

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

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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.

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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:

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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.

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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.

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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

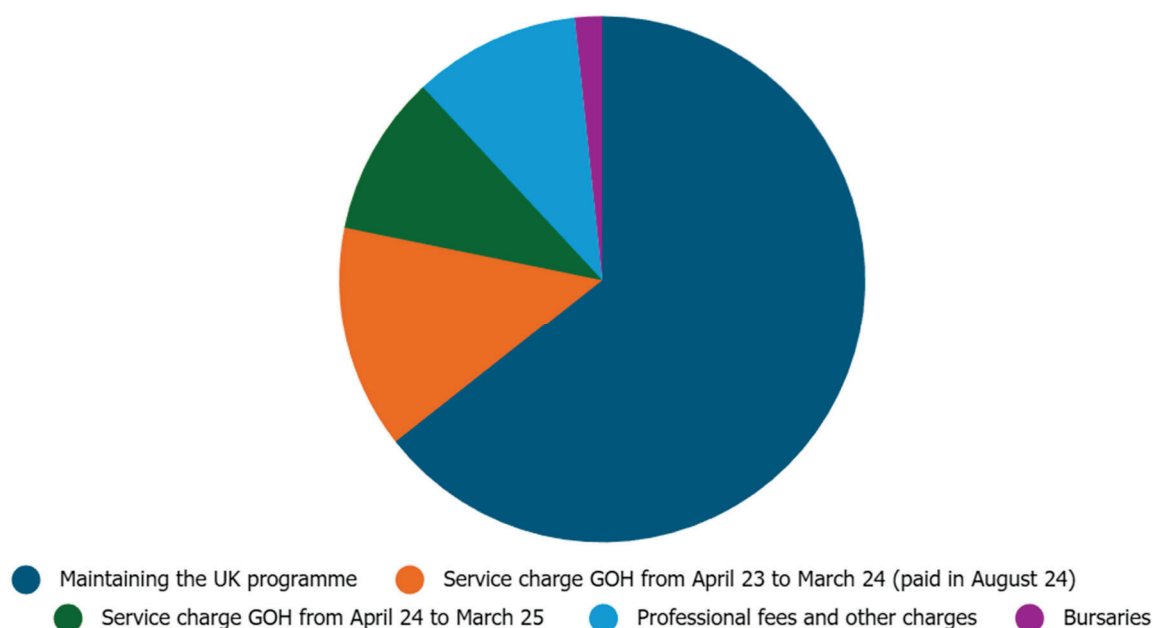
The Trustees report a deficit of £6,170 (2024: deficit of £15,989) on operations for the period under review. The income for the year, £37,189 (2024: £28,842), was higher than the previous year mainly due to having an one off legacy donation of £15,000. Expenditure was £43,359 (2024: 44,831).

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.

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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
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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 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
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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)
	34,607	2,202	36,809
At 31st March 2024			
Current assets	41,563	2,258	43,821
Current liabilities	(842)	-	(842)
	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