



Trustees' Annual Report for the period

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

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
(eg. trust deed, constitution)

Charitable Trusts: Model Trust Deed (GO2)

How the charity is constituted
(eg. trust, association, company)

As per Charitable Trusts: Model Trust Deed (GO2)

Trustee selection methods
(eg. appointed by, elected by)

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 Pető 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
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Receipts and payments accounts

CC16a

For the period from	Period start date 06-Apr-20	To	Period end date 05-Apr-21
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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
Chldrs 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	-	-
	(agree balances with receipts and payments account(s))	Agreement Error	Agreement Error	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	Details	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
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

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05-Apr-21

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Claire Belton

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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

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