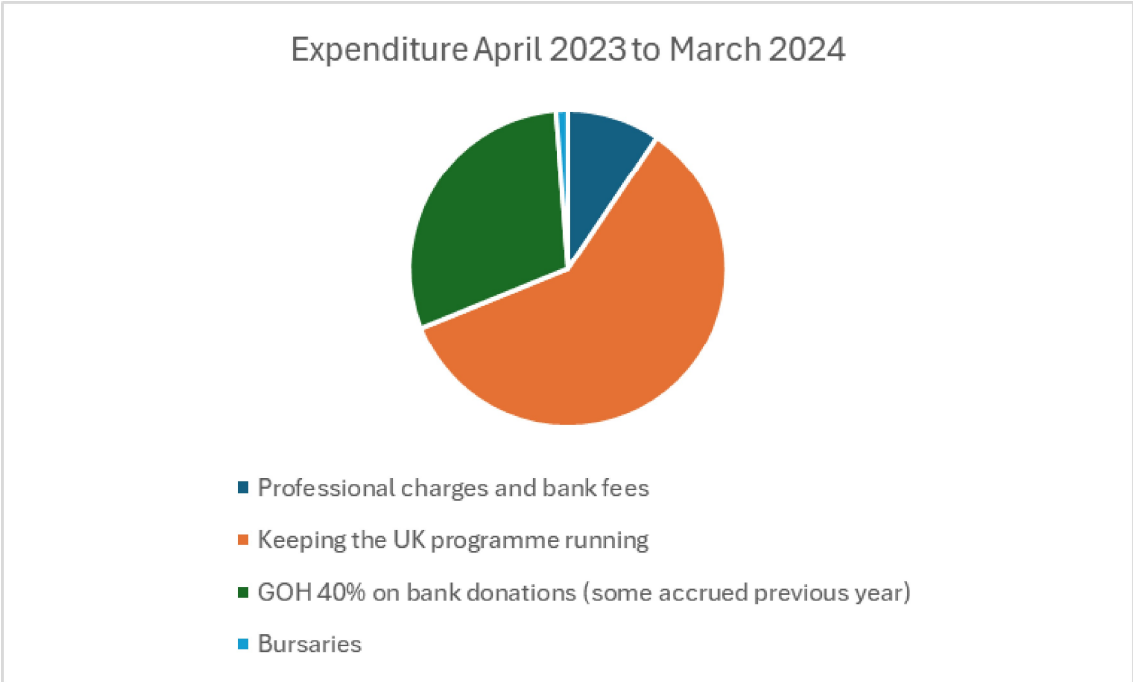
TRUSTEES' REPORT

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').

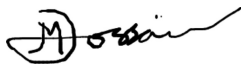
I report in respect of my examination of the charity's accounts as carried out under section 145 of the Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

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
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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.

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
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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

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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).