



Charity Name It's My Life Trust		No (if any) 1123240
Receipts and payments accounts		
For the period from	Period start date 06-Apr-21	To 05-Apr-22

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	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
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	



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 05/04/2022.

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 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.



Trustees' Annual Report for the period

Period start date	Period end date
From 06 April 2021	To 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
(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.

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.

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 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.

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 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 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

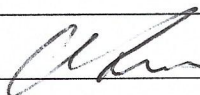
Section G

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 SIMS

Position (eg Secretary, Chair, etc)

Treasurer

Date

4/2/2023



CHARITY COMMISSION FOR ENGLAND AND WALES

Independent examiner's report on the accounts

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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

Section B Disclosure

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