
FULL OF LIFE
(A company limited by guarantee)

TRUSTEES' REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

FULL OF LIFE
(A company limited by guarantee)

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**REFERENCE AND ADMINISTRATIVE DETAILS OF THE COMPANY, ITS TRUSTEES AND ADVISERS
FOR THE YEAR ENDED 31 MARCH 2024**

Trustees

Mrs Virginie Isbell, Joint Chair
Mrs Sue Redmond, Joint Chair
Mrs Sue Stirling, Secretary
Mrs Christine Potter, Treasurer
Mrs Susan Bromley-Challenor (resigned 26 March 2024)
Mrs Claire Durtnall
Claudine Mahoro-Nyirigira
Margaret Powers

Company registered number

6643013

Charity registered number

1125525

Registered office

Kensal House Annex
379 Ladbroke Grove
London
W10 5BQ

Company secretary

Mrs Sue Stirling

Independent auditors

Baldwin Scofield Ltd
Chartered Accountants
Statutory auditors
3 Newhouse Business Centre
Old Crawley Road
Horsham
West Sussex
RH12 4RU

Bankers

National Westminster Bank plc
25 Shepherds Bush Green
London
W12 8PR

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TRUSTEES' REPORT
FOR THE YEAR ENDED 31 MARCH 2024

The Trustees present their annual report together with the audited financial statements of the Full of Life for the 1 April 2023 to 31 March 2024. The Annual report serves the purposes of both a Trustees' report and a directors' report under company law. The Trustees confirm that the Annual report and financial statements of the charitable company comply with the current statutory requirements, the requirements of the charitable company's governing document and the provisions of the Statement of Recommended Practice (SORP) applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January 2019).

Since the Company qualifies as small under section 382 of the Companies Act 2006, the Strategic report required of medium and large companies under the Companies Act 2006 (Strategic Report and Directors' Report) Regulations 2013 has been omitted.

Objectives and activities

● **Policies and objectives**

The principal object of the company is to benefit children and young people who are disabled in the Royal Borough of Kensington and Chelsea.

In setting objectives and planning for activities, the Trustees have given due consideration to general guidance published by the Charity Commission relating to public benefit, including the guidance 'Public benefit: running a charity (PB2)'.

● **Activities undertaken to achieve objectives**

The charity achieves its objectives through the services it provides to the families and carers of children with disabilities within the Borough of Kensington & Chelsea.

It delivers services to parents primarily through its premises at Kensal House annex.

● **Main activities undertaken to further the Company's purposes for the public benefit**

The charity acknowledges its requirement to demonstrate clearly that it must have charitable purposes or aims that are for the public benefit. Details of how the charity has achieved this are provided in this report.

Achievements and performance

● **Review of activities**

This year has seen Full of Life busier than ever! We continue to lobby and raise the profile of the needs of people with learning disabilities and their parent carers locally.

Our staff team continue to do an incredible job by offering a fun, safe, happy, learning environment and service for all young people who attend our day service.

Our Family Support Service, Carers Advocacy Service, Information Advice and Support Services continue to offer a service that combines Teams and in person meetings with families. Feedback from families is extremely positive, it also allows our staff team to support even more families. Our parent forums are held in person and online. As ever we base our parent forums topics on requests from parents as well as national and local changes. It's been lovely to see so many parents continue to support Full of Life and help us to develop local services that matter to them.

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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2024

Achievements and performance (continued)

• **Review of activities (continued)**

Our partnership with Dr Jo Stubbley and Margaret Rowson from the Tavistock Institute grows from strength to strength. We have secured a further year's specialist funding for parents counselling, which will help us to continue to build the evidence of need for our parents. To ensure complete confidentiality parents now book their appointments directly with Margaret at the Tavistock. Feedback from parents has been extremely positive.

The year continued to be an extremely busy year, we continued to build our partnership work with children and family's services, adult social care and health all the while keeping our independence.

Family Support and Carers Advocacy Service:

Our Family Support and Carers Advocacy services continue to be a lifeline for families in what is a lifelong journey of caring for a disabled child. Our Family Support Service has continued to build links with Early Years Settings and Nurseries by attending more outreach sessions. Our services ensure that there are no gaps in support for families when a child is newly diagnosed or when they reach transition from children to adult services. There continues to be an increase in families accessing both services due to financial and emotional pressures and in the case of the Carers Advocacy Service for support with the SEN process into secondary school/college. Both services have been vital in referring some parents for counselling and other health services as well as supporting parents through difficult times due to their own serious health concerns.

Information Service

Our Information Service is a practical enabling resource for families and professionals. Facebook, text messaging and emails continue to be parents preferred methods of being reminded about our forums, newsletters, training and focus group/consultations. Our Guides and Mini Guides help families understand specific topics such as 'Post 16' and 'Mediation Mini Guide'. Our Information service continues to play a vital role, ensuring parents are kept up to date with all changes due to the Children and Families Act and Care Act as well as changes to local services. Our website has been updated and includes training and information videos, all of which are user friendly and empower our families. In the coming year we will continue to build our guides and mini guides based on our direct work with families.

IASS

Our IASS (Information Advice and Support Service) continues to deliver a high-quality independent service online and is extremely busy. The service ensures that families understand the process of SEND. As part of this service, we have developed an Independent Support Service (IS) which works with families in Early Years, then refers directly into the IASS service when a child is ready to attend primary school. This service has been extremely helpful to families as we enable and inform parents early in their journey of raising a child with SEND. We have also noticed an increase very young children with behavioural issues but do not have SEND. We are raising these cases with RBKC and the ICB and hope that a clear pathway to help will be developed locally for families. When a child reaches the age of 16 the IASS service refers to our Carers Advocacy Service, therefore ensuring continuity of support for parents through the SEND process from 0-25. Our real strength continues to be the stability and continuity of service that we deliver, and the trust families place in our service being truly independent of the Local Authority. We have delivered this service for over twenty years, and it has now seen generations of children through the SEN process, this is something we are very proud of.

Parent Participation:

Our Parent Participation project has continued with our forums now taking place face to face and online. Our core belief is parents empowering other parents, this continues to happen via our forums and outside of Full of Life. Parents have unique expertise they have gained from raising a child with SEND and sharing this empowers other families. The forums ensure parents can meet with Local Councillors, professionals from Health, Education and Social Care, to share their expertise, views, or concerns about local services with the aim to develop them to meet family's needs. We also use the forums to deliver training or consultation sessions which develop from our direct work with families. This year they have included Professor Luke Clements Legal Training, IPSEA online training, Team Teacch and Sensory Spectacle, representatives from the forums help shape, keep, and develop local services that best meet our family's needs. It is wonderful to see so many parents working together for the benefit of all families.

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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2024

Achievements and performance (continued)

Day Services People with Complex Needs:

Our services for people with complex needs continue to evolve and are seen as an example of good practice ensuring people stay in our local community with their families and friends. They have also been instrumental in keeping stability in young people's lives when they transition from children to adult services. People who attend our services continue to access a wide variety of opportunities that develop their individual skills, identify their unique gifts and talents, which helps them gain work experience, volunteering opportunities.

Our service also ensures young people access preventative and acute health services, thereby addressing the risk of health inequalities sadly faced by people with learning disabilities. We provide Yoga, Sports, Drama, Music Sessions, and Music Therapy which help build young people's confidence in themselves and the staff who work for them. We continue to be part of the Nurse Associates Programme via St Marys Hospital and Chelsea Westminster Hospital NHS Foundation Trust. We are very proud to be able to share our expertise with staff knowing that it will help people when they attend hospitals. Through this programme Nurse Associates are offered a week's placement at Full of Life and learn about working with young people with complex needs. Our partnership work offering trainee nurses from Imperial College placements within our service continues to be another successful element of our service. Their feedback has been extremely positive, and we look forward to working with more people in the New Year.

Strategic Work:

Children and Families:

The Implementation of the Children and Families Act and the Care Act continues to bring changes to how children, young people and their parents access the support they need to live a happy, healthy life. Our staff team continue to offer a high-quality service to families. Our Parent Forums also ensure that parents' expertise is recognised and developed, this has led to parents being available to be part of Bi Borough Commissioning Services and RBKC Interview Panels. The Forums also help parents to feel confident in advocating for their child and participate in consultations and focus groups that develop services that matter to them.

We sit on all Strategic Boards, Working Groups and Committees dealing with Education, Health and Social Care. The 'You Said We Will' document that we developed in partnership with RBKC SEND and Health Teams continues to map and shape local SEND Services.

We will continue to build and develop our partnership work with RBKC SEND and Health to ensure services develop to meet the needs of our families.

Health

We continue to be part of a multidisciplinary team helping to shape hospital services as well as delivering training to staff at St Mary's Hospital and Imperial College. Feedback from all training sessions is extremely positive. We continue to see the benefit of the hospital's unique Learning Disability flagging system which identifies the access needs of children, and adults with Learning Disabilities. This also helps the hospital to identify any gaps in its service, ultimately improving access to acute healthcare for our sons and daughters.

Adult Learning Disability Services:

We continue to have regular meetings with professionals from Adult Social Care and Health to discuss services provided to people with learning disabilities and their families. This year we have helped develop a strategy 'Changing Lives' which will bring about practical change for people with learning disabilities and their families. This strategy will be the first Adult LD Strategy that will be mapped by a "You Said We Will" document, in a similar way to how we have worked with Children's Services. We hope this will bring about tangible change for our families. In the coming year we will continue to raise the issue of the need for housing for people with complex needs.

Health Services continue to be a priority for our families. Following a consultation last year into the restructuring of the SALT Services our parent champion programme has gone from strength to strength with parents accessing training via the team and will soon support other parents directly. We sit on Chelsea Westminster

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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2024

Achievements and performance (continued)

Hospitals Learning Disability forum. The Hospitals Learning Disability Flagging System, Hospital Passports and Accessible Information about the Hospitals Pharmacy services are embedded as good practice for children and adults with learning disabilities. We have also delivered training to student nurses and doctors from St Mary's Hospital and Imperial College.

The Community Dental Services at St Charles Hospital continues to deliver a truly high quality accessible dental services and feedback from our families about all acute services have been extremely positive.

We continue to support over 700 families and professionals from RBKC. We are proud to say that we have the most dedicated staff team who are committed to providing families with the most up to date, practical and empowering information, and service. All our families, and young people trust our team for their independence, integrity, and caring attitude. We are truly honoured to say that families continue to view us as part of their family.

In the coming year, we will continue to work hard to support our families and will ensure their voices and the voices of their children are heard, we will especially focus on Adult Learning Disability Services and Local Housing.

We are extremely grateful to RBKC Children and Families Services, RBKC Adult Learning Disability Services, Northwest London ICB, DFE, Kensington and Chelsea Foundation, DMGT, Local Businesses, Schools, and Individuals for their continued support both financially and in kind.

We look forward to another busy year!

• **Fundraising activities and income generation**

As stated in the section on principal funding, the charity relies almost exclusively on funding from local government and grant making bodies. It does not employ a professional fund-raiser nor is it actively involved in fundraising from the public. The small number of donations received are unsolicited, freely given, donations from friends and family of clients.

Financial review

• **Going concern**

After making appropriate enquiries, the Trustees have a reasonable expectation that the Company has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements.

• **Principal funding**

The principal funding of the charity is from local government through grants provided by the Royal Borough of Kensington & Chelsea's Children with Disabilities Team and Learning Disabilities Team.

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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2024

Structure, governance and management

• **Constitution**

Full of Life is registered as a charitable company limited by guarantee and was set up by a Memorandum of Association.

The principal object of the company is to benefit children and young people who are disabled in the Royal Borough of Kensington & Chelsea to relieve need, advance education and provide or assist in the provision of facilities for recreation or other leisure time occupation for such persons and for such immediate members of their families having need of such facilities by reason of their poverty or social and economic circumstances with the object of improving their conditions of life.

• **Methods of appointment or election of Trustees**

The management of the Company is the responsibility of the Trustees who are elected and co-opted under the terms of the Memorandum of Association.

• **Organisational structure and decision-making policies**

The Trustees are responsible for the running of the charity and hold regular management committee meetings for this purpose. The day to day administration of the charity is delegated to Mr Frank Redmond, the spouse of the Joint Chair of Trustees.

• **Financial risk management**

The Trustees actively review the major risks which the charity faces on a regular basis and believe that maintaining the free reserves stated, combined with the annual review of controls over key financial systems will provide sufficient resources in the event of adverse conditions. The Trustees have also examined other operational and business risks that the charity faces and confirm that they have established systems to mitigate the significant risks.

Plans for future periods

We continue to provide a high quality day service for a number of service users with complex needs and those activities offered are expanding and tailored to the needs of individual service users. We will also continue to raise the issue of the need for housing for people with complex needs.

Members' liability

The Members of the Company guarantee to contribute an amount not exceeding £1 to the assets of the Company in the event of winding up.

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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2024

Statement of Trustees' responsibilities

The Trustees (who are also the directors of the Company for the purposes of company law) are responsible for preparing the Trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial . Under company law, the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the Company and of its incoming resources and application of resources, including its income and expenditure, for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles of the Charities SORP (FRS 102);
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards (FRS 102) have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Company will continue in business.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the Company's transactions and disclose with reasonable accuracy at any time the financial position of the Company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the Company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Disclosure of information to auditors

Each of the persons who are Trustees at the time when this Trustees' report is approved has confirmed that:

- so far as that Trustee is aware, there is no relevant audit information of which the charity's auditors are unaware, and
- that Trustee has taken all the steps that ought to have been taken as a Trustee in order to be aware of any relevant audit information and to establish that the charity's auditors are aware of that information.

Auditors

The auditors, Baldwin Scofield Ltd, have indicated their willingness to continue in office. The designated Trustees will propose a motion reappointing the auditors at a meeting of the Trustees.

Approved by order of the members of the board of Trustees on 16 December 2024 and signed on their behalf by:



Mrs Sue Redmond
Joint chair

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INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF FULL OF LIFE

Opinion

We have audited the financial statements of Full of Life (the 'charitable company') for the year ended 31 March 2024 which comprise the Statement of financial activities, the Balance sheet, the Statement of cash flows and the related notes, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2024 and of its incoming resources and application of resources, including its income and expenditure for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Charities Act 2011.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditors' responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the United Kingdom, including the Financial Reporting Council's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the Trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the Trustees with respect to going concern are described in the relevant sections of this report.

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INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF FULL OF LIFE (CONTINUED)

Other information

The other information comprises the information included in the Annual report other than the financial statements and our Auditors' report thereon. The Trustees are responsible for the other information contained within the Annual report. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon. Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Matters on which we are required to report by exception

We have nothing to report in respect of the following matters where the Charities (Accounts and Reports) Regulations 2008 requires us to report to you if, in our opinion:

- the information given in the Trustees' report is inconsistent in any material respect with the financial statements; or
- sufficient accounting records have not been kept; or
- the financial statements are not in agreement with the accounting records and returns; or
- we have not received all the information and explanations we require for our audit.

Responsibilities of trustees

As explained more fully in the Trustees' responsibilities statement, the Trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the Trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the Trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the Trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

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INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF FULL OF LIFE (CONTINUED)

Auditors' responsibilities for the audit of the financial statements

We have been appointed as auditor under section 144 of the Charities Act 2011 and report in accordance with the Act and relevant regulations made or having effect thereunder.

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an Auditors' report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

We obtained an understanding of the legal and regulatory frameworks that are applicable to the charitable company and determined that the most significant are those that relate to the reporting framework in conformity with the requirements of the Companies Act 2006 and Charities Act 2011 and the relevant direct and indirect tax compliance regulations in the United Kingdom.

We understood how Full of Life is complying with those frameworks by making enquiries of management to understand how the charitable company maintains and communicates its policies and procedures in these areas and corroborated this by reviewing supporting documentation and minutes of meetings of those charged with governance.

We assessed the susceptibility of the charity's financial statements to material misstatement, including how fraud might occur by considering the risk of management override to be a fraud risk. In addition, we considered the risk of management override by sampling from the entire population of journals, identifying specific transactions which did not meet our expectations based on specific criteria and investigated these to gain an understanding and then agree back to source documentation.

Based on this understanding we designed our audit procedures to identify noncompliance with such laws and regulations. Our procedures involved verifying that material transactions were recorded in compliance with Financial Reporting Standards in conformity with the requirements of the Companies Act 2006 and Charities Act 2011.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at: www.frc.org.uk/auditorsresponsibilities. This description forms part of our Auditors' report.

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INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF FULL OF LIFE (CONTINUED)

Use of our report

This report is made solely to the charitable company's trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. Our audit work has been undertaken so that we might state to the charitable company's trustees those matters we are required to state to them in an Auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and its members, as a body, for our audit work, for this report, or for the opinions we have formed.



Baldwin Scofield Ltd
Chartered Accountants
Statutory auditors
3 Newhouse Business Centre
Old Crawley Road
Horsham
West Sussex
RH12 4RU

16 December 2024

Baldwin Scofield Ltd are eligible to act as auditors in terms of section 1212 of the Companies Act 2006.

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**STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATING INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31 MARCH 2024**

	Note	Restricted funds 2024 £	Unrestricted funds 2024 £	Total funds 2024 £	Total funds 2023 £
Income from:					
Donations and legacies	3	56,939	29,090	86,029	54,838
Charitable activities	4	748,653	201,469	950,122	942,109
Investments	5	-	23,231	23,231	6,050
Total income		805,592	253,790	1,059,382	1,002,997
Expenditure on:					
Charitable activities	6	694,918	246,235	941,153	833,521
Total expenditure		694,918	246,235	941,153	833,521
Net movement in funds		110,674	7,555	118,229	169,476
Reconciliation of funds:					
Total funds brought forward		909,617	692,943	1,602,560	1,433,084
Net movement in funds		110,674	7,555	118,229	169,476
Total funds carried forward		1,020,291	700,498	1,720,789	1,602,560

The Statement of financial activities includes all gains and losses recognised in the year.

The notes on pages 15 to 26 form part of these financial statements.

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REGISTERED NUMBER: 6643013

BALANCE SHEET
AS AT 31 MARCH 2024

	Note	2024 £	2023 £
Current assets			
Debtors	10	108,700	109,073
Cash at bank and in hand		1,634,238	1,501,587
		<u>1,742,938</u>	<u>1,610,660</u>
Creditors: amounts falling due within one year	11	(22,149)	(8,100)
Net current assets		<u>1,720,789</u>	<u>1,602,560</u>
Total net assets		<u><u>1,720,789</u></u>	<u><u>1,602,560</u></u>
Charity funds			
Restricted funds	13	1,020,291	909,617
Unrestricted funds	13	700,498	692,943
Total funds		<u><u>1,720,789</u></u>	<u><u>1,602,560</u></u>

The entity was entitled to exemption from audit under section 477 of the Companies Act 2006.

The members have not required the entity to obtain an audit for the year in question in accordance with section 476 of the Companies Act 2006.

However, an audit is required in accordance with section 144 of the Charities Act 2011.

The Trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and preparation of financial statements.

The financial statements have been prepared in accordance with the provisions applicable to entities subject to the small companies regime.

The financial statements were approved and authorised for issue by the Trustees on 16 December 2024 and signed on their behalf by:



Mrs Virginia Isbell
Joint chair

The notes on pages 15 to 26 form part of these financial statements.

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STATEMENT OF CASH FLOWS
FOR THE YEAR ENDED 31 MARCH 2024

	2024 £	2023 £
Cash flows from operating activities		
Net cash used in operating activities	132,651	275,703
Cash flows from investing activities		
Cash flows from financing activities		
Net cash provided by financing activities	-	-
Change in cash and cash equivalents in the year	132,651	275,703
Cash and cash equivalents at the beginning of the year	1,501,587	1,225,884
Cash and cash equivalents at the end of the year	1,634,238	1,501,587

The notes on pages 15 to 26 form part of these financial statements

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NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

1. General information

Full of Life is registered as a charitable company limited by guarantee and was set up by a Memorandum of Association.

2. Accounting policies

2.1 Basis of preparation of financial statements

The financial statements have been prepared in accordance with the Charities SORP (FRS 102) - 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 Republic of Ireland (FRS 102) (effective 1 January 2019), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Full of Life meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

2.2 Income

All income is recognised once the Company has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

Grants are included in the Statement of financial activities on a receivable basis. The balance of income received for specific purposes but not expended during the period is shown in the relevant funds on the Balance sheet. Where income is received in advance of entitlement of receipt, its recognition is deferred and included in creditors as deferred income. Where entitlement occurs before income is received, the income is accrued.

Income tax recoverable in relation to investment income is recognised at the time the investment income is receivable.

2.3 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use.

Expenditure on charitable activities is incurred on directly undertaking the activities which further the Company's objectives, as well as any associated support costs.

All expenditure is inclusive of irrecoverable VAT.

2.4 Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the Company; this is normally upon notification of the interest paid or payable by the institution with whom the funds are deposited.

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**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024**

2. Accounting policies (continued)

2.5 Debtors

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

2.6 Cash at bank and in hand

Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

2.7 Liabilities and provisions

Liabilities are recognised when there is an obligation at the Balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably.

Liabilities are recognised at the amount that the Company anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide.

Provisions are measured at the best estimate of the amounts required to settle the obligation. Where the effect of the time value of money is material, the provision is based on the present value of those amounts, discounted at the pre-tax discount rate that reflects the risks specific to the liability. The unwinding of the discount is recognised in the Statement of financial activities as a finance cost.

2.8 Financial instruments

The Company only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

2.9 Pensions

The Company operates a defined contribution pension scheme and the pension charge represents the amounts payable by the Company to the fund in respect of the year.

2.10 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Company and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the Company for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

Investment income, gains and losses are allocated to the appropriate fund.

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**NOTES TO THE FINANCIAL STATEMENTS
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3. Income from donations and legacies

	Restricted funds 2024 £	Unrestricted funds 2024 £	Total funds 2024 £	Total funds 2023 £
Donations	-	29,090	29,090	3,362
Grants	56,939	-	56,939	51,476
	<u>56,939</u>	<u>29,090</u>	<u>86,029</u>	<u>54,838</u>
<i>Total 2023</i>	<u>51,476</u>	<u>3,362</u>	<u>54,838</u>	

4. Income from charitable activities

	Restricted funds 2024 £	Unrestricted funds 2024 £	Total funds 2024 £	Total funds 2023 £
Income from charitable activities	748,653	201,469	950,122	942,109
	<u>748,653</u>	<u>201,469</u>	<u>950,122</u>	
<i>Total 2023</i>	<u>578,735</u>	<u>363,374</u>	<u>942,109</u>	

5. Investment income

	Unrestricted funds 2024 £	Total funds 2024 £	Total funds 2023 £
Investment income - local cash	23,231	23,231	6,050
	<u>23,231</u>	<u>23,231</u>	
<i>Total 2023</i>	<u>6,050</u>	<u>6,050</u>	

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6. Analysis of expenditure on charitable activities

Summary by fund type

	Restricted funds 2024 £	Unrestricted funds 2024 £	Total 2024 £	Total 2023 £
Direct costs of charitable activities	694,918	246,235	941,153	833,521
<i>Total 2023</i>	519,528	313,993	833,521	

7. Analysis of expenditure by activities

	Activities undertaken directly 2024 £	Support costs 2024 £	Total funds 2024 £	Total funds 2023 £
Direct costs	932,273	8,880	941,153	833,521
<i>Total 2023</i>	825,601	7,920	833,521	

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7. Analysis of expenditure by activities (continued)

Analysis of direct costs

	Charitable activities 2024 £	Total funds 2024 £	Total funds 2023 £
Staff costs	743,843	743,843	687,435
Activities and projects	5,918	5,918	5,863
Covid-19 costs	-	-	2,586
Cleaning costs	3,413	3,413	1,579
Consumables	16,042	16,042	22,004
Insurance	3,567	3,567	2,751
Doubtful debts recovered	65	65	-
Equipment costs	22,371	22,371	8,093
Publicity costs	476	476	420
Office costs	2,731	2,731	3,790
Printing, stationery and postage	2,305	2,305	2,106
Rent and rates	7,232	7,232	8,226
Repairs and maintenance	20,211	20,211	7,864
Contract staff	78,601	78,601	46,206
Telephone	2,973	2,973	3,694
Training	9,009	9,009	12,570
Travel	1,604	1,604	711
Utilities	2,274	2,274	3,918
Bank charges	760	760	782
Legal and professional fees	8,878	8,878	6,994
Doubtful debts recovered	-	-	(1,991)
	932,273	932,273	825,601
Total 2023	825,601	825,601	

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**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024**

7. Analysis of expenditure by activities (continued)

Analysis of support costs

	Charitable activities 2024 £	Total funds 2024 £	Total funds 2023 £
Audit and accountancy fees	8,880	8,880	7,920
	<u>8,880</u>	<u>8,880</u>	
<i>Total 2023</i>	<u>7,920</u>	<u>7,920</u>	

8. Auditors' remuneration

	2024 £	2023 £
Fees payable to the Company's auditor for the audit of the Company's annual accounts	4,800	4,560
	<u>4,800</u>	<u>4,560</u>

9. Staff costs

	2024 £	2023 £
Wages and salaries	544,537	507,603
Social security costs	167,759	151,609
Contribution to defined contribution pension schemes	31,547	28,223
	<u>743,843</u>	<u>687,435</u>

The average number of persons employed by the Company during the year was as follows:

	2024 No.	2023 No.
Care and support staff	33	32
	<u>33</u>	<u>32</u>

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**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024**

9. Staff costs (continued)

The number of employees whose employee benefits (excluding employer pension costs) exceeded £60,000 was:

	2024 No.	2023 No.
In the band £60,001 - £70,000	1	-

During the year the spouse and son of Mrs Sue Redmond, a trustee, received salaries from the charity. Mr Frank Redmond received £63,478 (2023: £54,483) and Mr Peter Redmond received £7,655 (2023: £7,750). In addition, during the year they were reimbursed expenses incurred on behalf of the charity a total of £8,347 (2023: £7,735).

10. Debtors

	2024 £	2023 £
Due within one year		
Trade debtors	108,700	109,073
	<u>108,700</u>	<u>109,073</u>

11. Creditors: Amounts falling due within one year

	2024 £	2023 £
Other taxation and social security	3,096	-
Accruals and deferred income	19,053	8,100
	<u>22,149</u>	<u>8,100</u>

12. Financial instruments

	2024 £	2023 £
Financial assets		
Financial assets measured at fair value through income and expenditure	1,634,238	1,501,587

Financial assets measured at fair value through income and expenditure comprise bank balances.

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**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024**

13. Statement of funds

Statement of funds - current year

	Balance at 1 April 2023 £	Income £	Expenditure £	Transfers in/out £	Balance at 31 March 2024 £
Unrestricted funds					
General fund	692,943	253,790	(246,235)	-	700,498
Restricted funds					
Adult reserves	132,224	-	-	-	132,224
Children & Families Act 2014	7,070	-	(7,070)	-	-
Development fund	8,286	-	-	-	8,286
DFE Independent support	8,131	-	(9,180)	1,049	-
Information Service Grant	74,792	-	(5,257)	-	69,535
RBKC AS contract	12,006	213,956	(148,462)	-	77,500
Kensington & Chelsea Foundation	11,449	6,013	(10,047)	-	7,415
WLCCG	128,618	472,591	(301,053)	(114,012)	186,144
Family Support Services	7,360	25,093	(21,086)	-	11,367
Music Therapy	1,890	-	(5,490)	8,544	4,944
National Children's Bureau	9,088	-	-	-	9,088
RBKC PCT Carers support	204,724	19,000	(32,830)	-	190,894
Learning Disabilities Contract	23,790	-	(31,155)	31,953	24,588
WLCCG HR fund	86,081	-	(80,101)	72,466	78,446
WLCCG Therapy	127,872	-	-	-	127,872
Grenfell Tower fund	13,858	-	-	-	13,858
Keeping Well CAMHS	6,800	-	-	-	6,800
RBKC IASS Service	15,747	39,440	(26,233)	-	28,954
Other small funds	28,481	29,499	(16,954)	-	41,026
Job retention scheme fund	1,350	-	-	-	1,350
	909,617	805,592	(694,918)	-	1,020,291
Total of funds	1,602,560	1,059,382	(941,153)	-	1,720,789

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**NOTES TO THE FINANCIAL STATEMENTS
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13. Statement of funds (continued)

Statement of funds - prior year

	Balance at 1 April 2022 £	Income £	Expenditure £	Transfers in/out £	Balance at 31 March 2023 £
Unrestricted funds					
General fund	634,150	372,786	(313,993)	-	692,943
Restricted funds					
Restricted Funds - all funds	123,389	316,636	(147,796)	(163,611)	128,618
Adult reserves	132,224	-	-	-	132,224
Children & Families Act 2014	13,220	-	(6,150)	-	7,070
Development fund	8,286	-	-	-	8,286
DFE Independent support	16,834	-	(8,703)	-	8,131
Information Service Grant	93,158	-	(18,366)	-	74,792
RBKC AS contract	(7,531)	150,426	(130,889)	-	12,006
Kensington & Chelsea Foundation	11,176	10,000	(9,727)	-	11,449
WLCCG	910	17,476	(17,941)	-	445
Family Support Services	3,678	23,673	(19,991)	-	7,360
Music Therapy	-	-	(7,110)	9,000	1,890
National Children's Bureau	9,088	-	-	-	9,088
RBKC PCT Carers support	166,977	76,000	(38,253)	-	204,724
Learning Disabilities Contract	8,734	-	(27,469)	42,525	23,790
WLCCG HR fund	52,561	-	(54,230)	87,750	86,081
WLCCG Therapy	105,456	-	(1,920)	24,336	127,872
Grenfell Tower fund	14,758	-	(900)	-	13,858
Keeping Well CAMHS	6,800	-	-	-	6,800
RBKC IASS Service	21,828	24,000	(30,083)	-	15,745
Other small funds	16,038	12,000	-	-	28,038
Job retention scheme fund	1,350	-	-	-	1,350
	<u>798,934</u>	<u>630,211</u>	<u>(519,528)</u>	<u>-</u>	<u>909,617</u>
Total of funds	<u>1,433,084</u>	<u>1,002,997</u>	<u>(833,521)</u>	<u>-</u>	<u>1,602,560</u>

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**NOTES TO THE FINANCIAL STATEMENTS
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14. Summary of funds

Summary of funds - current year

	Balance at 1 April 2023 £	Income £	Expenditure £	Transfers in/out £	Balance at 31 March 2024 £
General funds	692,943	253,790	(246,235)	-	700,498
Restricted funds	909,617	805,592	(694,918)	-	1,020,291
	<u>1,602,560</u>	<u>1,059,382</u>	<u>(941,153)</u>	<u>-</u>	<u>1,720,789</u>

Summary of funds - prior year

	Balance at 1 April 2022 £	Income £	Expenditure £	Transfers in/out £	Balance at 31 March 2023 £
General funds	634,150	372,786	(313,993)	-	692,943
Restricted funds	798,934	630,211	(519,528)	-	909,617
	<u>1,433,084</u>	<u>1,002,997</u>	<u>(833,521)</u>	<u>-</u>	<u>1,602,560</u>

15. Analysis of net assets between funds

Analysis of net assets between funds - current period

	Restricted funds 2024 £	Unrestricted funds 2024 £	Total funds 2024 £
Current assets	1,020,291	722,647	1,742,938
Creditors due within one year	-	(22,149)	(22,149)
Total	<u>1,020,291</u>	<u>700,498</u>	<u>1,720,789</u>

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**NOTES TO THE FINANCIAL STATEMENTS
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15. Analysis of net assets between funds (continued)

Analysis of net assets between funds - prior period

	<i>Restricted funds 2023 £</i>	<i>Unrestricted funds 2023 £</i>	<i>Total funds 2023 £</i>
Current assets	909,617	701,043	1,610,660
Creditors due within one year	-	(8,100)	(8,100)
Total	909,617	692,943	1,602,560

16. Reconciliation of net movement in funds to net cash flow from operating activities

	2024 £	2023 £
Net income for the period (as per Statement of Financial Activities)	118,229	169,476
Adjustments for:		
Decrease in debtors	373	106,227
Increase in creditors	14,049	-
Net cash provided by operating activities	132,651	275,703

17. Analysis of cash and cash equivalents

	2024 £	2023 £
Cash in hand	1,634,238	1,501,587
Total cash and cash equivalents	1,634,238	1,501,587

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**NOTES TO THE FINANCIAL STATEMENTS
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18. Analysis of changes in net debt

	At 1 April 2023	Cash flows	At 31 March 2024
	£	£	£
Cash at bank and in hand	1,501,587	132,651	1,634,238
	<u>1,501,587</u>	<u>132,651</u>	<u>1,634,238</u>

19. Pension commitments

The company operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the company in an independently administered fund. The pension cost charge represents contributions payable by the group to the fund and amounted to £31,547 (2023: £28,223) for the year.