

It's My Life Trust

England & Wales · Charity number 1123240

Details

Other names	IT'S MY LIFE TRUST FUND
Status	Registered
Legal form	Trust
Registered	2008-03-18
Register	View on the Charity Commission register

Contact

Address	4 Longwood Boxley Road Walderslade Chatham Kent ME5 9JG
Phone	07545309150
Email	itsmylifetrust@outlook.com
Website	itsmylifetrust.co.uk

Activities

Objects: To support disabled children with cerebral palsy and other neurological conditions that affect their motor development through offering a sustained programme of Conductive Education. We support the families of the children by involving them to maximise their potential for independent living.

Activities: We are raising funds and providing Conductive Education to help children and adults with neurological difficulties.

Classification

- **How:** Provides Human Resources, Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** Children/young People, People With Disabilities

Geography

- **Area of benefit:** NOT DEFINED IN PRACTICE NATIONAL AND OVERSEAS
- Bexley

Finances

Period end	Income	Expenditure	Assets	Employees
2025-04-05	£44,639	£39,675	-	-
2024-04-05	£10,535	£37,842	-	-
2023-04-05	£50,127	£32,519	-	-
2022-04-05	£30,379	£38,910	-	-
2021-04-05	£30,622	£32,013	-	-

Trustees

Name	Role	Appointed
HANSA ASHOK	Chair	2011-03-18
Amanda Belliappa		2020-07-31
DEBORAH KEAM		2010-03-12
Fiona Pearce		2025-11-28
Jayalaxmi Kodialbail Shetty		2018-05-15

It's My Life Trust

England & Wales - Charity number 1123240

Accounts



Charity Name It's My Life Trust	No (if any) 1123240		
Receipts and payments accounts			
For the period from	Period start date 06-Apr-24	To	Period end date 05-Apr-25

CC16a

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donation-general	606	-	-	606	2,666
Pears Foundation	1,000	-	-	1,000	500
UTC Artists Charity Donation	620	-	-	620	-
Nat Lottery Com'ty Fund	20,000	-	-	20,000	-
Peter Harrison Foundation	4,000	-	-	4,000	-
Kent Community Foundation	5,000	-	-	5,000	-
Bank interest	31	-	-	31	40
Parental Contributions to CE	12,662	-	-	12,662	7,309
Other Fundraising & misc	720	-	-	720	20
Sub total (Gross income for AR)	44,639	-	-	44,639	10,535
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	44,639	-	-	44,639	10,535
A3 Payments					
Rent	6,518	-	-	6,518	2,870
Conductor costs	32,180	-	-	32,180	33,443
CCPAS membership/CRB checks	150	-	-	150	157
Banking charge	60	-	-	60	60
Insurance	630	-	-	630	63
Equipment/Materials etc	137	-	-	137	1,249
Sub total	39,675	-	-	39,675	37,842
A4 Asset and investment purchases. (see table)					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	39,675	-	-	39,675	37,842
Net of receipts/(payments)		-	-	4,964	- 27,307
A5 Transfers between funds		-	-	6,553	33,860
A6 Cash funds last year end		-	-	11,517	6,553
Cash funds this year end		-	-	11,517	6,553

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	CAF Bank	11,517	-	-
	Petty cash	-	-	-
	Total cash funds	11,517	-	-
	(agree balances with receipts and payments account(s))	Agreement Error	DK	DK

	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval



Section A

Independent Examiner's Report

Report to the trustees

Charity Name

IT'S MY LIFE TRUST

On accounts for the year ended

05 - APRIL - 25

Charity no (if any)

1123240

Set out on pages

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended DD / MM / YYYY.

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 Trust's accounts carried out under section 145 of the 2011 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

[The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of [insert name of applicable listed body]]. Delete [] if not applicable.

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination (other than that disclosed below *) which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) 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.

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.

* Please delete the words in the brackets if they do not apply.

Signed:

Claire Belton

Date:

09 June 2015

Name:

CLAIRE BELTON

Relevant professional qualification(s) or body

ICAEW - Institute of Chartered Accountants in England & Wales.

(if any):

Address:

Section B

Disclosure

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

It's My Life Trust

England & Wales - Charity number 1123240

Accounts



Charity Name It's My Life Trust		No (if any) 1123240		CC16a
Receipts and payments accounts				
For the period from	Period start date 06-Apr-22	To	Period end date 05-Apr-23	

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donation-general	1,691	-	-	1,691	1,790
Auston Trust via Kent Com'ty Fund					3,949
UTC Artist Charity donation	3,900	-	-	3,900	
Children in Need (2 grants)	10,500	-	-	10,500	10,000
Chelwood Partners Charity donation	1,000	-	-	1,000	
Nat Lottery Com'ty Fund	10,000	-	-	10,000	10,000
Sharegift (Orr Mackintosh Foundn)	2,000	-	-	2,000	
Kent Community Foundation (2 grants)	9,980	-	-	9,980	
Prince of Wales Trust	1,000	-	-	1,000	
Babk interest	27	-	-	27	
Parental Contributions to CE	10,017	-	-	10,017	4,405
Other Fundraising & misc	12	-	-	12	10
Gift Aid reclaimed	-	-	-	-	225
Sub total (Gross income for AR)	50,127	-	-	50,127	30,379
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	50,127	-	-	50,127	30,379
A3 Payments					
Rent	4,850	-	-	4,850	2,712
Conductor costs	26,408	-	-	26,408	33,635
CCPAS membership/CRB checks	207	-	-	207	166
Banking charge	72	-	-	72	96
Marketing/fundraising/website/IT/etc	48	-	-	48	
Insurance	627	-	-	627	628
Equipment/Materials etc	307	-	-	307	619
Training		-	-		1,054
Sub total	32,519	-	-	32,519	38,910
A4 Asset and investment purchases. (see table)					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	32,519	-	-	32,519	38,910
Net of receipts/(payments)	17,608	-	-	17,608	- 8,531
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	16,252	-	-	16,252	24,743
Cash funds this year end	33,860	-	-	33,860	16,252

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	CAF Bank	33,860	-	-
	Petty cash	-	-	-
	Total cash funds	33,860	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval



CHARITY COMMISSION
FOR ENGLAND AND WALES

**Independent examiner's report on the
accounts**

Section A Independent Examiner's Report

Report to the trustees

Charity Name
It's My Life Trust

On accounts for the year ended

05-Apr-23	Charity no (if any)	1123240
-----------	---------------------	---------

Set out on pages

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 05-Apr-23.

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 Trust's accounts carried out under section 145 of the 2011 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

[The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of [insert name of applicable listed body]]. Delete [] if not applicable.

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination (other than that disclosed below *) which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) 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.

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.

* Please delete the words in the brackets if they do not apply.

Signed: Claire Belton

Date: 07-July-23

Name: CLAIRE BELTON

Relevant professional qualification(s) or body

ICAEW

(if any):

Address:

Section B

Disclosure

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

It's My Life Trust

England & Wales - Charity number 1123240

Accounts



Charity Name It's My Life Trust	No (if any) 1123240
------------------------------------	------------------------

CC16a

Receipts and payments accounts

For the period from	Period start date 06-Apr-21	To	Period end date 05-Apr-22
---------------------	--------------------------------	----	------------------------------

Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
Donation-general	1,790	-	-	1,790	1,840
Auston Tst via Kent Com'ty Fund	3,949	-	-	3,949	-
Chilkdren in Need	10,000	-	-	10,000	10,000
Howard Fmly Fnd fr Summer camp 2021	-	-	-	-	1,300
Nat Lottery Com'ty Fund Covid 19 grant	-	10,000	-	10,000	10,000
Yapp Charitable Tst	-	-	-	-	2,000
Parental Contributions to CE	4,405	-	-	4,405	3,945
Other Fundraising & misc	10	-	-	10	1,157
Gift Aid reclaimed	225	-	-	225	380
Sub total (Gross income for AR)	20,379	10,000	-	30,379	30,622
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	20,379	10,000	-	30,379	30,622
A3 Payments					
Rent	2,712	-	-	2,712	-
Conductor costs	23,635	10,000	-	33,635	30,860
CCPAS membership/CRB checks	166	-	-	166	141
Banking charge	96	-	-	96	69
Marketing/fundraising/website/IT/etc	-	-	-	-	493
Insurance	628	-	-	628	450
Equipment/Materials etc	619	-	-	619	-
Training	1,054	-	-	1,054	-
Sub total	28,910	10,000	-	38,910	32,013
A4 Asset and investment purchases. (see table)					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	28,910	10,000	-	38,910	32,013
Net of receipts/(payments)	- 8,531	-	-	- 8,531	- 1,391
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	24,783	-	-	24,783	26,174
Cash funds this year end	16,252	-	-	16,252	24,783

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	CAF Bank	16,252	-	-
	Petty cash	-	-	-
	Total cash funds	16,252	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval



**CHARITY COMMISSION
FOR ENGLAND AND WALES**

**Independent examiner's
report on the accounts**

Section A

Independent Examiner's Report

Report to the trustees/
members of

Charity Name
IT'S MY LIFE TRUST

On accounts for the year
ended

05-APR-22
Charity no (if any) 1123240

Set out on pages

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 05 APR 2022.

Responsibilities and
basis of report

As the charity trustees of the Trust, 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 Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed 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 material matters have come to my attention (other than that disclosed below *) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

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

* Please delete the words in the brackets if they do not apply.

Signed:

Clare Belton

Date:

08-MAY-22

Name:

CLAIRE BELTON

Relevant professional
qualification(s) or body
(if any):

INSTITUTE OF CHARTERED ACCOUNTANTS
IN ENGLAND & WALES

Address:

4 FARRINGTON PLACE
CHISLEHURST
BR 7 6BE

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

[Empty box for disclosure details]



Trustees' Annual Report for the period

From	Period start date	To	Period end date
	06 April 2021		05 April 2022

Section A Reference and administration details

Charity name It's My Life Trust

Other names charity is known by N/A

Registered charity number (if any) 1123240

Charity's principal address

8 Winchester Avenue, Walderslade	
Chatham	
Kent	
Postcode	ME5 9AS

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Hansa Ashok	Chair		
2	Deborah Keam	Vice Chair		
4	Christopher Sims	Treasurer		
4	Amanda Belliappa	Grant Management		
5	Jayalaxmi Shetty	Fundraising Lead		
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year
	N/A

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
N/A		

Name of chief executive or names of senior staff members (Optional information)

N/A

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document <i>(eg. trust deed, constitution)</i>	Charitable Trusts: Model Trust Deed (GO2)
How the charity is constituted <i>(eg. trust, association, company)</i>	As per Charitable Trusts: Model Trust Deed (GO2)
Trustee selection methods <i>(eg. appointed by, elected by)</i>	Through invitation, skill set, willingness as per guidelines in Charitable Trusts: Model Trust Deed (GO2)

Additional governance issues (Optional information)

<p>You may choose to include additional information, where relevant, about:</p> <ul style="list-style-type: none"> • policies and procedures adopted for the induction and training of trustees; • the charity's organisational structure and any wider network with which the charity works; • relationship with any related parties; • trustees' consideration of major risks and the system and procedures to manage them. 	<p>Prospective trustees are invited to observe therapy sessions and meet the conductors and other trustees. Support is given to new trustees to attend training in First Aid, Safeguarding and any specialist subject relevant to their role.</p> <p>Structure / roles include:-</p> <ul style="list-style-type: none"> - Chair - Vice Chair - Treasurer - Trustees <p>The Charity is funding Conductive Education provided at Beths Grammar School, Bexley on Saturdays and school holidays. We also provide one session on Friday mornings at Cobtree Manor Golf Club, Maidstone for younger children.</p> <p>The Conductors from the centre attend some of the meetings but do not participate in decision making and voting.</p> <p>The venues ensure the privacy and protection of the participants using their services. Where funding is requested for an individual, their identity is not disclosed although a summary of the requirement is provided.</p>
---	---

Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

To support the children and adolescents who have neurological conditions and related disabilities, in particular, but not exclusively, by the provision of services, in particular Conductive Education therapy sessions, to improve their conditions of life.

The trustees have had regard to the guidance issued by the Charity Commission for the public benefit.

Approximately 25 children have received on-going Conductive Education as a result of donations to It's My Life Trust from Children in Need, National Lottery Community Fund, Howard Family Fund, Yapp Charitable Trust and others. In addition, various funds have been raised by the charity's supporters.

The Conductive Education has been carried out under the direction of Conductors fully trained in the vision and the work of Professor András Pető a Hungarian born physician and pedagogue who created the Pető System of Education and Rehabilitation.

The quality of Conductive Education being provided continues to benefit greatly from the facilities made available by Beths Grammar School and Cobtree Manor Golf Club during out of school and business hours and by them allowing It's My Life Trust to store our Conductive Education equipment on their premises.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Conductive Education sessions were provided by qualified Conductors and Conductor Assistant over the period April 2021 to April 2022.

From March 2020 the Covid 19 pandemic began to make a huge impact on the way we could deliver our services, and from April 2020 we moved to Online Home Support through Zoom. Each Saturday we ran 6 separate 40 minute sessions to approx. 22 children.

Due to the lockdown the camps were also taught online.

Friday sessions were also moved to Zoom online sessions with the 3 children now receiving individual sessions in place of the face-to-face group session. This was because the parents needed the extra guidance and support to help their child.

The Conductive Education sessions continued to be provided over Zoom From April 2020 to July 2021. Since the social distancing guidance was relaxed in July 2021, Summer camp in July 2021 was run as face to face sessions. However, lateral flow and PCR tests were taken by all to ensure that everyone involved, Conductors, parents and children were all Covid free.

All Saturday sessions and camps continued to run as face to face sessions from July 2021 till April 2022.

Additional details of objectives and activities (Optional information)

You may choose to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

The on-going long term aim of It's My Life Trust is to fundraise to offer unique facilities catering for children and young people thus creating a seamless transition of educational and rehabilitation services throughout the life of individuals whose lives are affected by damage to their nervous system.

It's My Life Trust does not make grants but uses funds received from various organisations and individuals to provide Conductive Education services to children that attend our sessions.

The vision of the Trust is to provide a unique, consistent and coherent support system, to enable and empower parents, children and adults to create and manage a dignified, meaningful, joyful and rewarding life.

It's My Life Trust will support individuals and their families who have been searching for similar services unsuccessfully throughout the UK, where currently systems are not integrated and therefore inconsistent.

It's My Life Trust wants to create a model of integrated services, to remove unnecessary barriers and to fill the gaps in the existing system.

Section D

Achievements and performance

Section D

Achievements and performance

Summary of the main achievements of the charity during the year

Due to Covid 19 and lockdown online Zoom had to take the place of Face-to Face sessions. We put on 5 camps of intensive Conductive Education sessions + Saturday sessions during what would have been the term time, benefitting approximately 25 children of all ages through carefully tailored online sessions. In addition, It's My Life Newsletters and WhatApp group supported the work of the parents and created a social circle.

It's My Life Trust also delivered weekly Conductive Education classes to families of very young children/infants as an introduction to the Petó methods. These Friday sessions expand the geographical area in which we offer subsidised classes. These classes were taught online.

Received covid 19 relief funding from BBC CIN as we could no longer run our own inhouse fundraising events.

Section E Financial review

Brief statement of the charity's policy on reserves

We do not have a formal policy as funds have not been significant enough. Our aim is to ensure we have a minimum of £1000 in the bank account.

Details of any funds materially in deficit

N/A

Further financial review details (Optional information)

You may choose to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

N/A

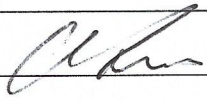
Section F Other optional information

N/A

Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	CHRISTOPHER SIMS	
Position (eg Secretary, Chair, etc)	Treasurer	

Date



**CHARITY COMMISSION
FOR ENGLAND AND WALES**

**Independent examiner's
report on the accounts**

Section A Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name
IT'S MY LIFE TRUST

**On accounts for the year
ended**

05-APR-22 Charity no (if any) 1123240

Set out on pages

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 05 APR 2022.

**Responsibilities and
basis of report**

As the charity trustees of the Trust, 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 Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed 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 material matters have come to my attention (other than that disclosed below *) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

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

* Please delete the words in the brackets if they do not apply.

Signed: Clare Belton

Date: 08-MAY-22

Name: CLARE BELTON

**Relevant professional
qualification(s) or body
(if any):**

INSTITUTE OF CHARTERED ACCOUNTANTS
IN ENGLAND & WALES

Address:

4 FARRINGTON PLACE
CHISLEHURST
BR 7 6RE

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

[Empty rectangular box for disclosure details]

It's My Life Trust

England & Wales - Charity number 1123240

Accounts



Trustees' Annual Report for the period

	Period start date	Period end date
From	06 April 2020	05 April 2021
	To	

Section A Reference and administration details

Charity name	It's My Life Trust		
Other names charity is known by	N/A		
Registered charity number (if any)	1123240		
Charity's principal address	8 Winchester Avenue, Walderslade		
	Chatham		
	Kent		
	Postcode	ME5 9AS	

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Hansa Ashok	Chair		
2	Deborah Keam	Vice Chair		
4	Christopher Sims	Treasurer		
4	Amanda Belliappa	Grant Management		
5	Jayalaxmi Shetty	Fundraising Lead		
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year
	N/A

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
N/A		

Name of chief executive or names of senior staff members (Optional information)

N/A

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document <i>(eg. trust deed, constitution)</i>	Charitable Trusts: Model Trust Deed (GO2)
How the charity is constituted <i>(eg. trust, association, company)</i>	As per Charitable Trusts: Model Trust Deed (GO2)
Trustee selection methods <i>(eg. appointed by, elected by)</i>	Through invitation, skill set, willingness as per guidelines in Charitable Trusts: Model Trust Deed (GO2)

Additional governance issues (Optional information)

You may choose to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

Structure / roles include:-

- Chair
- Vice Chair
- Treasurer
- Trustees

The Charity is funding Conductive Education provided at Beths Grammar School, Bexley on Saturdays and school holidays. We also provide one session on Friday mornings at Cobtree Manor Golf Club, Maidstone for younger children.

The Conductors from the centre attend some of the meetings but do not participate in decision making and voting.

The venues ensure the privacy and protection of the participants using their services. Where funding is requested for an individual, their identity is not disclosed although a summary of the requirement is provided.

Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

To relieve the needs of children and adolescents who have neurological conditions and related disabilities, in particular, but not exclusively, by the provision of services, in particular Conductive Education therapy sessions, to improve their conditions of life

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

The trustees have had regard to the guidance issued by the Charity Commission for the public benefit.

Approximately 25 children have received on-going Conductive Education as a result of donations to It's My Life Trust from Children in Need, National Lottery Community Fund, Howard Family Fund, Yapp Charitable Trust and others. In addition, various funds have been raised by the charity's supporters.

The Conductive Education has been carried out under the direction of Conductors fully trained in the vision and the work of Professor András Pető a Hungarian born physician and pedagogue who created the Pető System of Education and Rehabilitation.

The quality of Conductive Education being provided continues to benefit greatly from the facilities made available by Beths Grammar School and Cobtree Manor Golf Club during out of school and business hours and by them allowing It's My Life Trust to store our Conductive Education equipment on their premises.

Conductive education sessions were provided by qualified Conductors and Conductor Assistant over the period April 2020 to April 2021. From March 2020 the Covid 19 pandemic began to make a huge impact on the way we could deliver our services, and by April 2020 we moved to Online Home Support through Zoom. Each Saturday we ran 6 separate 40 minute sessions to approx. 22 children. Due to the lockdown the camps were also taught online.

Friday MOVE & Play sessions were also moved to Zoom online sessions with the 3 children now receiving individual sessions in place of the face-to-face group session. This was because the parents needed the extra guidance and support to help their child.

2 children did not participate in the online sessions as they have profound learning delay.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

The on-going long term aim of It's My Life Trust is to fundraise to offer unique facilities catering for children and young people thus creating a seamless transition of educational and rehabilitation services throughout the life of individuals whose lives are affected by damage to their nervous system.

It's My Life Trust does not itself make grants but uses its funds to provide Conductive Education services itself.

The vision of the trust is to provide a unique, consistent and coherent support system, to enable and empower parents, children and adults to create and manage a dignified, meaningful, joyful and rewarding life.

It's My Life Trust will support individuals and their families who have been searching for similar services unsuccessfully throughout the UK, where currently systems are segregated and inconsistent.

It's My Life Trust wants to create a model of integrated services, to remove unnecessary boundaries and to fill the gaps in the existing system.

Section D

Achievements and performance

Section D

Achievements and performance

Summary of the main achievements of the charity during the year

Due to Covid 19 and lockdown online Zoom had to take the place of Face-to Face sessions. We put on 5 camps of intensive Conductive Education sessions + Saturday sessions during what would have been the term time, benefitting approximately 25 children of all ages through carefully tailored online sessions. In addition, It's My Life Newsletters and WhatsApp group supported the work of the parents and created a social circle.

It's My Life Trust also delivered weekly Conductive Education classes to families of very young children/infants as an introduction to the Petó methods. These Friday sessions expand the geographical area in which we offer subsidised classes. These classes were taught online.

Received covid 19 relief funding from BBC CIN as we could no longer run our own inhouse fundraising events.

Section E**Financial review**

Brief statement of the charity's policy on reserves

We do not have a formal policy as funds have not been significant enough. Our aim is to ensure we have a minimum of £1000 in the bank account.

Details of any funds materially in deficit

N/A

Further financial review details (Optional information)

You may choose to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

N/A


Section F**Other optional information**

N/A

Section G**Declaration**

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	CHRISTOPHER SIM	
Position (eg Secretary, Chair, etc)	Treasurer	

Date 22/10/21



Charity Name It's My Life Trust	No (if any) 1123240
------------------------------------	------------------------

Receipts and payments accounts

CC16a

For the period from	Period start date 06-Apr-20	To	Period end date 05-Apr-21
---------------------	--------------------------------	----	------------------------------

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donation-general	1,840	-	-	1,840	1,445
Chldrns YP & Families Sch	-		-		3,000
Chilkdren in Need	10,000			10,000	10,000
Golf Day					678
Book Fund					350
Howard Fmly Fnd fr Summer camp 2021		1,300	-	1,300	
Nat Lottery Com'ty Fund Covid 19 grant		10,000	-	10,000	
Yapp Charitable Tst	2,000	-	-	2,000	2,000
Parental Contributions to CE	3,945	-	-	3,945	8,810
Other Fundraising & misc	1,157	-	-	1,157	281
Gift Aid reclaimed	380	-	-	380	252
Sub total (Gross income for AR)	19,322	11,300	-	30,622	26,816
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	19,322	11,300	-	30,622	26,816
A3 Payments					
Rent			-		3,060
Conductor costs	16,560	14,300	-	30,860	30,643
CCPAS membership/CRB checks	141	-	-	141	132
Banking charge	69	-	-	69	60
Marketing/fundraising/website/IT/etc	493	-	-	493	250
Insurance	450	-	-	450	430
Equipment/Materials		-	-		294
Sub total	17,713	14,300	-	32,013	34,869
A4 Asset and investment purchases. (see table)					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	17,713	14,300	-	32,013	34,869
Net of receipts/(payments)	1,609	- 3,000	-	- 1,391	- 8,053
A5 Transfers between funds	-	-	-		-
A6 Cash funds last year end	23,174	3,000	-	26,174	34,227
Cash funds this year end	24,783	-	-	24,783	26,174

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	CAF Bank	24,783	-	-
	Petty cash	-	-	-
	Total cash funds	24,783	-	-
	<small>(agree balances with receipts and payments account(s))</small>	Agreement Error	Agreement Error	OK
B2 Other monetary assets	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

It's My Life Trust

**On accounts for the year
ended**

05-Apr-21

**Charity no
(if any)**

1123240

Set out on pages

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 05 / 04 / 2021.

**Responsibilities and
basis of report**

As the charity trustees of the Trust, 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 Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed 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 material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

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

Signed:

Claire Belton

Date:

21/05/21

Name:

Claire Louise Belton

**Relevant professional
qualification(s) or body
(if any):**

Member of The Institute of Chartered Accountants in England & Wales

Address:

4 Farrington Place

Chislehurst

Kent, Br7 6BE

Section B

Disclosure

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

N/A



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

It's My Life Trust

**On accounts for the year
ended**

05-Apr-21

**Charity no
(if any)**

1123240

Set out on pages

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 05 / 04 / 2021.

**Responsibilities and
basis of report**

As the charity trustees of the Trust, 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 Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed 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 material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

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

Signed:

Claire Belton

Date:

21/05/21

Name:

Claire Louise Belton

**Relevant professional
qualification(s) or body
(if any):**

Member of The Institute of Chartered Accountants in England & Wales

Address:

4 Farrington Place

Chislehurst

Kent, Br7 6BE

Section B

Disclosure

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

N/A