

RESTART LIVES

England & Wales · Charity number 1128848

Details

Other names	ASTELL FOUNDATION, RESTART (WWW.RESTARTLIVES.ORG) LIMITED
Status	Registered
Legal form	Charitable company
Company number	06807567
Registered	2009-03-27
Register	View on the Charity Commission register

Contact

Address Flat 5
69 Onslow Square
London
SW7 3LS

Phone 020 3778 1518

Email email@restartlives.org

Website <http://www.restartlives.org>

Activities

Objects: 3.1. THE RELIEF OF POVERTY THROUGH THE PROVISION OF HOUSING AND OTHER AMENITIES AND SERVICES3.2. THE ADVANCEMENT OF EDUCATION WORLD-WIDE ON ISSUES RELATING TO POVERTY, CITIZENSHIP ANDCOMMUNITY DEVELOPMENT3.3. FURTHERANCE OF THE CHARITABLE WORK OF THE CHARITY BY THE ADVANCEMENT OF SUCH OTHERCHARITABLE PURPOSES AS THE TRUSTEES SHALL FROM TIME TO TIME DECIDE

Activities: RESTART LIVES' objectives are to help London's homeless break the cycle of homelessness, to move from the streets, confront the issues obstructing their futures and return to society as empowered, resilient human beings in employment and living independently in their own accommodation.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, The Prevention Or Relief Of Poverty, Accommodation/housing
- **Who:** Other Defined Groups, The General Public/mankind

Geography

- **Area of benefit:** UNDEFINED. IN PRACTICE, LOCAL
- Throughout London

Finances

Period end	Income	Expenditure	Assets	Employees
2025-02-28	£315,230	£313,974	-	-
2024-02-29	£201,194	£209,157	-	-
2023-02-28	£221,264	£108,961	-	-
2022-02-28	£241,835	£129,985	-	-
2021-02-28	£133,240	£130,908	-	-

Trustees

Name	Role	Appointed
SONYA LEYDECKER	Chair	2018-04-16
Anand Dani		2016-05-01
DAVID PYLE		2018-10-05
Emma Veelenturf		2024-09-09
Marina Abel-Smith		2020-03-01
Mark Veldon		2020-01-28
Michelle Rosenbauer		2024-11-25
Pete Gibbons		2015-01-01
Robert Mills		2019-12-15

RESTART LIVES

England & Wales - Charity number 1128848

Accounts

REGISTERED COMPANY NUMBER: 06807567 (England and Wales)
REGISTERED CHARITY NUMBER: 1128848

Report of the Trustees and
Unaudited Financial Statements for the Year Ended 28 February 2025
for
Restart Lives Ltd

Evergreen
Chartered Accountants
65 London Wall
London
EC2M 5TU

Contents of the Financial Statements
for the Year Ended 28 February 2025

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TRUSTEES

V S Leydecker (Chair)
M Abel-Smith
A Dani
N J C Gandon (resigned 25.11.24)
P Gibbons
A W Marshall
R P Mills
D Pyle
M Veldon
M Rosenbauer (appointed 25.11.24)
E Veelenturf (appointed 9.9.24)

REGISTERED OFFICE

Flat 5
69 Onslow Square
London
SW7 3LS

**REGISTERED COMPANY
NUMBER**

06807567 (England and Wales)

**REGISTERED CHARITY
NUMBER**

1128848

INDEPENDENT EXAMINER

Evergreen
Chartered Accountants
65 London Wall
London
EC2M 5TU

SOLICITORS

Bevan Britten
Fleet Place House
2 Fleet Place
Holborn Viaduct
London
EC4M 7RF

BANKERS

Arbuthnot Latham
Arbuthnot House
7 Wilson Street
London
EC2M 2SN

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 28 February 2025. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and Aims

Restart Lives Ltd (commonly known as RESTART) was registered with the Charity Commission in March 2009 (Charity no. 1128848). Driven by Christian values and generously supported by over 100 volunteers, RESTART seeks to relieve poverty amongst current and former homeless and long-term unemployed men and women, irrespective of their gender, ethnicity or faith.

The Charity's governing document establishes the Charity's objects as follows:

- a) The relief of poverty through the provision of housing and other amenities and services;
- b) The advancement of education world-wide on issues relating to poverty, citizenship and community development; and
- c) Furtherance of the charitable work of the Charity by the advancement of such other charitable purposes as the Trustees shall from time to time decide.

Significant activities

RESTART empowers London's homeless to overcome the personal and systemic barriers they are facing and to reach their self-defined goals. From housing and employment to mental and physical health, we offer wraparound casework and group programmes whose aims are to empower each guest to take the positive steps which are right for them.

Operating from St Columba's Church in Knightsbridge, with offices in Shoreditch and services at partner locations RESTART ran the following core programmes:

REACT: A weekly drop-in hot meal and community service at St Columba's Church, Knightsbridge.

RESTORE: A wellbeing programme aimed at personal development, confidence-building as well as physical and mental health improvement. This included:

- weekly team-building fitness sessions, including football in the summer months; and
- one to one and group therapy sessions run by a team from our paid partners, Mind.

RECRUIT: Online group employability programmes, accessible at any time by offering connectivity including CV writing, job searching and practising for interview, as well as guest volunteering at the drop-in.

CASEWORK - one to one wraparound support to help guests create bespoke plans to reach their self-defined goals across a range of locations, including council visits.

RAISING AWARENESS: engaging with the media and influencers, including politicians, to raise awareness of homelessness and running events, in particular, partnering with schools to educate young people about its impact.

In addition, RESTART ran the following extra services:

- Pop-up events: taster sessions for guests to try out including introduction to group therapy, therapy dogs, dentist trips, voter registration, access to MPs, employability drop-in support, focus groups, coproduction groups, hospitality recruitment and training; and
- Resource Fairs: cold and hot weather resource fairs sharing items to keep guests safe and well under winter and summer conditions.

HOW WE WORK:

- By embedding a trauma informed approach supported with training from Mind and continued coproduction in partnership with Expert Link; and
- One to one wraparound support to help guests create bespoke plans to reach their self-defined goals.

OBJECTIVES AND ACTIVITIES

Public benefit

The Trustees have referred to the guidance offered by the Charity Commission in reviewing aims and objectives and in planning activities. In particular, they consider how planned activities will contribute to RESTART's aims and objectives and ensure these activities are carried out for the public benefit by delivering services which are valued by our guests and enable those with responsibility in the sector to develop and adopt best practice.

ACHIEVEMENTS AND PERFORMANCE

Charitable activities

Under our CEO, Catherine Flay, RESTART continued to expand its services to guests, with greater focus on how we measure our impact in doing so.

Highlights include:

A growing team - We have recruited 2 new caseworkers and a Senior Programmes Executive

A growing need - RESTART supported more guests than ever with 165 enrolled in casework and now has over 1000 guests who attended the Drop-in more than once. Over 14,000 hot meals were served at the Drop-in. Over 400 guests were supported with resources like coats, sleeping bags, tech items, and summer sun safety items.

Strong results for guests - 86% moved one milestone or more, over 50% were able to improve their housing situation within 12 months or less of casework, one third of guests in casework were in permanent housing after starting casework at any time during the year, 100% of guests enrolled in our one to one therapy saw improvement in their mental health according to PHQ4 assessment.

Strong partnerships across the sector and with government bodies such as Job Centre Plus.

Some specifics:

REACT

This year RESTART:

- served 14,481 meals - we now have 1,500 guests registered;
- continued our partnership with Haircuts for Homeless who offered haircuts every 6 weeks giving in total 250 haircuts;
- ran Winter and Summer Resource fairs supporting over 400 guests to receive vital items;
- distributed 122 Christmas gifts and gave 80 "Winter Blues" post-Christmas gifts of £5 Tesco vouchers; and
- offered weekly phone charging and laptop use as part of our digital inclusion programme.

Drop-in partners and supporters included:

- City Harvest and Social Bite donated food;
- Social Bite donated Christmas Gifts;
- Thomas Franks ran three Drop-ins, providing all food plus chef and staff in partnership with Knightsbridge School; and
- Local businesses and individuals donated food on an ad hoc basis.

RESTORE

One to one and Group Therapy

This year we saw the mental health support we offer through Mind move from a trust building phase to guests being more directly engaged in both 1:1 and group therapy sessions to the extent that we were oversubscribed. Mind also provide supervision and training for staff and consultancy to the CEO.

We ran:

1. group therapy/coaching sessions just before our drop-in service once a month for 16 guests; and
2. 1:1 therapy (between 6 and 24 sessions per guest) for 9 guests.

100% of guests in 1:1 therapy saw their PHQ4 scores decrease, meaning their mental health had improved based on self-assessment. Of guests who went on to complete a further 6 or more sessions, 100% saw their PHQ4 score decrease even further. For 50% of participants, the positive changes in their mental health also led to an overall change of their 'stage' on the Progress Pathway.

Fitness and Physical Wellbeing

We ran a range of wellbeing services:

- Our summer football programme offered 21 men the chance to work with an experienced Tottenham Club Coach; and
- This was aimed at helping guests to feel better, to build social skills and have a sense of belonging to a community as well as improve physical fitness and health.

RECRUIT

In 24/25 we **extended our partnership with JobCentre**, adding Settle Street Job Centre in Hackney to our existing relationship with Hoxton Job Centre Plus.

As part of the partnership, one caseworker attends each location every fortnight to support those facing homelessness, offering on the spot appointments and taking on new cases.

We took on **34 cases** from the JobCentre and worked alongside the DWP to help those individuals to get back to supporting themselves through work and ensure they receive the right state support in the meantime.

CASEWORK

This year, for the second year running, Restart Lives increased casework capacity, in recognition of the diverse causes of homelessness and the need to address the unique individual barriers that a person faces to facilitate life changing results.

Concrete results after 12 months or less of casework:

- 165 active one to one cases;
- 86% of guests achieved one milestone or more;
- 52% of guests progressed one or more stages on the progress pathway;
- 1/3 of people were in permanent accommodation; and
- Over 50% of guests were able to improve their housing situation - 6 people moved from temporary accommodation to permanent housing, 2 remained in their temporary accommodation and 21 people remained in permanent accommodation who had been at risk of eviction.

MEASUREMENT

Last year, RESTART introduced new ways of measuring outcomes of casework. These are:

- The Progress Pathway;
- The Individual Progress Plan; and
- Concrete Outcome Areas.

The Progress Pathway

The Progress Pathway offers five categories of progress: Surviving, Coping, Adapting, Changing and Thriving. The caseworker uses the category guidelines to assign a stage to that guest. Then each month or at every milestone, the caseworker assesses which category of progress to assign to the guest.

The Individual Progress Plan

The Individual Progress Plan works alongside the Progress Pathway.

- a progress plan is jointly created by the guest and their caseworker, and involves identifying the key barrier holding a guest back and setting an ultimate goal in relation to overcoming that barrier;
- It aims to break down the goal into manageable steps, each plan includes up to five, timebound milestone targets and agreed actions to take to reach that goal; and
- as each milestone passes, the caseworker records whether or not the target was reached and whether the guest can be assessed as having also moved along the Progress Pathway.

Pop Up Events

Our Summer Sessions included:

- Coproduction focus group;
- Laptop library now run at the Drop-in;
- Info and sign up sessions (to RESTART programmes);
- Mental and physical health awareness sessions;
- Women's Financial Wellbeing;
- Therapy Dogs;
- Saatchi Gallery visit (Prince William Homelessness Exhibition); and
- Resource Fair.

Our Winter Sessions included:

- Resources Fair;
- Coffee Course/Barista training offsite with a partner organisation; and
- Film Club (now run fortnightly) - this has become such a firm favourite that we almost instantly developed it into a regular service within our RESTORE wellbeing offering.

The key objectives were:

- offering a warm and welcoming space for teas, coffees and snacks out of the cold/hot weather;
- providing access to culture which those facing homelessness can be excluded from; and
- providing an opportunity for a non-conversational community space: somewhere to feel part of a group activity but without the need to actively socialise.

74 guests attended our Winter Taster Sessions, whilst the Film Club saw 34 people coming for those sessions alone.

Resource Fairs

We ran seasonal resource fairs in summer and winter, sharing items to keep our guests as safe as possible from the elements, whether heat or cold.

We shared:

- 100+ coats;
- clothing such as trousers, shirts, hoodies, underwear;
- gloves, hats and shoes;
- thermal clothing;
- phones and charging cables;
- sim cards with payment plans;
- hygiene kits and toiletries;
- bags;
- SPF 50 and sun safe caps; and
- water bottles.

RAISING AWARENESS

Generally

In 2024/25 Restart continued to show commitment to raising awareness about homelessness generally as well as RESTART's work specifically.

CEO Catherine Flay appeared on London Live to raise awareness about homelessness, present her position on policy options for change, and publicise RESTART's 2024 Sleepout.

The Sleepout event itself raised awareness as well as funds, with participants spending one night on the street outside RESTART's drop-in location in December. The following morning, participants shared a cooked breakfast and discussed their experience and how it has changed how they might understand and reflect on homelessness.

RESTART's showreel, created by Formidable Media, was driven around the Knightsbridge area on the evening of the Sleepout, bringing images of homelessness and RESTART's message to locations such as Harrods which were decorated with Christmas lights.

Working with other Charities, Sharing and Learning

RESTART was one of five London homeless charities to learn and develop together on Coproduction. The working group included, 999 club, Forest Churches Emergency Night Shelter, NEWway Project, The Passage, all overseen by Expert Link. This resulted in the publication of a Coproduction Guidance Booklet at a conference organised to discuss its findings. This event was attended by local and national government, as well as charities, funders and other stakeholders.

Through this process it became apparent that at RESTART much coproduction was already embedded, for example guests volunteering at the drop-in, regular feedback and input opportunities, co-creation of support work plans and an ethos of genuine listening.

Raising Awareness with Young People

Last year, RESTART made raising awareness with young people one of our reporting areas.

In 24/25 we reached more young people and children than ever before through assemblies, talks, classes and enabling more young people to participate in the Sleepout event last December.

This year, we worked with:

Knightsbridge School

Students attended each Friday afternoon in term time to set up the chairs and tables ready for the drop-in. 10 children received the Charity Champion award for their support for our work. The school brought a group of daring students to join the Sleepout event. The generous children also made and wrote Christmas cards for every single guest.

North London Collegiate School

We delivered a talk to sixth form girls about RESTART, why we exist, what we do, and around careers in the charity sector. We had lunch with members of the school's Charity Committee and other keen students who got a group together to join the Sleepout. Creative ideas emerged for guest sessions which we will incorporate with their help.

Brighton Prep

We delivered lessons to years 5, 6 and 7 YOs about homelessness and the issues that surround it. Children shared their own thoughts and ideas and challenged each other in constructive ways.

Weald School

Weald School have been supporters for many years and this year donated their Easter and Harvest collections to RESTART and organised creative events to support the charity.

We also welcomed our first ever **work experience student** who joined our team in the office to learn more about what makes RESTART work. The student helped us to research 17 small grant opportunities and to complete crucial admin tasks.

FINANCIAL REVIEW

RESTART recorded a small surplus for the year of £1,256 with our outgoings totalling £313,974. This was an increase of around £100,000 on 2023/24 and was largely due to an increase in activity on our programmes, supported by additional staff to run them.

Our total income was £315,230, which was made up of £167,039 in cash donations, £66,000 in in-kind donations, £74,784 in grants from trusts and foundations and £7,407 Gift Aid recoverable from HMRC.

- The bulk of our income came from a very successful Sleep Out event in December 2024, which raised in the region of £120,000 from individual and corporate donations and team efforts by those sleeping out;
- Grant income at £74,784 was received from a range of funders, some of which is unrestricted in its use. Details of grants received are contained in Note 2 to the Financial Statements on page 16; and
- We were also fortunate to have received a number of significant donations including from individuals associated with St Columba's Church and Knightsbridge School.

RESTART wishes to thank all those who have donated funds over the year to enable us to continue our important work.

The successful fundraising efforts during the year have resulted in reserves carried forward of £272,297, £263,473 of which is unrestricted in use. The Reserves Policy seeks to maintain reserves of at least 9 months current expenditure as a prudent sum to allow us to operate comfortably as a going concern. Trustees have also set a budget for the FY which is designed to allow for growth in our services to guests at a time of critical housing shortage and greater homelessness.

Taken together, this provides longer-term security of support for the charity's objectives and enables us to fund planned developments ahead, as outlined on the next page.

PLANS FOR THE FUTURE

With a newly expanded team and expanded roster of services, a key aim of the coming year will be to consolidate the successes of FY 2024/25.

Casework is our core transformative service. This will see a focus on maintaining high numbers of cases for 1:1 casework (200 or more guests overall) and results that demonstrate impact (at least 50% of guests moving at least one stage on the progress pathway through casework and at least 50% able to move one milestone or more).

RESTART will launch a Children's and Families' Service, initially on a small scale, partnering with one South London school as well as accepting referrals from the existing pathways. This will see RESTART focus on prevention, supporting children and families before homelessness starts and therefore seeking to prevent the later symptoms and effects of homelessness on those individuals. It will see RESTART partner increasingly with social services. It will also see RESTART begin to operate in an area of London where it is yet to have a base.

In terms of partnerships, overall, we will be continuing to work with Hoxton and Settle Street Job centres as well as local councils all over London. We will seek more organisations whose clients could benefit from us setting up an outpost at their service(s) such as Abbey Centre and Dr Hickey's practice.

RESTART will continue to expand the mental health services offered, increasing 1:1 provision by adding one more therapist, and finding new ways to motivate guests to attend group sessions. There will be a greater focus on what guests can do for their wellbeing in their own time, with a budget set aside for things like mindful colouring books and pencils, essential oil sprays and stress balls, to offer a range of portable resources.

All programmes will continue, with new and more frequent taster sessions running to find out from guests what appeals and what they'd like more of, and to test out the feasibility of a range of new services that could be developed. This will include gardening, art and Zumba sessions amongst others.

Further, we will continue to raise awareness with future generations, building on our relationships with Knightsbridge School, the Weald School, Haileybury, and Brighton Prep to awaken more young people to homelessness and the constellation of issues that cause, exacerbate and may solve it in our society. We will begin offering frontline volunteering for those aged 14 and over who are accompanied by a parent.

We will once again run our fundraising and awareness Sleepout event in December and bring together our community in support of our guests and the work that we do to support them.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

Registered originally as Astell Foundation, the Charity is registered as a charitable company limited by guarantee (registered number 6807567) and is governed by its Memorandum and Articles of Association. The Charity is registered with the Charity Commission (registered number 1128848) and was established on 2 February 2009 for the main purpose of the assistance of homeless people. It does not have share capital, cannot pay dividends and must utilise all its funds to further its stated charitable objectives.

The Charity has no share capital. Members of the charitable company guarantee to contribute an amount not exceeding £1 each to the assets of the Charity in the event of winding up.

Recruitment and appointment of new trustees

The Board of Trustees as a body has the power to appoint new Trustees. There must be a minimum of three at any one time in line with the Articles of Association. Those who served as Trustees during the year were:

Sonya Leydecker (Chair)
Marina Abel-Smith
Anand Dani
Nick Gandon (Retired 25 November 2024)
Peter Gibbons
Andrew Marshall
Robert Mills
David Pyle
Michelle Rosenbauer (Appointed 25 November 2024)
Emma Veelenturf (Appointed 9 September 2024)
Mark Veldon

Organisational structure

The Trustees administer the Charity on an ongoing basis and meet at least three times a year to discuss the strategic direction of the charity and specific current issues. We employ a Chief Executive, Catherine Flay, supported by a full-time Programme Manager, one full and one part time caseworker and a part time programme executive, together with a part-time Drop-in Manager and a freelance chef working and security manager working alongside around 100 volunteers.

Induction and training of new trustees

All new Trustees attend an induction Trustee Board Meeting where their roles are fully explained. They receive regular information about trustee training and, in the view of the Trustees, have enough knowledge of their specific field to understand the nature of the Charity and fully comply with the Charity's current views of its progression.

Trustees may claim for reasonable expenses (as determined by an agreed policy) incurred in undertaking the Charity's business, but they receive no remuneration or other financial benefit in their capacities as Trustees.

Equality of Opportunity

RESTART is committed to a policy of diversity and inclusion for all employees, volunteers and trustees and to ensuring within the framework of the law that its processes are free from unlawful or unfair discrimination.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Risk management

The Trustees have assessed the major risks to which the Charity is exposed, especially those related to the operations and finances of the Charity and are satisfied that mitigation systems and procedures are in place. These will be reviewed again in 2025/26.

The principal risks faced by the Charity are considered to be:

- safeguarding issues which are mitigated by reviewing policies and ensuring adherence;
- effective management of guests, mitigated by training for staff and volunteers;
- retention of active volunteers, mitigated by clarifying roles and expectations and by positive management;
- recruitment and retention of partners, mitigated by active relationship management to clarify mutual commitments and obligations;
- the success with which appropriate funding is generated to sustain activities, mitigated by delivery of a robust mixed-economy fundraising strategy and by ensuring that all donors receive appropriate reports on progress; and
- the continued support of St. Columba's Church; mitigated by continuing to sustain an open, trusting relationship and to be responsive to any requests.

Approved by order of the board of trustees on 17 November 2025 and signed on its behalf by:

V S Leydecker - Trustee

Independent examiner's report to the trustees of Restart Lives Ltd ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 28 February 2025.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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

Jas Bal FCA

Evergreen
Chartered Accountants
65 London Wall
London
EC2M 5TU

17 November 2025

Statement of Financial Activities
for the Year Ended 28 February 2025

	Notes	Unrestricted fund £	Restricted funds £	28.2.25 Total funds £	29.2.24 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	266,847	48,383	315,230	201,111
Investment income	3	-	-	-	83
Total		<u>266,847</u>	<u>48,383</u>	<u>315,230</u>	<u>201,194</u>
EXPENDITURE ON					
Raising funds	4	5,107	-	5,107	4,632
Charitable activities					
Charitable activities	5	269,308	39,559	308,867	204,525
Total		<u>274,415</u>	<u>39,559</u>	<u>313,974</u>	<u>209,157</u>
NET INCOME/(EXPENDITURE)		(7,568)	8,824	1,256	(7,963)
RECONCILIATION OF FUNDS					
Total funds brought forward		271,041	-	271,041	279,004
TOTAL FUNDS CARRIED FORWARD		<u>263,473</u>	<u>8,824</u>	<u>272,297</u>	<u>271,041</u>

CONTINUING OPERATIONS

All income and expenditure has arisen from continuing activities.

Restart Lives Ltd

Balance Sheet

28 February 2025

	Notes	Unrestricted fund £	Restricted funds £	28.2.25 Total funds £	29.2.24 Total funds £
CURRENT ASSETS					
Stocks	11	27,584	-	27,584	14,228
Debtors	12	16,943	-	16,943	9,537
Cash in hand		231,797	8,824	240,621	260,638
		<u>276,324</u>	<u>8,824</u>	<u>285,148</u>	<u>284,403</u>
CREDITORS					
Amounts falling due within one year	13	(12,851)	-	(12,851)	(13,362)
NET CURRENT ASSETS		<u>263,473</u>	<u>8,824</u>	<u>272,297</u>	<u>271,041</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		263,473	8,824	272,297	271,041
NET ASSETS FUNDS	14	<u>263,473</u>	<u>8,824</u>	<u>272,297</u>	<u>271,041</u>
Unrestricted funds				263,473	271,041
Restricted funds				8,824	-
TOTAL FUNDS				<u>272,297</u>	<u>271,041</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 28 February 2025.

The members have not required the company to obtain an audit of its financial statements for the year ended 28 February 2025 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

The notes form part of these financial statements

Restart Lives Ltd

Balance Sheet - continued

28 February 2025

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

The financial statements were approved by the Board of Trustees and authorised for issue on 17 November 2025 and were signed on its behalf by:

V S Leydecker - Trustee

The notes form part of these financial statements

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, 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)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Financial reporting standard 102 - reduced disclosure exemptions

The charitable company has taken advantage of the following disclosure exemption in preparing these financial statements, as permitted by FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland':

- the requirements of Section 7 Statement of Cash Flows.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, 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 accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings, they have been allocated to activities on a basis consistent with the use of resources.

Stocks

Stocks are valued at the lower of cost and net realisable value, after making due allowance for obsolete and slow moving items.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

The charitable company contributes to a work place pension scheme on behalf of its eligible employees. Contributions payable to the pension scheme are charged to the profit and loss account in the period to which they relate.

Staff and support costs

Staff and freelance contractor costs are attributed to activities based on estimates of time spent by each person on each activity.

Notes to the Financial Statements - continued
for the Year Ended 28 February 2025

2. DONATIONS AND LEGACIES

	28.2.25	29.2.24
	£	£
Donations and legacies	174,446	138,251
In-kind support	66,000	51,486
Grants	74,784	11,374
	<u>315,230</u>	<u>201,111</u>

Donations received during the year include:

- Individual donations: £161,954; and
- Online donations, including through JustGiving and CAF: £5,085.

Gift Aid recoverable on donations received in the year amounts to £7,407.

Grants received this year from corporate bodies (foundations) comprise £6,528 from Alix Partners Charitable Foundation and £12,000 from Cannaccord Genuity Wealth Management. Both grants were unrestricted.

Grants received this year from charitable foundations:

- Vicars Relief Fund £1,236, restrictive ad hoc amounts to cover the costs of supporting specific guests;
- Skinners £4,000, a restricted grant for the costs in supporting victims of domestic violence;
- Garfield Weston Foundation £30,000, a restricted grant to cover 10% of the core costs of the charity;
- Julia Rausing Trust - £11,020, a restricted grant to cover costs of the weekly Drop-in; and
- Napier Grant from St Columbus Church - £10,000 for the general running costs of the charity.

In-kind support included the following:

- Phones £4,400;
- SIM cards £29,232;
- Sleeping Bags £275;
- Food £22,583;
- Laptops £2,000;
- Shelter suits £2,640;
- Clothing £4,000;
- Supermarket vouchers £470; and
- Toiletries £400.

3. INVESTMENT INCOME

	28.2.25	29.2.24
	£	£
Interest received	<u>-</u>	<u>83</u>

Notes to the Financial Statements - continued
for the Year Ended 28 February 2025

4. RAISING FUNDS

Raising donations and legacies

	28.2.25	29.2.24
	£	£
Sleep out expenses	4,037	4,112
Fundraising expenses	1,070	520
	<u>5,107</u>	<u>4,632</u>

Fundraising expenses relate to the Sleep Out event and on-line donation service fees.

5. CHARITABLE ACTIVITIES COSTS

	Direct Costs (see note 6)
	£
Charitable activities	<u>308,867</u>

6. DIRECT COSTS OF CHARITABLE ACTIVITIES

	28.2.25	29.2.24
	£	£
Staff costs	180,655	109,552
Office and other expenses	13,143	5,724
Freelance administration	-	200
Rent & insurance	10,883	14,049
Programme and general expenses	41,175	29,891
Food, chef, venue expenses & in-kind donations	45,639	34,619
Staff development	5,876	372
Accountancy	11,496	10,118
	<u>308,867</u>	<u>204,525</u>

7. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or benefits for the year ended 28 February 2025 (2024: nil) save as set out below.

Trustees' expenses

There were no trustees' expenses paid for the year ended 28 February 2025 (2024: nil).

Bookkeeping expenses

Parity Accounting, whose founder is Trustee Emma Veelenturf, acts as our accountant and bookkeeper for which it was paid £3,900 for the year ended 28 February 2025 (2024: £3,600).

Notes to the Financial Statements - continued
for the Year Ended 28 February 2025

8.

Staff costs relate to staff employed by the charity and exclude freelance contractors.

The average monthly number of employees during the year was as follows:

28.2.25	29.2.24
<u>7</u>	<u>5</u>

No employees received emoluments in excess of £60,000.

The cost of freelance contractors was as follows:

- £5,447 for Chef catering services at the weekly Drop-in;
- £4,962 for security services at the weekly Drop-in; and
- £3,900 for accounting and book-keeping services.

9. **COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES**

	Unrestricted fund £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	201,111	-	201,111
Investment income	83	-	83
Total	<u>201,194</u>	<u>-</u>	<u>201,194</u>
EXPENDITURE ON			
Raising funds	4,632	-	4,632
Charitable activities			
Charitable activities	204,525	-	204,525
Total	<u>209,157</u>	<u>-</u>	<u>209,157</u>
NET INCOME/(EXPENDITURE)	(7,963)	-	(7,963)
RECONCILIATION OF FUNDS			
Total funds brought forward	279,004	-	279,004
TOTAL FUNDS CARRIED FORWARD	<u>271,041</u>	<u>-</u>	<u>271,041</u>

Notes to the Financial Statements - continued
for the Year Ended 28 February 2025

10. SHARE CAPITAL

The company has no share capital being limited by guarantee. The guarantors will contribute a maximum of £1 each in the event of a liquidation.

11. STOCKS

	28.2.25	29.2.24
	£	£
In-kind donations held in store	<u>27,584</u>	<u>14,228</u>

12. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	28.2.25	29.2.24
	£	£
Trade debtors	<u>16,943</u>	<u>9,537</u>

13. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	28.2.25	29.2.24
	£	£
Social security and other taxes	4,840	3,186
Other creditors	2,164	1,000
Accruals and deferred income	5,847	9,176
	<u>12,851</u>	<u>13,362</u>

14. MOVEMENT IN FUNDS

	At 1.3.24	Net movement in funds	At 28.2.25
	£	£	£
Unrestricted funds			
Unrestricted	271,041	(7,568)	263,473
Restricted funds			
Restricted	-	8,824	8,824
TOTAL FUNDS	<u>271,041</u>	<u>1,256</u>	<u>272,297</u>

Net movement in funds, included in the above are as follows:

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
Unrestricted	266,847	(274,415)	(7,568)
Restricted funds			
Restricted	48,383	(39,559)	8,824
TOTAL FUNDS	<u>315,230</u>	<u>(313,974)</u>	<u>1,256</u>

Notes to the Financial Statements - continued
for the Year Ended 28 February 2025

14. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.3.23 £	Net movement in funds £	At 29.2.24 £
Unrestricted funds			
Unrestricted	279,004	(7,963)	271,041
TOTAL FUNDS	<u>279,004</u>	<u>(7,963)</u>	<u>271,041</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
Unrestricted	201,194	(209,157)	(7,963)
TOTAL FUNDS	<u>201,194</u>	<u>(209,157)</u>	<u>(7,963)</u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.3.23 £	Net movement in funds £	At 28.2.25 £
Unrestricted funds			
Unrestricted	279,004	(15,531)	263,473
Restricted funds			
Restricted	-	8,824	8,824
TOTAL FUNDS	<u>279,004</u>	<u>(6,707)</u>	<u>272,297</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
Unrestricted	468,041	(483,572)	(15,531)
Restricted funds			
Restricted	48,383	(39,559)	8,824
TOTAL FUNDS	<u>516,424</u>	<u>(523,131)</u>	<u>(6,707)</u>

15. RELATED PARTY DISCLOSURES

With effect from 1 March 2020, Ms. Olivia Pyle, the daughter of Mr. David Pyle who was appointed as a Trustee on 18 May 2019, was appointed in a full-time Programme Manager role. Mr. Pyle did not participate in the Board of Trustees' decision to appoint her nor any subsequent discussions involving Ms. Pyle's employment.

With effect from 22 October 2022, Parity Accounting, of which Emma Veelenturf is the founder, has acted as accountant and bookkeeper for RESTART. Emma Veelenturf became a Trustee on 9 September 2024.

Detailed Statement of Financial Activities
for the Year Ended 28 February 2025

	28.2.25	29.2.24
	£	£
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations and legacies	174,446	138,251
In-kind support	66,000	51,486
Grants	74,784	11,374
	<u>315,230</u>	<u>201,111</u>
Investment income		
Interest received	-	83
Total incoming resources	<u>315,230</u>	<u>201,194</u>
EXPENDITURE		
Raising donations and legacies		
Sleep out expenses	4,037	4,112
Fundraising expenses	1,070	520
	<u>5,107</u>	<u>4,632</u>
Charitable activities		
Wages & bonus	166,073	102,971
Social security	10,692	3,912
Employer pension contributions	3,890	2,669
Office and other expenses	13,143	5,724
Freelance administration	-	200
Rent & insurance	10,883	14,049
Programme and general expenses	41,175	29,891
Food, chef, venue expenses & in-kind donations	45,639	34,619
Staff development	5,876	372
Accountancy	11,496	10,118
	<u>308,867</u>	<u>204,525</u>
Total resources expended	<u>313,974</u>	<u>209,157</u>
Net income/(expenditure)	<u>1,256</u>	<u>(7,963)</u>

RESTART LIVES

England & Wales - Charity number 1128848

Accounts

REGISTERED COMPANY NUMBER: 06807567 (England and Wales)
REGISTERED CHARITY NUMBER: 1128848

Report of the Trustees and
Unaudited Financial Statements for the Year Ended 29 February 2024
for
Restart Lives Ltd

Evergreen
Chartered Accountants
65 London Wall
London
EC2M 5TU

Contents of the Financial Statements
for the Year Ended 29 February 2024

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TRUSTEES	V S Leydecker (Chair) M Abel-Smith A Dani N J C Gandon P Gibbons A W Marshall R P Mills D Pyle J Soame (resigned 1.5.23) M Veldon
REGISTERED OFFICE	Flat 5 69 Onslow Square London SW7 3LS
REGISTERED COMPANY NUMBER	06807567 (England and Wales)
REGISTERED CHARITY NUMBER	1128848
INDEPENDENT EXAMINER	Evergreen Chartered Accountants 65 London Wall London EC2M 5TU
SOLICITORS	Bevan Britten Fleet Place House 2 Fleet Place Holborn Viaduct London EC4M 7RF
BANKERS	Arbuthnot Latham Arbuthnot House 7 Wilson Street London EC2M 2SN

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 29 February 2024. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and Aims

Restart Lives Ltd (commonly known as RESTART) was registered with the Charity Commission in March 2009 (Charity no. 1128848). Driven by Christian values and generously supported by over 100 volunteers, RESTART seeks to relieve poverty amongst current and former homeless and long-term unemployed men and women, irrespective of their gender, ethnicity or faith.

The Charity's governing document establishes the Charity's objects as follows:

- a) The relief of poverty through the provision of housing and other amenities and services;
- b) The advancement of education world-wide on issues relating to poverty, citizenship and community development; and
- c) Furtherance of the charitable work of the Charity by the advancement of such other charitable purposes as the Trustees shall from time to time decide.

Significant activities

RESTART empowers London's homeless to overcome the personal and systemic barriers they are facing and to reach their self-defined goals. From housing and employment to mental and physical health, we offer wraparound casework and group programmes whose aims are to empower each guest to take the positive steps which are right for them.

We believe everyone deserves a safe home.

Operating from St Columba's Church in Knightsbridge and with offices in Shoreditch, RESTART ran the following core programmes:

REACT: A weekly drop in hot meal and community service at St Columba's Church, Knightsbridge.

RESTORE: This year RESTART offered pilot wellbeing programmes aimed at personal development, confidence building as well as physical and mental health improvement. This included:

- weekly team-building fitness sessions, including boxing and football weekly; and
- one to one and group therapy sessions run by a team from our paid partners, Mind.

RECRUIT: Group employability programmes run twice a year, imparting skills including CV writing, job searching and practising for interview.

RAISING AWARENESS: engaging with the media and influencers, including politicians, to raise awareness of homelessness and running events, in particular, partnering with schools to educate young people about its impact.

In addition, RESTART ran the following extra services:

- Pop-up events: taster sessions focusing on the key areas of support including introduction to group therapy, therapy dogs, employability drop-in support, focus groups, coproduction groups, hospitality recruitment and training; and
- Resource Fairs: cold weather resource fairs sharing items to keep guests safe and well under winter conditions.

HOW:

- In the year 23/24 RESTART embedded a trauma informed approach supported with training from Mind and continued to prioritise coproduction in partnership with Expert Link; and
- The charity has significantly expanded its casework to offer one to one wraparound support to help guests create bespoke plans to reach their self-defined goals.

Restart Lives Ltd

Report of the Trustees
for the Year Ended 29 February 2024

OBJECTIVES AND ACTIVITIES

Public benefit

The Trustees have referred to the guidance offered by the Charity Commission in reviewing aims and objectives and in planning activities. In particular, the Trustees consider how planned activities will contribute to the aims and objectives and they ensure that these activities are carried out for the public benefit by delivering services that are valued by our guests and enable those with responsibility in the sector to develop and adopt best practice.

ACHIEVEMENT AND PERFORMANCE

Charitable activities

Under our new CEO, Catherine Flay, RESTART continued to expand its services to guests, with greater focus on how we measure our impact in doing so.

Highlights include:

We have recruited 2 new caseworkers and a programmes manager in recognition of the diverse causes of homelessness and the need to address the unique individual barriers that each guest faces, so that they can make sustainable life changing results.

With the support of Mind, we have adopted a trauma-informed approach to the support we offer guests and to those who deliver our services, including volunteers and staff. We have also introduced a wellbeing programme for staff.

In order better to test the effectiveness of our programmes, we now have new ways of measuring outcomes of casework through the Progress Pathway, the Individual Progress Plan and a specific focus on results in the areas of housing and employment. We will learn lessons from the results and amend the approach in response.

We have had a successful collaboration with the Job Centre Plus in Hoxton where we met 50% of our guests in casework. This recognises the reality that approaching work, finding and keeping work is about more than skills directly relating to employment, and just as much about other barriers being under control if not overcome, and a person being 'ready' in a range of ways to take that step towards self-support.

The current severe shortage of housing and stretched local authority budgets mean that accommodation is often a threshold issue for guests before they can address other development issues or seek employment.

In light of this housing crisis, RESTART has engaged in activities to raise awareness of the issue and attempt to influence decision makers specifically to consider solutions for this marginalised group in society.

With thanks to the many who participated and contributed, we ran a very successful Sleep Out event which was our principal fundraising activity this year, along with generous individual donations and grants from corporates and trusts and foundations.

We are particularly proud to have the support of a number of schools and their pupils and staff, including Knightsbridge School, Haileybury School, Brighton College Prep and Weald Community School.

Some specifics:

REACT

This year RESTART:

- served 14,366 meals to 717 guests, with over 80% returning more than once;
- continued our partnership with Haircuts for Homeless who offered haircuts every 6 weeks giving in total 179 haircuts; and
- distributed 100 Christmas gifts including a £10 All For One voucher, chocolates, hats, gloves and toiletries.

Drop-in partners and supporters included:

- City Harvest, Social Bite and the Country Food Trust donated food;
- Mandarin Oriental Hotel Group ran one Drop-in, providing all food plus chef and staff; and
- Thomas Franks ran two Drop-ins, providing all food plus chef and staff in partnership with Knightsbridge School.

RESTORE

Men's Football and Boxing - from April to October 2023, we ran weekly football skills sessions for with a group of up to 10 men who were RESTART guests or referred from partner organisations.

This gave an opportunity not only to do drills and kick a ball together but to speak freely about anything going on in the guests' lives so that we could refer them on to other services such as therapy, health and addiction services.

During the Winter months, we offered Men's Boxing weekly with a trauma informed coach at his Hammersmith Boxing Gym.

Mental Health support from Mind - RESTART started a paid partnership with Mind which includes provision for one-to-one and group therapy for guests, supervision (reflective practice) and training for staff and consultancy to the CEO.

As part of this, RESTART ran a six-week group therapy programme and 20 individual therapy sessions for guests.

RECRUIT

RESTART has partnered with Hoxton Job Centre Plus, to offer background, wraparound support to those receiving benefits and seeking work.

As well as imparting work-related skills on the RECRUIT programme, the aim here is to support guests in other areas of their life such as accommodation or mental health issues, so that they were better able to attend Job Centre appointments, avoid sanctions, and take advantage of any training, job fairs, or work opportunities that arise.

CASEWORK

This year, RESTART has reached a larger number of guests both by increasing our casework capacity as well as meeting new guests through other avenues, for example the Job Centre, Pop Up Events or resources fairs.

Results summary:

- 136 new one-to-one cases taken on;
- 72% of all cases had progressed one or more stages at end of year;
- 69% of closed cases ended with one or more stages progressed by end of year;
- nobody who engaged in one-to-one support fell into rough sleeping from a less severe form of homelessness or risk of eviction; and
- after one-to-one support, the number in permanent housing had increased by over 4%.

MEASUREMENT

This year, RESTART Lives introduced new ways of measuring outcomes of casework. These were:

- The Progress Pathway;
- The Individual Progress Plan; and
- Concrete Outcome Areas.

The Progress Pathway

The Progress Pathway offers five categories of progress: Surviving, Coping, Adapting, Changing and Thriving. The caseworker uses the category guidelines to assign a stage to that guest. Then each month or at every milestone, the caseworker assesses which category of progress to assign to the guest.

The Individual Progress Plan

The Individual Progress Plan works alongside the Progress Pathway.

- a progress plan is jointly created by the guest and their caseworker, involves identifying the key barrier holding a guest back and setting an ultimate goal in relation to overcoming that barrier;
- It aims to break down the goal into manageable steps, each plan includes up to five, timebound milestone targets and agreed actions to take to reach that goal; and
- as each milestone passes, the caseworker records whether or not the target was reached and whether the guest can be assessed as having also moved along the Progress Pathway.

44% of guests set goals in housing. 19% set a goal in Employment, 6% in Personal Development, 5% in Other (which primarily covered immigration issues).

Of 136 guests taken on for casework, 51 reached one milestone, 35 reached two milestones, 20 reached three milestones, 12 reached four milestones and six reached five milestones.

Concrete Outcomes: Following up with homeless and formerly homeless men and women to determine concrete outcomes is very difficult for obvious reasons. However, key success is that, of those seeking casework in any type of homelessness other than rough sleeping, 0 people fell into rough sleeping, showing a 100% track record in preventing homelessness becoming more severe for someone in casework.

Pop Up Events

In the Summer of 2023, RESTART ran a programme of taster events to allow guests to try out the kind of support offered more concertedly on the core programmes.

Events included:

- Therapy dogs in partnership with Therapy Dogs Nationwide;
- Employability session;
- Drop-in to get to know the caseworkers/issues surgery; and
- Laptop use club.

Resource Fairs

In winter, RESTART Lives ran two resource fairs at our Knightsbridge drop-in centre. 19 attended in November, 74 came in December.

Resources shared included:

- 100+ coats, trousers, shirts, hoodies, socks, underwear, gloves, hats, and shoes, hygiene kits and bags;
- smart phones for those taking steps towards employment or with other reasons of need; and
- basic phones, sim cards with payment plans, phone chargers and power banks.

Donations came from individual supporters, Wrap Up London, the Athenaeum Hotel, Alix Partners, Vodafone and Only a Pavement Away.

Raising Awareness

RESTART continued to raise awareness about homelessness and offered educational experiences to schools to make sure this awareness starts young.

Media and Events

Sleep out - Participants slept on the street outside the drop-in service location for one night, and in the morning reflected on their experiences and what new thinking they might have developed around homelessness and rough sleeping. The Mayor of RBKC opened the event and shared her thoughts on homelessness in the area.

As part of publicising the event, the CEO joined a panel on GB News promoting the event and discussing homelessness, its causes and solutions, thereby reaching a potentially totally new audience.

Educating Young People

RESTART created a young person's award, the RESTART Lives Charity Champion. These were awarded to 5-10 individuals at each of the partner schools in recognition of excellent learning, empathy and/or awareness/fundraising activities.

Haileybury School organised a second sleep out event for their students at which a RESTART Programmes Manager shared information around homelessness to contribute to schoolwork on the topic.

Brighton College Prep and Weald Community School both ran their own ‘Sleep In’ events in partnership with RESTART. The Programmes Manager and CEO delivered two lessons, one to years 5 and 6 and one to year 7 at Brighton Prep and had a zoom call with the Head Boy and Head Girls at Weald Community School, answering questions so that the students were then in a position to lead an assembly and pass the knowledge on to their peers. The students at Weald School also made a display reflecting on homelessness.

Students from **Knightsbridge School** regularly set up the tables and chairs in the Friday night REACT space, and the CEO delivered an assembly at the school sharing the newly developed RESTART Lives Charity Champion award to students who had made an outstanding commitment to helping make the Drop-in happen each week.

FINANCIAL REVIEW

RESTART recorded a small deficit of £7,963 for the year with our outgoings totalling £209,157. This was an increase of around £100,000 on 2022/23 and was largely due to an increase in activity on our programmes, supported by additional staff to run them.

Our total income was £201,194, which was largely made up of £138,251 in cash donations, £51,486 in in-kind (mainly food) donations and £11,374 in grants from trusts and foundations.

- The bulk of our income came from a very successful Sleep Out event in December 2023, which raised in the region of £70,000 from individual and corporate donations and team efforts by those sleeping out;
- Grant income at £11,374 was received from a range of funders, all of it unrestricted in its use. This is down on the previous year. Details of grants received are contained in Note 2 to the Financial Statements on page 15; and
- We were also fortunate to have received a number of significant donations including from individuals associated with St Columba’s Church and Knightsbridge School.

RESTART wishes to thank all those who have donated funds over the year to enable us to continue our important work.

The successful fundraising efforts during the year have resulted in reserves of £271,041, almost all of which is unrestricted in use. Trustees have adopted a new Reserves Policy which seeks to maintain reserves of at least 9 months current expenditure as a prudent sum to allow us to operate comfortably as a going concern. Trustees have also set a budget for the FY which is designed to allow for growth in our services to guests at a time of critical housing shortage and greater homelessness.

Taken together, this provides longer-term security of support for the charity’s objectives and enables us to fund planned developments ahead, as outlined on the next page.

PLANS FOR THE FUTURE

With a newly expanded team and expanded roster of services, a key aim of the coming year will be to consolidate the successes of FY 2023/24.

This will see a focus on maintaining high numbers of cases taken on for one-to-one casework (at least 30 per quarter) and results that demonstrate impact (at least 50% of guests moving at least one stage on the progress pathway through casework). In terms of partnerships, we will be looking to emulate the success we have had in working with Hoxton Job Centre and Lighthouse, and will seek more organisations whose clients could benefit from us setting up an outpost at their service(s). In particular, we hope to start working with Tower Hamlets Job Centre from midway through the year.

The Drop-in (REACT) has also grown in the past financial year, and we are keen to set up a second similar weekly drop-in at a different location to spread our reach into more areas across London. A weekend, daytime service is our aim, at a location that could also facilitate our hosting more seasonal resource fairs.

We will build on the success of our Winter Resources Fairs and offer the same in Summer, raising funds to purchase items like sunscreen, sun hats, sunglasses and protective clothing to keep those on the street safe from the dangers of sun and heat in the hotter months.

We have laid the foundations to provide ongoing one-to-one and group mental health support. Making this service a true success rests on building trust with guests over time and providing many ways for them to try out this kind of support. We therefore aim to build on our taster group sessions with regular group therapy taking place at our Knightsbridge location, and double the number of individuals taking up the offer of six weeks of 1:1 therapy. We will continue our game changing partnership with Mind and look to secure multi-year funding to ensure we can continue the vital work we have started in this area. We will continue our trauma informed physical fitness sessions as part of our efforts.

We will consolidate our new and more comprehensive data collection and impact reporting systems. This will allow us to start influencing and sharing our findings with those who have the power to make changes. Following the 2024 general election, we will seek to work with the new government to support informed changes at the systemic level.

Further, we will continue to raise awareness with future generations, building on our relationships with Knightsbridge School, the Weald School, Haileybury, and Brighton Prep to awaken more young people to homelessness and the constellation of issues that cause, exacerbate and may solve it in our society.

We will once again run our fundraising and awareness Sleepout event in December and bring together our community in support of our guests and the work that we do to support them.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

Registered originally as Astell Foundation, the Charity is registered as a charitable company limited by guarantee (registered number 6807567) and is governed by its Memorandum and Articles of Association. The Charity is registered with the Charity Commission (registered number 1128848) and was established on 2 February 2009 for the main purpose of the assistance of homeless people. It does not have share capital, cannot pay dividends and must utilise all its funds to further its stated charitable objectives.

The Charity has no share capital. Members of the charitable company guarantee to contribute an amount not exceeding £1 each to the assets of the Charity in the event of winding up.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Recruitment and appointment of new trustees

The Board of Trustees as a body has the power to appoint new Trustees. There must be a minimum of three at any one time in line with the Articles of Association. Those who served as Trustees during the year were:

- Sonya Leydecker (Chair)
- Marina Abel-Smith
- Anand Dani
- Nicholas Gandon
- Peter Gibbons
- Andrew Marshall
- Robert Mills
- David Pyle
- Jenna Soame (resigned 1.5.23)
- Mark Veldon

Organisational structure

The Trustees administer the Charity on an ongoing basis and meet at least three times a year to discuss the strategic direction of the charity and specific current issues. We employ a Chief Executive, Catherine Flay, supported by a full-time Programme Manager, one full and one part time caseworker and a part time programme executive, together with a part-time Drop-in Manager and a freelance chef working and security manager working alongside around 100 volunteers.

Induction and training of new trustees

All new Trustees attend an induction Trustee Board Meeting where their roles are fully explained. They receive regular information about trustee training and, in the view of the Trustees, have enough knowledge of their specific field to understand the nature of the Charity and fully comply with the Charity's current views of its progression. Trustees may claim for reasonable expenses (as determined by an agreed policy) incurred in undertaking the Charity's business, but they receive no remuneration or other financial benefit in their capacities as Trustees.

Equality of Opportunity

RESTART is committed to a policy of diversity and inclusion for all employees, volunteers and trustees and to ensuring within the framework of the law that its processes are free from unlawful or unfair discrimination.

Risk management

The Trustees have assessed the major risks to which the Charity is exposed, especially those related to the operations and finances of the Charity and are satisfied that mitigation systems and procedures are in place. These will be reviewed again in 2024/25.

The principal risks faced by the Charity are considered to be:

- safeguarding issues which are mitigated by reviewing policies and ensuring adherence;
- effective management of guests, mitigated by training for staff and volunteers;
- retention of active volunteers, mitigated by clarifying roles and expectations and by positive management;
- recruitment and retention of partners, mitigated by active relationship management to clarify mutual commitments and obligations;
- the success with which appropriate funding is generated to sustain activities, mitigated by delivery of a robust mixed-economy fundraising strategy and by ensuring that all donors receive appropriate reports on progress; and
- the continued support of St. Columba's Church; mitigated by continuing to sustain an open, trusting relationship and to be responsive to any requests.

Approved by order of the board of trustees on and signed on its behalf by:

.....
V S Leydecker - Trustee

Statement of Trustees' Responsibilities
for the Year Ended 29 February 2024

The trustees (who are also the directors of Restart Lives Ltd for the purposes of company law) are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) including Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland".

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing those financial statements, the trustees are required to

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Independent examiner's report to the trustees of Restart Lives Ltd ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 29 February 2024.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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

Jas Bal FCA

Evergreen
Chartered Accountants
65 London Wall
London
EC2M 5TU

Date:

Restart Lives Ltd

Statement of Financial Activities
for the Year Ended 29 February 2024

	Notes	Unrestricted fund £	Restricted funds £	29.2.24 Total funds £	28.2.23 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	201,111	-	201,111	221,123
Investment income	3	83	-	83	141
Total		<u>201,194</u>	<u>-</u>	<u>201,194</u>	<u>221,264</u>
EXPENDITURE ON					
Raising funds	4	4,632	-	4,632	202
Charitable activities	5				
Charitable activities		<u>204,525</u>	<u>-</u>	<u>204,525</u>	<u>108,759</u>
Total		<u>209,157</u>	<u>-</u>	<u>209,157</u>	<u>108,961</u>
NET INCOME/(EXPENDITURE)		(7,963)	-	(7,963)	112,303
RECONCILIATION OF FUNDS					
Total funds brought forward		279,004	-	279,004	166,701
TOTAL FUNDS CARRIED FORWARD		<u>271,041</u>	<u>-</u>	<u>271,041</u>	<u>279,004</u>

CONTINUING OPERATIONS

All income and expenditure has arisen from continuing activities.

Restart Lives Ltd

Balance Sheet

29 February 2024

	Notes	Unrestricted fund £	Restricted funds £	29.2.24 Total funds £	28.2.23 Total funds £
CURRENT ASSETS					
Stocks	11	14,228	-	14,228	-
Debtors	12	9,537	-	9,537	699
Cash in hand		260,638	-	260,638	287,833
		<u>284,403</u>	<u>-</u>	<u>284,403</u>	<u>288,532</u>
CREDITORS					
Amounts falling due within one year	13	(13,362)	-	(13,362)	(9,528)
		<u>271,041</u>	<u>-</u>	<u>271,041</u>	<u>279,004</u>
NET CURRENT ASSETS					
		<u>271,041</u>	<u>-</u>	<u>271,041</u>	<u>279,004</u>
TOTAL ASSETS LESS CURRENT LIABILITIES					
		<u>271,041</u>	<u>-</u>	<u>271,041</u>	<u>279,004</u>
NET ASSETS					
		<u>271,041</u>	<u>-</u>	<u>271,041</u>	<u>279,004</u>
FUNDS					
Unrestricted funds	14			<u>271,041</u>	<u>279,004</u>
TOTAL FUNDS					
				<u>271,041</u>	<u>279,004</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 29 February 2024.

The members have not required the company to obtain an audit of its financial statements for the year ended 29 February 2024 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

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

The financial statements were approved by the Board of Trustees and authorised for issue on and were signed on its behalf by:

.....
V S Leydecker - Trustee

The notes form part of these financial statements

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, 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)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Financial reporting standard 102 - reduced disclosure exemptions

The charitable company has taken advantage of the following disclosure exemption in preparing these financial statements, as permitted by FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland':

- the requirements of Section 7 Statement of Cash Flows.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, 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 accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings, they have been allocated to activities on a basis consistent with the use of resources.

Stocks

Stocks are valued at the lower of cost and net realisable value, after making due allowance for obsolete and slow moving items.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

The charitable company contributes to a work place pension scheme on behalf of its eligible employees. Contributions payable to the pension scheme are charged to the profit and loss account in the period to which they relate.

Staff and support costs

Staff and freelance contractor costs are attributed to activities based on estimates of time spent by each person on each activity.

Notes to the Financial Statements - continued
for the Year Ended 29 February 2024

2. DONATIONS AND LEGACIES

	29.2.24	28.2.23
	£	£
Donations and legacies	138,251	153,873
In-kind support	51,486	-
Grants	11,374	67,250
	<u>201,111</u>	<u>221,123</u>

Donations received during the year include:

- Individual donations: £118,671
- Online donations, including through JustGiving and CAF: £10,742; and
- Gift Aid: £8,838.

Grants received this year £11,374 from Alix Partners Charitable Foundation.

In-kind support included the following:

- Phones £7,610;
- SIM cards £13,248;
- Power Banks £800;
- Sleeping Bags £800;
- Food £19,709;
- Printer £531;
- Football coaching £1,107;
- Laptops £2,040;
- Shelter suits £640; and
- Coats £5,000.

3. INVESTMENT INCOME

	29.2.24	28.2.23
	£	£
Interest received	83	141
	<u>83</u>	<u>141</u>

4. RAISING FUNDS

Raising donations and legacies

	29.2.24	28.2.23
	£	£
Sleep out expenses	4,112	-
Fundraising expenses	520	202
	<u>4,632</u>	<u>202</u>

Fundraising expenses relate to the Sleep Out event and online donation service fees.

Notes to the Financial Statements - continued
for the Year Ended 29 February 2024

5. CHARITABLE ACTIVITIES COSTS

	Direct Costs (see note 6) £
Charitable activities	204,525

6. DIRECT COSTS OF CHARITABLE ACTIVITIES

	29.2.24	28.2.23
	£	£
Staff costs	109,552	58,356
Office and other expenses	5,724	208
Freelance administration	200	6,975
Rent & insurance	14,049	11,287
Programme and general expenses	29,891	8,352
Food, chef, venue expenses & in-kind donations	34,619	16,371
Staff development	372	576
Accountancy	10,118	6,634
	<u>204,525</u>	<u>108,759</u>

7. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or benefits for the year ended 28 February 2024 (2023: nil).

Trustees' expenses

There were no trustees' expenses paid for the year ended 28 February 2024 (2023: nil).

8. STAFF COSTS

Staff costs relate to staff employed by the charity and exclude freelance contractors.

The average monthly number of employees during the year was as follows:

29.2.24	28.2.23
5	3
<u>5</u>	<u>3</u>

No employees received emoluments in excess of £60,000.

The cost of freelance contractors was as follows:

- £200 for Consultant cover between CEOs; and
- £4,298 for Drop-in session Chef catering services.

Notes to the Financial Statements - continued
for the Year Ended 29 February 2024

9. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	221,123	-	221,123
Investment income	141	-	141
Total	<u>221,264</u>	<u>-</u>	<u>221,264</u>
EXPENDITURE ON			
Raising funds	202	-	202
Charitable activities			
Charitable activities	103,889	4,870	108,759
Total	<u>104,091</u>	<u>4,870</u>	<u>108,961</u>
NET INCOME/(EXPENDITURE)	117,173	(4,870)	112,303
RECONCILIATION OF FUNDS			
Total funds brought forward	161,831	4,870	166,701
TOTAL FUNDS CARRIED FORWARD	<u><u>279,004</u></u>	<u><u>-</u></u>	<u><u>279,004</u></u>

10. SHARE CAPITAL

The company has no share capital being limited by guarantee. The guarantors will contribute a maximum of £1 each in the event of a liquidation.

11. STOCKS

	29.2.24 £	28.2.23 £
In-kind donations held in store	<u>14,228</u>	<u>-</u>

12. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	29.2.24 £	28.2.23 £
Trade debtors	<u>9,537</u>	<u>699</u>

Notes to the Financial Statements - continued
for the Year Ended 29 February 2024

13. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	29.2.24	28.2.23
	£	£
Trade creditors	-	910
Social security and other taxes	3,186	894
Other creditors	1,000	499
Accruals and deferred income	9,176	7,225
	<u>13,362</u>	<u>9,528</u>

14. MOVEMENT IN FUNDS

	At 1.3.23	Net movement in funds	At 29.2.24
	£	£	£
Unrestricted funds			
Unrestricted	279,004	(7,963)	271,041
	<u>279,004</u>	<u>(7,963)</u>	<u>271,041</u>
TOTAL FUNDS	<u>279,004</u>	<u>(7,963)</u>	<u>271,041</u>

Net movement in funds, included in the above are as follows:

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
Unrestricted	201,194	(209,157)	(7,963)
	<u>201,194</u>	<u>(209,157)</u>	<u>(7,963)</u>
TOTAL FUNDS	<u>201,194</u>	<u>(209,157)</u>	<u>(7,963)</u>

Comparatives for movement in funds

	At 1.3.22	Net movement in funds	At 28.2.23
	£	£	£
Unrestricted funds			
Unrestricted	161,831	117,173	279,004
Restricted funds			
Restricted	4,870	(4,870)	-
	<u>166,701</u>	<u>112,303</u>	<u>279,004</u>
TOTAL FUNDS	<u>166,701</u>	<u>112,303</u>	<u>279,004</u>

Notes to the Financial Statements - continued
for the Year Ended 29 February 2024

14. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
Unrestricted	221,264	(104,091)	117,173
Restricted funds			
Restricted	-	(4,870)	(4,870)
TOTAL FUNDS	<u>221,264</u>	<u>(108,961)</u>	<u>112,303</u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.3.22 £	Net movement in funds £	At 29.2.24 £
Unrestricted funds			
Unrestricted	161,831	109,210	271,041
Restricted funds			
Restricted	4,870	(4,870)	-
TOTAL FUNDS	<u>166,701</u>	<u>104,340</u>	<u>271,041</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
Unrestricted	422,458	(313,248)	109,210
Restricted funds			
Restricted	-	(4,870)	(4,870)
TOTAL FUNDS	<u>422,458</u>	<u>(318,118)</u>	<u>104,340</u>

15. RELATED PARTY DISCLOSURES

With effect from 1 March 2020, Ms. Olivia Pyle, the daughter of Mr. David Pyle who was appointed as a Trustee on 18 May 2019, was appointed in a full-time Programme Manger role. Mr. Pyle does not participate in the Board of Trustees' decision to appoint her nor any subsequent discussions involving Ms. Pyle's remuneration.

Detailed Statement of Financial Activities
for the Year Ended 29 February 2024

	29.2.24	28.2.23
	£	£
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations and legacies	138,251	153,873
In-kind support	51,486	-
Grants	11,374	67,250
	<hr/>	<hr/>
	201,111	221,123
Investment income		
Interest received	83	141
	<hr/>	<hr/>
Total incoming resources	201,194	221,264
EXPENDITURE		
Raising donations and legacies		
Sleep out expenses	4,112	-
Fundraising expenses	520	202
	<hr/>	<hr/>
	4,632	202
Charitable activities		
Wages & bonus	102,971	56,121
Social security	3,912	551
Employer pension contributions	2,669	1,684
Office and other expenses	5,724	208
Freelance administration	200	6,975
Rent & insurance	14,049	11,287
Programme and general expenses	29,891	8,352
Food, chef, venue expenses & in-kind donations	34,619	16,371
Staff development	372	576
Accountancy	10,118	6,634
	<hr/>	<hr/>
	204,525	108,759
Total resources expended	<hr/>	<hr/>
	209,157	108,961
Net (expenditure)/income	<hr/>	<hr/>
	(7,963)	112,303
	<hr/>	<hr/>

RESTART LIVES

England & Wales - Charity number 1128848

Accounts

REGISTERED COMPANY NUMBER: 06807567 (England and Wales)
REGISTERED CHARITY NUMBER: 1128848

Report of the Trustees and
Unaudited Financial Statements for the Year Ended 28 February 2023

for

Restart Lives Ltd

Evergreen
Chartered Accountants
65 London Wall
London
EC2M 5TU

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for the Year Ended 28 February 2023

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TRUSTEES	V S Leydecker (Chair) M Abel-Smith A Dani N J C Gandon P Gibbons A W Marshall R P Mills D Pyle J Soame (resigned 1.5.23) M Veldon
REGISTERED OFFICE	Flat 5 69 Onslow Square London SW7 3LS
REGISTERED COMPANY NUMBER	06807567 (England and Wales)
REGISTERED CHARITY NUMBER	1128848
INDEPENDENT EXAMINER	Evergreen Chartered Accountants 65 London Wall London EC2M 5TU
SOLICITORS	Bevan Britten Fleet Place House 2 Fleet Place Holborn Viaduct London EC4M 7RF
BANKERS	Arbuthnot Latham Arbuthnot House 7 Wilson Street London EC2M 2SN

Report of the Trustees
for the Year Ended 28 February 2023

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 28 February 2023. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and Aims

Restart Lives Ltd (commonly known as RESTART) was registered with the Charity Commission in March 2009 (Charity no. 1128848). Driven by Christian values and generously supported by over 100 volunteers, RESTART seeks to relieve poverty amongst current and former homeless and long-term unemployed men and women, irrespective of their gender, ethnicity or faith.

The Charity's governing document establishes the Charity's objects as follows:

- a) The relief of poverty through the provision of housing and other amenities and services;
- b) The advancement of education world-wide on issues relating to poverty, citizenship and community development; and
- c) Furtherance of the charitable work of the Charity by the advancement of such other charitable purposes as the Trustees shall from time to time decide.

OBJECTIVES AND ACTIVITIES

Significant activities

Our overriding goal is to help London's homeless break the cycle of homelessness and despair, move from the streets, confront the issues obstructing their futures and return to society as empowered, resilient human beings - where possible in employment or volunteering and living independently in their own homes.

Our programmes seek to address basic needs but importantly to offer structured pathways along which guests can progress towards leading a fulfilling, independent life away from homelessness.

Operating from the base of St. Columba's Church in Knightsbridge and with offices in Shoreditch, we support our guests through 3 principal programmes:

REACT - We provide a weekly drop-in at St. Columba's Church where, we welcome all who enter and offer a hospitable and non-judgmental space, a hot meal, takeaway food, resources such as sleeping bags, phones, power banks, hygiene products, general advice, support and signposting. The REACT programme allows us to get to know our guests, build trust, understand their individual needs and, through our programmes, show a route to mental health support, employment and independent living. We subsequently offer advice ourselves or refer guests to partners for specialist support.

RECRUIT - Our employability programme provides group sessions for guests to share skills and knowledge and help them undertake key actions such as creating CVs, searching for jobs and completing applications. In doing this we partner with other specialist homeless-aware training partners. We also provide support to guests in the early stages of employment.

RESTORE - Our wellbeing and personal development programme offers access to sophisticated mental health support where needed or sought, or to coaching or mentoring to help guests move forward with confidence and a greater sense of control. We also offer guests a weekly men's football sessions with a coach and a women's only fitness group together with the opportunity to have access to a gym and its facilities, including showers.

Our programmes are underpinned by our view that:

- the provision of food and temporary shelter is an important starting point in meeting basic needs but will not, alone, create transformational change;
- any effective response to homelessness must address root causes (not just symptoms) by seeking to address mental health issues and to promote positive wellbeing;
- for many homeless men and women long-term, sustainable employment is the optimal route towards leading a fulfilling, independent life, while for those for whom sustained employment is not realistic, a commitment to volunteer on a regular basis and be a constructive contributor to society is also a positive and fulfilling development;
- there is much duplication and inefficiency across the homeless sector; and
- if dynamic impact is to be made, we must work collaboratively and strategically with other like-minded organisations determined to deliver dynamic change.

Public benefit

The Trustees have referred to the guidance offered by the Charity Commission in reviewing aims and objectives and in planning activities. In particular, the Trustees consider how planned activities will contribute to the aims and objectives and they ensure that these activities are carried out for the public benefit by delivering services that are valued by our guests and enable those with responsibility in the sector to develop and adopt best practice.

ACHIEVEMENT AND PERFORMANCE

Charitable activities

The year from March 2022 to February 2023 was one of change and transition for RESTART. Our former CEO moved on to new opportunities, leaving RESTART in August 2022.

We have appointed an excellent new CEO, Catherine Flay, in November 2022. Catherine started with us in February 2023, having had time to get to know RESTART and its interactions with guests before then.

We also employed an experienced consultant on a short-term contract to work alongside our Programme Manager, our part-time Drop in Manager, chef and volunteers.

Despite the change of personnel, we continued to extend the number of guests we worked with, following the disturbance caused by the pandemic, and to offer individual support and assistance to them.

In the 12 months between March 2022 and February 2023 RESTART has:

Volunteers

- sustained a pool of 116 volunteers, including 35-40 who volunteer at least once a month either at the weekly drop-in; and/ or as volunteer befrienders and mentors.

Partners

- renewed or implemented partnerships with key partners and referral agencies, including:

999 Club, Ace of Clubs, Alix Partners, Baron's Court Project, Change Please, Choir with No Name, City Harvest, Connection at St Martin's in the Fields, Connection Crew, Crisis, Expert Link, GlassDoor Charity, Haileybury School, Haircuts4Homeless, House of St Barnabas, HSBC, HTB, Knightsbridge School, London Construction Academy, Only a Pavement Away, Prince's Gardens Prep School, Providence Row, Radical Recruits, RBKC, Referttorio Felix at St Cuthbert's, Richmix, Sarah's Trust, Sheltersuit Foundation, Social Bite, Southwark Construction Skills Centre, St. Columba's Church, Streetwise Opera, Suited & Booted, The Junior League, The Passage, The Pret Foundation, The Upper Room, Vineyard Community Centre, Vodafone, Weald Community Primary School, Webber Street Day Centre.

Drop-in - this remains at the heart of our offering enabling us to meet basic needs and also to get to know guests with a view to encouraging them to join our programmes, which lead to employability and settled living.

Specifically:

- we served hot meals every Friday night to an average of 60 guests per week, approximately 4,400 meals over the year;
- we now have 971 guests on our membership scheme, of whom almost 80% are rough sleeping or in temporary accommodation. We have welcomed more women at the drop in, though the ratio of men to women is still 84% men to 16% women;
- Haircuts4Homeless provided 97 haircuts, attending on 6 occasions over the year;
- we provided specific cold weather support through our Winter Work programme, eg referrals to night shelters, supermarket gift cards, shelter bags, basic phones, chargers, SIM cards and toiletries; and
- we provided more than a meal support to more than 75 people at the drop-in and subsequently to improve the quality of their lives.

Support Work

This year, support work included one to one sessions as well as a more formalised rollout of employability courses through group sessions. This also has the benefit of guests working together on shared tasks and 1:1 interactions with guests for advice and support with their individual issues.

The majority of support was given around accommodation, mental health, employment, addiction and alcohol barriers, digital up skilling, benefits, legal and probation issues and other welfare concerns.

Specifically:

- we engaged with 59 guests in this more structured way (support/casework/employability course)
- of all cases:
 - 100% took some steps towards overcoming their particular barriers;
 - 43 achieved at least one major concrete milestone of progress;
 - 11 either gained housing or received the expert advice (eg immigration advice external to RESTART) they needed to progress;

Report of the Trustees
for the Year Ended 28 February 2023

- 5 gained work; and
- 6 were able to make their rough sleeping situation safer.

Ready, Steady, Work - our employability course

We developed and ran two personal development courses in strong collaboration with Webber Street and The Upper Room. This allowed us to welcome a broader range of guests who are at the stage where they wish to move towards work/volunteering/settled living.

Session topics included goal-setting, budgeting, networking with employers, digital skills and how to work well in a team.

- 30 guests attended at least one RESTART employability workshop and this enabled us to support for them in other ways too;
- 21 guests engaged in one to ones during the courses to help them develop their goals and put in place actions plans;
- 5 gained work;
- 4 bank accounts were opened with support from HSBC - a necessity for access to so much else;
- 4 guests with lived experience engaged in long-term volunteering or work experience with RESTART; and
- 17 continued to work with RESTART at the end of the course and received ongoing support in getting into work, with accommodation or another goal.

FINANCIAL REVIEW

RESTART recorded a surplus of £112,303, almost exactly the same as in 2021/22.

Our total income was £221,264, which was largely made up of £153,873 in donations and £67,250 in grants from trusts and foundations.

- The bulk of our income came from a very successful Sleep Out event in November 2022, which raised in the region of £75,000 from individual and corporate donations and team efforts by those sleeping out;
- Grant income of £67,250 was received from a range of funders, all of it unrestricted in its use. This is down on the previous year, but not significantly so. Details of grants received are contained in Note 2 to the Financial Statements on page 13; and
- We were also fortunate to have received a number of significant donations including from individuals associated with St Columba's Church and Knightsbridge School.

RESTART wishes to thank all those who have donated funds over the year to enable us to continue our important work.

Overall expenditure was down around £20,000 on the previous year at £108,961. This is in part explained by savings on CEO salary for part of the year and a reduction in volunteers' travel costs.

The successful fundraising efforts during the year have resulted in an historically high level of reserves of £279,004, almost all of which is unrestricted in use. This provides longer-term security of support for the charity's objectives and enables us to fund planned developments ahead, as outlined on the next page.

PLANS FOR THE FUTURE

Under our new Chief Executive, RESTART is able to consolidate its successes in terms of the strong fundraising picture, grow its team and expand its services.

The plans set out for the new financial year stay true to RESTART's core values: ending the cycle of homelessness via an approach that entails treating each guest as an individual, listening to the unique barriers that person faces and offering bespoke support using tried and tested group methods either directly, or by referring guests to members of our rich network of partners with relevant specialist skills.

Whilst Restart Lives is recommitting to those foundational values and practices, some of the detail is changing:

In the financial year 2023/24 there will be a particular emphasis on mental health support based on the view that a person can only change from within, and that a strong personal foundation is prerequisite to making and sustaining positive change. A new partnership with Mind will offer one to one and group therapy or coaching for guests and staff to make mental health support at least an indirect part of all the services we offer.

Group programmes focused in particular on contemplating and taking steps towards employment, but developing softer skills as well, will run once a quarter. Online resources to make these available to anyone in need, will widen the scope for those who can benefit, supported by a promised new fleet of laptops to make access for guests easier.

Separately, sports programmes, including a women's only fitness space, kicks off in 2023/24, again with a mental health and overall wellbeing focus.

Outreach and regular RESTART pop ups in partner locations will be another key feature of the charity's future to help us extend our reach.

Our Drop in will continue and we aim to grow numbers attending. We are also looking at other ways of meeting more guests in need of our services. We anticipate an uptick in homelessness in 2023/24, due in part to the effect of the cost of living crisis and the general pressure on housing.

In order to deliver these programmes successfully, we will recruit additional employees, as well as utilising our volunteers. New reporting frameworks will be put in place to monitor programmes, including new key measures of outcomes.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

Registered originally as Astell Foundation, the Charity is registered as a charitable company limited by guarantee (registered number 6807567) and is governed by its Memorandum and Articles of Association. The Charity is registered with the Charity Commission (registered number 1128848) and was established on 2 February 2009 for the main purpose of the assistance of homeless people. It does not have share capital, cannot pay dividends and must utilise all its funds to further its stated charitable objectives.

The Charity has no share capital. Members of the charitable company guarantee to contribute an amount not exceeding £1 each to the assets of the Charity in the event of winding up.

Recruitment and appointment of new trustees

The Board of Trustees as a body has the power to appoint new Trustees. There must be a minimum of three at any one time in line with the Articles of Association. Those who served as Trustees during the year were:

Sonya Leydecker (Chair)
Marina Abel-Smith
Anand Dani
Nicholas Gandon
Peter Gibbons
Andrew Marshall
Robert Mills
David Pyle
Jenna Soame
Mark Veldon

STRUCTURE, GOVERNANCE AND MANAGEMENT

Organisational structure

The Trustees administer the Charity on an ongoing basis and meet at least three times a year to discuss the strategic direction of the charity and specific current issues. We employ a Chief Executive, Catherine Flay, supported by a full-time Programme Manager, together with a part-time Drop-in Manager and a freelance chef working alongside volunteers.

Induction and training of new trustees

All new Trustees attend an induction Trustee Board Meeting where their roles are fully explained. They receive regular information about trustee training and, in the view of the Trustees, have enough knowledge of their specific field to understand the nature of the Charity and fully comply with the Charity's current views of its progression.

Trustees may claim for reasonable expenses (as determined by an agreed policy) incurred in undertaking the Charity's business, but they receive no remuneration or other financial benefit in their capacities as Trustees.

Equality of Opportunity

RESTART is committed to a policy of diversity and inclusion for all employees, volunteers and trustees and to ensuring within the framework of the law that its processes are free from unlawful or unfair discrimination.

Risk management

The Trustees have assessed the major risks to which the Charity is exposed, especially those related to the operations and finances of the Charity and are satisfied that mitigation systems and procedures are in place. These will be reviewed again in 2023/24.

The principal risks faced by the Charity are considered to be:

- safeguarding issues which are mitigated by reviewing policies and ensuring adherence;
- effective management of guests, mitigated by training for staff and volunteers;
- retention of active volunteers, mitigated by clarifying roles and expectations and by positive management;
- recruitment and retention of partners, mitigated by active relationship management to clarify mutual commitments and obligations;
- the success with which appropriate funding is generated to sustain activities, mitigated by delivery of a robust mixed-economy fundraising strategy and by ensuring that all donors receive appropriate reports on progress; and
- the continued support of St. Columba's Church; mitigated by continuing to sustain an open, trusting relationship and to be responsive to any requests.

Approved by order of the board of trustees on 16 November 2023 and signed on its behalf by:

S. Leydecker
V S Leydecker - Trustee

Restart Lives Ltd

Statement of Trustees' Responsibilities
for the Year Ended 28 February 2023

The trustees (who are also the directors of Restart Lives Ltd for the purposes of company law) are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) including Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland".

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing those financial statements, the trustees are required to

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Independent examiner's report to the trustees of Restart Lives Ltd ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 28 February 2023.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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



Jas Bal FCA

Evergreen
Chartered Accountants
65 London Wall
London
EC2M 5TU

Date: 16/11/2023.....

Restart Lives Ltd

Statement of Financial Activities
for the Year Ended 28 February 2023

	Notes	Unrestricted fund £	Restricted funds £	28.2.23 Total funds £	28.2.22 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	221,123	-	221,123	241,797
Investment income	3	141	-	141	38
Total		<u>221,264</u>	<u>-</u>	<u>221,264</u>	<u>241,835</u>
EXPENDITURE ON					
Raising funds	4	202	-	202	6,847
Charitable activities	5				
Charitable activities		<u>103,889</u>	<u>4,870</u>	<u>108,759</u>	<u>123,138</u>
Total		<u>104,091</u>	<u>4,870</u>	<u>108,961</u>	<u>129,985</u>
NET INCOME/(EXPENDITURE)		117,173	(4,870)	112,303	111,850
RECONCILIATION OF FUNDS					
Total funds brought forward		161,831	4,870	166,701	54,851
TOTAL FUNDS CARRIED FORWARD		<u>279,004</u>	<u>-</u>	<u>279,004</u>	<u>166,701</u>

CONTINUING OPERATIONS

All income and expenditure has arisen from continuing activities.

The notes form part of these financial statements

Restart Lives Ltd

Balance Sheet

28 February 2023

	Notes	Unrestricted fund £	Restricted funds £	28.2.23 Total funds £	28.2.22 Total funds £
CURRENT ASSETS					
Debtors	11	699	-	699	5,000
Cash in hand		287,833	-	287,833	172,582
		<u>288,532</u>	<u>-</u>	<u>288,532</u>	<u>177,582</u>
CREDITORS					
Amounts falling due within one year	12	(9,528)	-	(9,528)	(10,881)
		<u>279,004</u>	<u>-</u>	<u>279,004</u>	<u>166,701</u>
NET CURRENT ASSETS					
		<u>279,004</u>	<u>-</u>	<u>279,004</u>	<u>166,701</u>
TOTAL ASSETS LESS CURRENT LIABILITIES					
		<u>279,004</u>	<u>-</u>	<u>279,004</u>	<u>166,701</u>
NET ASSETS					
		<u><u>279,004</u></u>	<u><u>-</u></u>	<u><u>279,004</u></u>	<u><u>166,701</u></u>
FUNDS					
Unrestricted funds	13			279,004	161,831
Restricted funds				-	4,870
TOTAL FUNDS				<u><u>279,004</u></u>	<u><u>166,701</u></u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 28 February 2023.


The members have not required the company to obtain an audit of its financial statements for the year ended 28 February 2023 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

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

The financial statements were approved by the Board of Trustees and authorised for issue on 11. November 2023 and were signed on its behalf by:


 V S Leydecker - Trustee

The notes form part of these financial statements

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, 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)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Financial reporting standard 102 - reduced disclosure exemptions

The charitable company has taken advantage of the following disclosure exemptions in preparing these financial statements, as permitted by FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland':

- the requirements of Section 7 Statement of Cash Flows.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, 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 accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings, they have been allocated to activities on a basis consistent with the use of resources.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

The charitable company contributes to a work place pension scheme on behalf of its eligible employees. Contributions payable to the pension scheme are charged to the profit and loss account in the period to which they relate.

Staff and support costs

Staff and freelance contractor costs are attributed to activities based on estimates of time spent by each person on each activity.

Notes to the Financial Statements - continued
for the Year Ended 28 February 2023

2. DONATIONS AND LEGACIES

	28.2.23	28.2.22
	£	£
Donations and legacies	153,873	159,263
In-kind support	-	600
Grants	67,250	81,934
	<u>221,123</u>	<u>241,797</u>

Donations received during the year include:

- Individual donations, £58,430;
- Online donations, including through JustGiving and CAF: £87,893; and
- Gift Aid: £7,550.

Grants received total £67,250 and are as follows:

- Lloyds Bank Foundation £27,250;
- Knightsbridge School £20,000; and
- Haileybury School £20,000.

Restricted donations received total £4,870 and were received from the Royal Borough of Kensington & Chelsea in respect of food and equipment vouchers.

In-kind support included the following:

- 100 phone chargers and 25 mobile phones and sim cards from Junior League;
- 100 SIM cards for 6 months from Vodafone;
- 40 sleeping banks via Hiarcuts4Homeless; and
- 15 Shelterbags from Sheltersuit Foundation.

3. INVESTMENT INCOME

	28.2.23	28.2.22
	£	£
Interest received	141	38
	<u>141</u>	<u>38</u>

4. RAISING FUNDS

Raising donations and legacies

	28.2.23	28.2.22
	£	£
Staff costs	-	5,350
Fundraising expenses	202	1,497
	<u>202</u>	<u>6,847</u>

Fundraising expenses relate to the Sleep Out event and on-line donation service fees.

Notes to the Financial Statements - continued
for the Year Ended 28 February 2023

5. CHARITABLE ACTIVITIES COSTS

Charitable activities		Direct Costs (see note 6) £ <u>108,759</u>
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6. DIRECT COSTS OF CHARITABLE ACTIVITIES

	28.2.23	28.2.22
	£	£
Staff costs	58,356	72,582
Office and other expenses	208	-
Freelance administration	6,975	-
Rent & Utilities	11,287	8,950
Programme and general expenses	8,352	15,732
Food, chef & venue expenses	16,371	13,159
Staff development	576	8,856
Accountancy	6,634	3,859
	<u>108,759</u>	<u>123,138</u>

7. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or benefits for the year ended 28 February 2023 (2022: nil).

Trustees' expenses

There were no trustees' expenses paid for the year ended 28 February 2023 (2022: nil).

8. STAFF COSTS

Staff costs relate to staff employed by the charity and exclude freelance contractors.

The average monthly number of employees during the year was as follows:

28.2.23	28.2.22
<u>3</u>	<u>3</u>

No employees received emoluments in excess of £60,000.

The cost of freelance contractors was as follows:

- £6,975 for Consultant cover between CEOs; and
- £4,464 for Drop-in session Chef catering services.

Notes to the Financial Statements - continued
for the Year Ended 28 February 2023

9. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	224,703	17,094	241,797
Investment income	38	-	38
Total	<u>224,741</u>	<u>17,094</u>	<u>241,835</u>
EXPENDITURE ON			
Raising funds	6,847	-	6,847
Charitable activities			
Charitable activities	105,994	17,144	123,138
Total	<u>112,841</u>	<u>17,144</u>	<u>129,985</u>
NET INCOME/(EXPENDITURE)	111,900	(50)	111,850
RECONCILIATION OF FUNDS			
Total funds brought forward	49,931	4,920	54,851
TOTAL FUNDS CARRIED FORWARD	<u><u>161,831</u></u>	<u><u>4,870</u></u>	<u><u>166,701</u></u>

10. SHARE CAPITAL

The company has no share capital being limited by guarantee. The guarantors will contribute a maximum of £1 each in the event of a liquidation.

11. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	28.2.23	28.2.22
	£	£
Trade debtors	<u>699</u>	<u>5,000</u>

Notes to the Financial Statements - continued
for the Year Ended 28 February 2023

12. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	28.2.23 £	28.2.22 £
Trade creditors	910	-
Social security and other taxes	894	3,146
Other creditors	499	4,885
Accruals and deferred income	7,225	2,850
	<u>9,528</u>	<u>10,881</u>

13. MOVEMENT IN FUNDS

	At 1.3.22 £	Net movement in funds £	At 28.2.23 £
Unrestricted funds			
Unrestricted	161,831	117,173	279,004
Restricted funds			
Restricted	4,870	(4,870)	-
	<u>166,701</u>	<u>112,303</u>	<u>279,004</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
Unrestricted	221,264	(104,091)	117,173
Restricted funds			
Restricted	-	(4,870)	(4,870)
	<u>221,264</u>	<u>(108,961)</u>	<u>112,303</u>

Comparatives for movement in funds

	At 1.3.21 £	Net movement in funds £	At 28.2.22 £
Unrestricted funds			
Unrestricted	49,931	111,900	161,831
Restricted funds			
Restricted	4,920	(50)	4,870
	<u>54,851</u>	<u>111,850</u>	<u>166,701</u>

Notes to the Financial Statements - continued
for the Year Ended 28 February 2023

13. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
Unrestricted	224,741	(112,841)	111,900
Restricted funds			
Restricted	17,094	(17,144)	(50)
TOTAL FUNDS	<u>241,835</u>	<u>(129,985)</u>	<u>111,850</u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.3.21 £	Net movement in funds £	At 28.2.23 £
Unrestricted funds			
Unrestricted	49,931	229,073	279,004
Restricted funds			
Restricted	4,920	(4,920)	-
TOTAL FUNDS	<u>54,851</u>	<u>224,153</u>	<u>279,004</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
Unrestricted	446,005	(216,932)	229,073
Restricted funds			
Restricted	17,094	(22,014)	(4,920)
TOTAL FUNDS	<u>463,099</u>	<u>(238,946)</u>	<u>224,153</u>

14. RELATED PARTY DISCLOSURES

With effect from 1 March 2020, Ms. Olivia Pyle, the daughter of Mr. David Pyle who was appointed as a Trustee on 18 May 2019, was appointed in a full-time Programme Manger role. Mr. Pyle did not participate in the Board of Trustee's decision to appoint her nor any subsequent discussions regarding Ms. Pyle's remuneration.

Restart Lives Ltd

Detailed Statement of Financial Activities
for the Year Ended 28 February 2023

	28.2.23 £	28.2.22 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations and legacies	153,873	159,263
In-kind support	-	600
Grants	67,250	81,934
	<u>221,123</u>	<u>241,797</u>
Investment income		
Interest received	141	38
	<u>221,264</u>	<u>241,835</u>
EXPENDITURE		
Raising donations and legacies		
Wages & bonus	-	4,970
Social security	-	213
Employer pension contributions	-	167
Fundraising expenses	202	1,497
	<u>202</u>	<u>6,847</u>
Charitable activities		
Wages & bonus	56,121	68,130
Social security	551	2,426
Employer pension contributions	1,684	2,026
Office and other expenses	208	-
Freelance administration	6,975	-
Rent & Utilities	11,287	8,950
Programme and general expenses	8,352	15,732
Food, chef & venue expenses	16,371	13,159
Staff development	576	8,856
Accountancy	6,634	3,859
	<u>108,759</u>	<u>123,138</u>
Total resources expended	<u>108,961</u>	<u>129,985</u>
Net income	<u>112,303</u>	<u>111,850</u>

This page does not form part of the statutory financial statements

RESTART LIVES

England & Wales - Charity number 1128848

Accounts

REGISTERED COMPANY NUMBER: 06807567 (England and Wales)
REGISTERED CHARITY NUMBER: 1128848

Report of the Trustees and
Unaudited Financial Statements for the Year Ended 28 February 2022
for
Restart Lives Ltd

Evergreen
Chartered Accountants
65 London Wall
London
EC2M 5TU

Contents of the Financial Statements
for the Year Ended 28 February 2022

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Reference and Administrative Details
for the Year Ended 28 February 2022

TRUSTEES

V S Leydecker (Chair)
M Abel-Smith
A Dani
N J C Gandon
P Gibbons
A W Marshall (appointed 10.10.21)
R P Mills
D Pyle
J Soame
M Veldon

REGISTERED OFFICE

Flat 5
69 Onslow Square
London
SW7 3LS

**REGISTERED COMPANY
NUMBER**

06807567 (England and Wales)

**REGISTERED CHARITY
NUMBER**

1128848

INDEPENDENT EXAMINER

Evergreen
Chartered Accountants
65 London Wall
London
EC2M 5TU

SOLICITORS

Bevan Britten
Fleet Place House
2 Fleet Place
Holborn Viaduct
London
EC4M 7RF

BANKERS

Arbuthnot Latham
Arbuthnot House
7 Wilson Street
London
EC2M 2SN

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 28 February 2022. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and Aims

Restart Lives Ltd (commonly known as RESTART) was registered with the Charity Commission in March 2009 (Charity no. 1128848). Driven by Christian values and generously supported by over 180 volunteers, we support current and former homeless people in London. RESTART is a largely volunteer-run charity that seeks to relieve poverty amongst current and former homeless and long-term unemployed men and women, irrespective of their gender, ethnicity or faith.

The Charity's governing document establishes the Charity's objects as follows:

- a) The relief of poverty through the provision of housing and other amenities and services;
- b) The advancement of education world-wide on issues relating to poverty, citizenship and community development; and
- c) Furtherance of the charitable work of the Charity by the advancement of such other charitable purposes as the Trustees shall from time to time decide.

OBJECTIVES AND ACTIVITIES

Significant activities

Our overriding goal is to help London's homeless break the cycle of homelessness and despair, move from the streets, confront the issues obstructing their futures and return to society as empowered, resilient human beings - preferably in employment and living independently in their own homes.

Operating from the base of St. Columba's Church in Knightsbridge and with offices in Shoreditch, we support our "guests" (as we always refer to those with whom we work) through our REGAIN programme which aims to help guests from across London to regain their lives by overcoming the barriers that hold them back and, for those for whom this is realistic, ultimately by progressing into work or into regular, committed volunteering and securing a home of their own.

We provide:

- a weekly drop-in at St. Columba's Church in which we offer food, emergency aid, general support and a welcoming, non-judgmental community;
- access to counselling and psychotherapy, to temporary accommodation and to personal mentoring; a work-readiness programme and referrals into training, apprenticeships and employment;
- support in accessing permanent housing; and
- once a guest is in work and living in their home, an opportunity to volunteer at the weekly drop-in or else as a mentor.

The REGAIN programme has evolved year on year since the charity was founded in 2011. Initially we delivered only a weekly drop-in offering a welcoming community, advice and a hot meal. Since then, our activities have been strategically developed under the umbrella of the REGAIN programme.

Underpinning the programme's development are convictions that:

- the provision of food and temporary shelter is an important starting point in meeting basic needs but in itself it will not create transformational change;
- any effective response to homelessness must address root causes (not just symptoms) by seeking to address mental health issues and to promote positive wellbeing;
- for many homeless men and women long-term, sustainable employment is the optimal route towards leading a fulfilling, independent life, while for those for whom sustained employment is not yet realistic a commitment to volunteer on a regular basis and be a constructive contributor to society is also a positive and fulfilling development;
- there is far too much duplication and inefficiency across the homeless sector; and
- if dynamic impact is to be made, we must work collaboratively and strategically with other like-minded organisations determined to deliver dynamic change.

Led by our professional team and supported by volunteers, our REGAIN programme is delivered with support from professional psychotherapists and counsellors, from St. Columba's Church in Knightsbridge, from other churches, faith groups and socially-driven organisations, other local homeless charities (including Buses 4 Homeless, Glass Door and St. Cuthbert's Centre in Chelsea & Kensington). The programme offers a structured pathway along which guests can progress in their endeavours to lead a fulfilling, independent life away from homelessness.

Public benefit

The Trustees have referred to the guidance offered by the Charity Commission in reviewing aims and objectives and in planning activities. In particular, the Trustees consider how planned activities will contribute to the aims and objectives and they ensure that these activities are carried out for the public benefit by delivering services that are valued by our members and enable those with responsibility in the sector to develop and adopt best practice.

ACHIEVEMENT AND PERFORMANCE

Charitable activities

While the impact of Covid-19 on RESTART's operations between March 2021 and February 2022 was not nearly as severe as in the previous year, it nonetheless continued to have effect.

As a consequence of the pandemic, we inevitably lost contact with a good number of guests who had either drifted away or else moved away from London. During parts of the year we were required to deliver socially-distanced activities which further limited the number of guests with whom we could fully engage.

Nonetheless, in the 12 months between March 2021 and February 2022 RESTART has:

Volunteers

- sustained a pool of 100 volunteers, including 35-40 who volunteer at least once a month either at the weekly drop-in; and/or as volunteer befrienders and mentors.

Partners

- renewed or implemented partnerships with key partners and referral agencies, including: St. Columba's Church, GlassDoor Charity, St Cuthbert's Centre, Buses4Homes, 999 Club in Deptford, City Harvest, The Junior League, The Pret Foundation, House of St Barnabas, Connection Crew, The Beyond Food Foundation, Kensington & Chelsea Volunteer Centre, Chelsea Library, Only a Pavement Away, Change Please and Radical Recruits.

Drop-in

- served hot meals and provided wider informal support to about 300 unique individual guests on Fridays at St Columba's Church to an average of 70 a week.

Temporary Accommodation

- supported 9 guests into temporary accommodation.

Casework, Mentoring and Counselling

- engaged with and supported 56 individual guests in individual casework, facilitating support with ID and benefits, IT support and in signposting to other services;
- facilitated and funded counselling programmes for 4 guests; and
- sustained or established 10 mentoring relationships.

Work Readiness, Training & Employment

- engaged 21 individual guests in Employability training and other work-readiness programme; and
- facilitated training and apprenticeships and/ or supported 10 guests into full-time employment.

Permanent Accommodation

- supported 4 guests into permanent accommodation.

Report of the Trustees

for the Year Ended 28 February 2022

FINANCIAL REVIEW

RESTART recorded a surplus of £111,850, an increase of £109,518 on the near break-even surplus of £2,332 for 2020/21.

Total income increased from £133,240 to £241,835 with the increase being due to being able to hold a well-supported 'Sleep Out' fundraising event in November 2021 similar to that which took place pre-pandemic in December 2019. This attracted individual and corporate donations amounting to around £120,000. Although down on the previous year, grant income amounted to nearly £90,000 from a wide range of funders and most of this was unrestricted in its use. Details of grants received are contained in Note 2 to the Financial Statements on page 12.

Overall expenditure of £129,985 was at a similar level to the previous year with both years' activities impacted somewhat by Covid-19 restrictions, as described above. A full year of a settled staff organisation obviated the need for any freelance management and administration resource. Expenditure has been allocated to restricted funds received during according to the conditions of the grants, this included staff development costs being funded by a generous individual donation made by a trustee.

The successful fundraising efforts during the year have resulted in an historically high level of reserves of £166,701 that can provide longer-term security of support for the charity's beneficiaries and provides confidence to plan for developments ahead, as outlined below.

PLANS FOR THE FUTURE

As reported above, 2021/22 was a highly successful year in terms of fundraising, meaning that the charity has found itself in a position to invest carefully in capacity and in other resources. In May 2022, the Trustees undertook a Strategy Review coinciding with the arrival of a new Chair but also with the pending departure of the charity's Chief Executive.

The outcome of the Review is in effect "business as usual" but with delivery enhanced by additional staffing capacity and the development of new programmes. Once the new Chief Executive has been appointed and has become familiar with the charity's programmes, their focus will be on implementation and leveraging the volunteers to increase RESTART's capacity to deliver the strategy. In the meantime, we remain focused on achieving similar outcomes to those reported earlier in this report.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

Registered originally as Astell Foundation, the Charity is registered as a charitable company limited by guarantee (registered number 6807567) and is governed by its Memorandum and Articles of Association. The Charity is registered with the Charity Commission (registered number 1128848) and was established on 2 February 2009 for the main purpose of the assistance of homeless people. It does not have share capital, cannot pay dividends and must utilise all its funds to further its stated charitable objectives.

The Charity has no share capital. Members of the charitable company guarantee to contribute an amount not exceeding £1 each to the assets of the Charity in the event of winding up.

Recruitment and appointment of new trustees

The Board of Trustees as a body has the power to appoint new Trustees. There must be a minimum of three at any one time in line with the Articles of Association. Those who served as Trustees during the year were:

Sonya Leydecker (Chair from 28 February 2022)

Marina Abel-Smith

Anand Dani

Nicholas Gandon (Chair to 28 February 2022)

Peter Gibbons

Andrew Marshall - appointed 10 October 2021

Robert Mills

David Pyle

Jenna Soame

Mark Veldon

STRUCTURE, GOVERNANCE AND MANAGEMENT

Organisational structure

The Trustees administer the Charity on an ongoing basis and meet at least three times a year to discuss the strategic direction of the charity and specific current issues. Nicola Miller held the new position of Chief Executive throughout the year, supported by a full-time Programme Manager, together with a part-time drop-in manager and freelance chef working alongside volunteers.

Induction and training of new trustees

All new Trustees attend an induction Trustee Board Meeting where their roles are fully explained. They receive regular information about trustee training and, in the view of the Trustees, have enough knowledge of their specific field to understand the nature of the Charity and fully comply with the Charity's current views of its progression.

Trustees may claim for reasonable expenses (as determined by an agreed policy) incurred in undertaking the Charity's business, but they receive no remuneration or other financial benefit in their capacities as Trustees.

Equality of Opportunity

RESTART is committed to a policy of equal opportunities for all employees and volunteers and to ensuring within the framework of the law that its workplaces are free from unlawful or unfair discrimination.

Risk management

The Trustees have assessed the major risks to which the Charity is exposed, in particular those related to the operations and finances of the Charity and are satisfied that mitigation systems and procedures are in place.

The principal risks faced by the Charity are considered to be:

- safeguarding issues which are mitigated by reviewing policies and ensuring adherence;
- effective management of guests, mitigated by training for staff and volunteers;
- retention of active volunteers, mitigated by clarifying roles and expectations and by positive management;
- recruitment and retention of partners, mitigated by clear partnership agreements detailing mutual commitments and obligations;
- the success with which appropriate funding is generated to sustain activities, mitigated by delivery of a robust mixed-economy fundraising strategy and by ensuring that all donors receive appropriate reports on progress; and
- the continued support of St. Columba's Church; mitigated by continuing to sustain an open, trusting relationship and to be responsive to any requests.

Approved by order of the board of trustees on 31 October 2022 and signed on its behalf by:

S. Leydecker
V S Leydecker - Trustee

Statement of Trustees' Responsibilities
for the Year Ended 28 February 2022

The trustees (who are also the directors of Restart Lives Ltd for the purposes of company law) are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) including Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland"

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing those financial statements, the trustees are required to

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Independent examiner's report to the trustees of Restart Lives Ltd ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 28 February 2022.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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



Jas Bal FCA
Institute of Chartered Accountants in England and Wales
Evergreen
Chartered Accountants
65 London Wall
London
EC2M 5TU

Date: 31/10/2022.....

Restart Lives Ltd

Statement of Financial Activities
for the Year Ended 28 February 2022

	Notes	Unrestricted fund £	Restricted funds £	28.2.22 Total funds £	28.2.21 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	224,703	17,094	241,797	133,218
Investment income	3	38	-	38	22
Total		<u>224,741</u>	<u>17,094</u>	<u>241,835</u>	<u>133,240</u>
EXPENDITURE ON					
Raising funds	4	6,847	-	6,847	7,975
Charitable activities	5	105,994	17,144	123,138	122,933
Total		<u>112,841</u>	<u>17,144</u>	<u>129,985</u>	<u>130,908</u>
NET INCOME/(EXPENDITURE)		111,900	(50)	111,850	2,332
RECONCILIATION OF FUNDS					
Total funds brought forward		49,931	4,920	54,851	52,519
TOTAL FUNDS CARRIED FORWARD		<u>161,831</u>	<u>4,870</u>	<u>166,701</u>	<u>54,851</u>

CONTINUING OPERATIONS

All income and expenditure has arisen from continuing activities.

Restart Lives Ltd

Balance Sheet
28 February 2022

	Notes	Unrestricted fund £	Restricted funds £	28.2.22 Total funds £	28.2.21 Total funds £
CURRENT ASSETS					
Debtors	11	5,000	-	5,000	-
Cash in hand		167,712	4,870	172,582	67,324
		<u>172,712</u>	<u>4,870</u>	<u>177,582</u>	<u>67,324</u>
CREDITORS					
Amounts falling due within one year	12	(10,881)	-	(10,881)	(12,473)
		<u>161,831</u>	<u>4,870</u>	<u>166,701</u>	<u>54,851</u>
NET CURRENT ASSETS					
		<u>161,831</u>	<u>4,870</u>	<u>166,701</u>	<u>54,851</u>
TOTAL ASSETS LESS CURRENT LIABILITIES					
		<u>161,831</u>	<u>4,870</u>	<u>166,701</u>	<u>54,851</u>
NET ASSETS					
		<u>161,831</u>	<u>4,870</u>	<u>166,701</u>	<u>54,851</u>
FUNDS					
	13				
Unrestricted funds				161,831	49,931
Restricted funds				4,870	4,920
				<u>166,701</u>	<u>54,851</u>
TOTAL FUNDS					
				<u>166,701</u>	<u>54,851</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 28 February 2022.

The members have not required the company to obtain an audit of its financial statements for the year ended 28 February 2022 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

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

The financial statements were approved by the Board of Trustees and authorised for issue on ~~31 October 2022~~ and were signed on its behalf by:


.....
V S Leydecker - Trustee

The notes form part of these financial statements

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, 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)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Financial reporting standard 102 - reduced disclosure exemptions

The charitable company has taken advantage of the following disclosure exemptions in preparing these financial statements, as permitted by FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland':

- the requirements of Section 7 Statement of Cash Flows.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, 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 accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings, they have been allocated to activities on a basis consistent with the use of resources.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

The charitable company contributes to a work place pension scheme on behalf of its eligible employees. Contributions payable to the pension scheme are charged to the profit and loss account in the period to which they relate.

Staff and support costs

Staff and freelance contractor costs are attributed to activities based on estimates of time spent by each person on each activity.

Notes to the Financial Statements - continued
for the Year Ended 28 February 2022

2. DONATIONS AND LEGACIES

	28.2.22	28.2.21
	£	£
Donations and legacies	159,263	21,576
In-kind support	600	5,789
Grants	81,934	105,853
	<u>241,797</u>	<u>133,218</u>

Unrestricted donations received during the year include:

- Individual donations through Virgin Money and JustGiving: £117,723
- Other, including Gift Aid: £33,840

Restricted donations received during the year include:

- Individual donation: Staff development (SL) £7,700

In-kind support represents £600 being the value of 20 tents supplied free of charge by Sleep Pod.

Grants received are as follows:

Unrestricted: Lloyds Bank Foundation £25,000, Garfield Weston Foundation £15,000, Alix Partners £8,540
John Coates Charitable trust £5,000, Persula Foundation £5,000, Drapers' Charitable Fund
£5,000, Beaverbrook Foundation £5,000, Souter Charitable Trust £3,000, BKL Foundation
£1,000

Restricted: Royal Borough of Kensington & Chelsea £8,120 (three grants), Individual donation £7,700,
Kensington & Chelsea Foundation £1,000, St. Columba's Church £274

3. INVESTMENT INCOME

	28.2.22	28.2.21
	£	£
Interest received	<u>38</u>	<u>22</u>

4. RAISING FUNDS

Raising donations and legacies

	28.2.22	28.2.21
	£	£
Staff costs	5,350	7,975
Fundraising expenses	1,497	-
	<u>6,847</u>	<u>7,975</u>

Fundraising expenses relate to the Sleep Out event and on-line donation service fees.

Notes to the Financial Statements - continued
for the Year Ended 28 February 2022

5. CHARITABLE ACTIVITIES COSTS

	Direct Costs (see note 6) £
Charitable activities	123,138

6. DIRECT COSTS OF CHARITABLE ACTIVITIES

	28.2.22	28.2.21
	£	£
Staff costs	72,582	70,711
Redundancy	-	2,000
Freelance administration	-	5,467
Rent & Utilities	8,950	9,000
Programme and general expenses	15,732	19,284
Food, chef & venue expenses	13,159	13,118
Staff development	8,856	-
Accountancy	3,859	3,353
	<u>123,138</u>	<u>122,933</u>

7. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or benefits for the year ended 28 February 2022 (2021: nil).

Trustees' expenses

There were no trustees' expenses paid for the year ended 28 February 2022 (2021: nil).

8. STAFF COSTS

Staff costs relate to staff employed by the charity and exclude freelance contractors.

The average monthly number of employees during the year was as follows:

28.2.22	28.2.21
<u>3</u>	<u>3</u>

No employees received emoluments in excess of £60,000.

The cost of freelance contractors was £4,494 for Drop-in session Chef catering services.
(2021: £10,207 for programme management and catering services)

Notes to the Financial Statements - continued
for the Year Ended 28 February 2022

9. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	54,953	78,265	133,218
Investment income	22	-	22
Total	<u>54,975</u>	<u>78,265</u>	<u>133,240</u>
EXPENDITURE ON			
Raising funds	7,975	-	7,975
Charitable activities			
Charitable activities	38,338	84,595	122,933
Total	<u>46,313</u>	<u>84,595</u>	<u>130,908</u>
NET INCOME/(EXPENDITURE)	8,662	(6,330)	2,332
RECONCILIATION OF FUNDS			
Total funds brought forward	41,269	11,250	52,519
TOTAL FUNDS CARRIED FORWARD	<u><u>49,931</u></u>	<u><u>4,920</u></u>	<u><u>54,851</u></u>

10. SHARE CAPITAL

The company has no share capital being limited by guarantee. The guarantors will contribute a maximum of £1 each in the event of a liquidation.

11. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	28.2.22	28.2.21
	£	£
Trade debtors	<u>5,000</u>	<u>-</u>

Notes to the Financial Statements - continued
for the Year Ended 28 February 2022

12. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	28.2.22	28.2.21
	£	£
Social security and other taxes	3,146	3,197
Other creditors	4,885	3,019
Accruals and deferred income	2,850	6,257
	<u>10,881</u>	<u>12,473</u>

13. MOVEMENT IN FUNDS

	At 1.3.21	Net movement in funds	At 28.2.22
	£	£	£
Unrestricted funds			
Unrestricted	49,931	111,900	161,831
Restricted funds			
Restricted	4,920	(50)	4,870
	<u>54,851</u>	<u>111,850</u>	<u>166,701</u>

Net movement in funds, included in the above are as follows:

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
Unrestricted	224,741	(112,841)	111,900
Restricted funds			
Restricted	17,094	(17,144)	(50)
	<u>241,835</u>	<u>(129,985)</u>	<u>111,850</u>

Comparatives for movement in funds

	At 29.2.20	Net movement in funds	At 28.2.21
	£	£	£
Unrestricted funds			
Unrestricted	41,269	8,662	49,931
Restricted funds			
Restricted	11,250	(6,330)	4,920
	<u>52,519</u>	<u>2,332</u>	<u>54,851</u>

Notes to the Financial Statements - continued
for the Year Ended 28 February 2022

13. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
Unrestricted	54,975	(46,313)	8,662
Restricted funds			
Restricted	78,265	(84,595)	(6,330)
TOTAL FUNDS	<u>133,240</u>	<u>(130,908)</u>	<u>2,332</u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 29.2.20 £	Net movement in funds £	At 28.2.22 £
Unrestricted funds			
Unrestricted	41,269	120,562	161,831
Restricted funds			
Restricted	11,250	(6,380)	4,870
TOTAL FUNDS	<u>52,519</u>	<u>114,182</u>	<u>166,701</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
Unrestricted	279,716	(159,154)	120,562
Restricted funds			
Restricted	95,359	(101,739)	(6,380)
TOTAL FUNDS	<u>375,075</u>	<u>(260,893)</u>	<u>114,182</u>

14. RELATED PARTY DISCLOSURES

With effect from 1 March 2020, Ms. Olivia Pyle, the daughter of Mr. David Pyle who was appointed as a Trustee on 18 May 2019, was appointed in a full-time Programme Manger role. Mr. Pyle did not participate in the Board of Trustee's decision to appoint her nor any subsequent discussions regarding Ms. Pyle's remuneration.

Detailed Statement of Financial Activities
for the Year Ended 28 February 2022

	28.2.22	28.2.21
	£	£
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations and legacies	159,263	21,576
In-kind support	600	5,789
Grants	81,934	105,853
	<u>241,797</u>	<u>133,218</u>
Investment income		
Interest received	38	22
	<u>241,835</u>	<u>133,240</u>
EXPENDITURE		
Raising donations and legacies		
Wages & bonus	4,970	7,386
Social security	213	484
Employer pension contributions	167	105
Fundraising expenses	1,497	-
	<u>6,847</u>	<u>7,975</u>
Charitable activities		
Wages & bonus	68,130	66,163
Social security	2,426	2,453
Employer pension contributions	2,026	2,095
Redundancy	-	2,000
Freelance administration	-	5,467
Rent & Utilities	8,950	9,000
Programme and general expenses	15,732	19,284
Food, chef & venue expenses	13,159	13,118
Staff development	8,856	-
Accountancy	3,859	3,353
	<u>123,138</u>	<u>122,933</u>
Total resources expended	<u>129,985</u>	<u>130,908</u>
Net income	<u><u>111,850</u></u>	<u><u>2,332</u></u>

RESTART LIVES

England & Wales - Charity number 1128848

Accounts

REGISTERED COMPANY NUMBER: 6807567 (England and Wales)
REGISTERED CHARITY NUMBER: 1128848

Report of the Trustees and
Unaudited Financial Statements for the Year Ended 28 February 2021
for
Restart Lives Ltd

Evergreen
Chartered Accountants
65 London Wall
London
EC2M 5TU

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for the Year Ended 28 February 2021

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TRUSTEES	N J C Gandon (Chair) A Dani P Gibbons J Soame V S Leydecker D Pyle M Veldon (appointed 1.3.20) M Abel-Smith (appointed 1.3.20) R P Mills A W Marshall (appointed 10.10.21)
REGISTERED OFFICE	Upper Highwood London Road Hertford Heath Hertfordshire SG13 7PR
REGISTERED COMPANY NUMBER	6807567 (England and Wales)
REGISTERED CHARITY NUMBER	1128848
INDEPENDENT EXAMINER	Evergreen Chartered Accountants 65 London Wall London EC2M 5TU
SOLICITORS	Bevan Britten Fleet Place House 2 Fleet Place Holborn Viaduct London EC4M 7RF
BANKERS	Arbuthnot Latham Arbuthnot House 7 Wilson Street London EC2M 2SN

The Trustees, who are also directors for the purposes of the Companies Act 2006, present their report for the charity for the year ended 28 February 2021. The Trustees have adopted the provisions of 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 2015).

OBJECTIVES AND ACTIVITIES

Objectives and Aims

Restart Lives Ltd (commonly known as RESTART) was registered with the Charity Commission in March 2009 (Charity no. 1128848). Driven by Christian values and generously supported by over 180 volunteers, we support current and former homeless people in London. RESTART is a largely volunteer-run charity that seeks to relieve poverty amongst current and former homeless and long-term unemployed men and women, irrespective of their gender, ethnicity or faith.

The Charity's governing document establishes the Charity's objects as follows:

- a) The relief of poverty through the provision of housing and other amenities and services;
- b) The advancement of education world-wide on issues relating to poverty, citizenship and community development; and
- c) Furtherance of the charitable work of the Charity by the advancement of such other charitable purposes as the Trustees shall from time to time decide.

OBJECTIVES AND ACTIVITIES

Significant activities

Our overriding goal is to help London's homeless break the cycle of homelessness and despair, move from the streets, confront the issues obstructing their futures and return to society as empowered, resilient human beings - preferably in employment and living independently in their own homes.

Operating from the base of St. Columba's Church in Knightsbridge and with offices in Leicester Square, we support our "guests" (as we always refer to those with whom we work) through our five-platformed REGAIN programme which aims to help guests from across London to regain their lives ultimately by progressing into work and securing a home of their own. These five platforms provide:

- a weekly drop-in at St. Columba's Church in which we offer food, emergency aid, general support and a welcoming, non-judgmental community;
- access to counselling and psychotherapy, individual mentoring and a pre-employability programme called TaskForce;
- referrals into training, apprenticeships and employment;
- support in accessing permanent housing; and
- once a guest is in work and living in their home, an opportunity to volunteer at the weekly drop-in or else as a mentor.

The REGAIN programme: since 2011 RESTART's activities have evolved year on year. Initially we delivered only a weekly drop-in the ReAct drop-in offering a welcoming community, advice and a hot meal. Since then, our activities have been strategically developed under the umbrella of the REGAIN programme.

Underpinning its development are convictions that:

- the provision of food and temporary shelter is an important starting point in meeting basic needs but in itself it will not create transformational change;
- any effective response to homelessness must address root causes (not just symptoms) by seeking to address mental health issues and promote positive wellbeing;
- for many homeless men and women long-term, sustainable employment is essential if they are to lead fulfilling, independent lives;
- there is far too much duplication and inefficiency across the homeless sector; and
- if dynamic impact is to be made, we must work collaboratively and strategically with other like-minded organisations determined to deliver dynamic change.

Led by our professional team and supported by volunteers, the REGAIN programme is delivered with support from psychotherapists and counsellors from the 96 Harley Street practice, from St. Columba's Church in Knightsbridge, from other churches, faith groups and socially-driven organisations, other local homeless charities (including Buses 4 Homeless, Glass Door and St. Cuthbert's Centre in Chelsea & Kensington). The programme offers a five-platformed structured pathway along which guests can progress towards employment and independent living if they are determined to do so.

Platform One: ReAct - A Platform for Change

The REGAIN programme operates from the starting-point of the ReAct drop-in. Since February 2019 this has operated at St Columba's Church in Knightsbridge on a Friday evening. We welcome all who enter, offering a friendly, hospitable and non-judgmental space, food, emergency aid, clothing and general advice to current or former homeless men and women. Since April 2018, we have welcomed 617 unique individual guests at an average of 81 guests each week alongside an average of 20 - 25 volunteers. The ReAct platform allows us to get to know our guests, to build trust, to understand their individual needs and present pathways available through the REGAIN Programme to enable those wishing to make positive changes to take positive actions.

Platform Two: ReStore - A Platform for Recovery

The pathways along which guests must travel if they are to regain their lives by securing full-time employment are bumpy. The majority must overcome complex issues and recover from traumas. For those living on the streets, an immediate need is to find stability in the form of temporary accommodation and, on an interim basis, to access state benefits. For very many there are significant mental health issues to overcome and motivation and confidence to be developed.

OBJECTIVES AND ACTIVITIES

The ReStore platform contains four specific components designed to give guests the best chance of securing full-time, sustainable employment by:

- addressing immediate issues (such as temporary accommodation, ID issues, access to benefits) needed to create stability;
- facilitating access to counselling and psychotherapy;
- supporting the personal development and wellbeing of guests; and
- preparing guests for the workplace.

The first component in the ReStore platform is provision of advice and support relating to ID issues, often relevant to migrants from abroad, helping them register for eligible state benefits and to access temporary accommodation in hostels or shelters.

The second component is delivered in partnership with 96 Harley Street when we encourage guests to access counselling from professional counsellors so that they can deal with trauma and manage mental health issues.

The third component is a mentoring programme available to guests who opt to engage in a one-to-one mentoring relationship. Introduced in the ReStore platform but sustained throughout the course of the REGAIN programme, mentoring support is provided by trained volunteers who act as personal advisors and supporters. Mentors help with practical matters and signpost their mentees towards specialist support, including counselling where appropriate. The mentor and guest draw up an agreed action plan intended to lead to optimum outcomes: a full-time job, a home, personal fulfilment and a successful return back into society.

The fourth component is the TaskForce course. Most guests lack the confidence, discipline, communication and employability skills to progress immediately into work. Our TaskForce course gives guests opportunities to undertake 80 hours of tasks and training over a period of 1 - 3 months, the equivalent of two full working weeks, under the guidance of local employers and community organisations such as City Harvest, Springboard, Tictrac and Chelsea Library.

While undertaking tasks, guests are given guidance and feedback to help them develop the attitudes and skills essential for the workplace; support is given in writing CVs, in making job applications and in interview technique. By the end of TaskForce, we expect guests to have proven to themselves and to Restart their readiness to progress into full-time work.

Platform Three: ReCruit - A Platform for Work

The ReCruit platform follows satisfactory completion of the TaskForce course and, in cases where TaskForce and mentoring operate side by side, when guests make positive personal progress under the guidance of their mentor. We refer guests into apprenticeships and onto other training programmes provided by a range of workplace partners, such as Pret A Manger, House of Saint Barnabas, Connection Crew, London Construction Company and The Beyond Food Foundation or else help them directly to secure employment.

Platform Four: ReHouse - A Platform for Independent Living

While helping guests secure full-time work, we simultaneously help them secure a home of their own from private landlords. Since funding a deposit and up-front rent is a major challenge, we are willing to provide financial loans, thereby removing a major obstacle. For those who have lived for any length of time on the streets or in temporary accommodation, providing a roof over the head is not in itself the full answer. With this in mind, one of our team and/or their mentor meets each guest on a weekly basis, offering support with moving in, sourcing furniture, setting up rent and utility payments, advising on savings and cost-effective shopping.

Platform Five: ReTurn,- A Platform for the Future

Our objective is to support guests along a pathway tailored to their individual needs which ends when they are able to return to society as empowered, resilient human beings who can face their futures optimistically. Once in their own homes with stable jobs, many move away from the charity - their way of "moving on". For those wishing to remain part of RESTART, we encourage their return as volunteers at the ReAct drop-in or else, if appropriate, as mentors. Former guests who remain involved bring an authenticity and are far better equipped to inspire and encourage current guests to follow in their footsteps in seeking to regain their lives.

OBJECTIVES AND ACTIVITIES

Public benefit

The Trustees have referred to the guidance offered by the Charity Commission in reviewing aims and objectives and in planning activities. In particular, the Trustees consider how planned activities will contribute to the aims and objectives and they ensure that these activities are carried out for the public benefit by delivering services that are valued by our members and enable those with responsibility in the sector to develop and adopt best practice.

ACHIEVEMENT AND PERFORMANCE

Charitable activities

COVID-19: The impact of Covid-19 on RESTART's operations since March 2020 has been considerable. Between March and mid-July during the first period of "lockdown" we stopped delivering our weekly drop-in at St Columba's Church, were unable to work from our offices in Leicester Square and needed, in effect, to "mothball" our core REGAIN Programme. We nonetheless remained very busy and continued to offer our best support to the homeless community by undertaking alternative "socially-distanced" activities in partnership with St Cuthbert's Centre in Earl's Court between March and July 2020. These included daily delivery of take-away meals, our providing portable chargers and free mobile data packs to enable guests to get online and stay connected, our offering a new befriending programme facilitated remotely by phone or online and by helping rough-sleepers access hotel accommodation in partnership with Kensington & Chelsea Council.

From mid-July 2020 we resumed our drop-in service at St. Columba's, while adapting "normal" operations to ensure Covid compliance, meaning that numbers of guests we could support was necessarily limited. From mid-July 2020 we also resumed delivery of the REGAIN Programme as best we could, while extending the befriending programme piloted in March. Covid circumstances allowed us to develop and deliver our mentoring and counselling services, but significantly limited what we could undertake through our TaskForce (our employability programme) and supporting guests into work.

In the past 12 months RESTART has:

Volunteers

In the past 12 months RESTART has:

- sustained a pool of 180 volunteers, including 43 who volunteer at least once a month;
- been supported by an average of 20 volunteers each week at the weekly ReAct drop; and
- trained and deployed 25 volunteers as befrienders and new mentors.

Partners

In the past 12 months RESTART has:

- renewed or implemented partnerships with key partners and referral agencies, including: 96 Harley Street, The Spring, St. Columba's Church, GlassDoor Charity, St Cuthbert's Centre, Buses4Homes, 999 Club in Deptford, City Harvest, The Junior League, The Pret Foundation, House of St Barnabas, Connection Crew, The Beyond Food Foundation, Kensington & Chelsea Volunteer Centre, Chelsea Library, Only a Pavement Away, Change Please and Radical Recruits.

Guests' Survey

- At the end of February 2021 75% of guests who completed our survey reported that they felt positively supported by RESTART, especially in light of Covid-19, and that they felt less isolated and better connected to RESTART and to other services.

ReAct

In the past 12 months RESTART has:

- served circa 3,500 hot meals and provided wider informal support to circa 300 unique individual guests on Fridays at St Columba's Church and in partnership with St Cuthbert's Centre in Earl's Court; and
- engaged 22 guests in individual befriending relationships.

ReStore

In the past 12 months RESTART has:

- engaged with and supported 30 individual guests in individual casework, facilitating support with ID and benefits, IT support, Covid-related issues and in signposting to other services;
- trained 12 new mentors, taking the number up to 63 since 2017;
- sustained or established 4 individual mentoring relationships;
- engaged 5 individual guests in the TaskForce programme; and
- facilitated and funded counselling programmes for 6 guests with 96 Harley Street.

ReCruit

In the past 12 months RESTART has:

- facilitated training and apprenticeships and/ or supported 2 guests into full-time employment.

ReHouse

In the past 12 months RESTART has:

- helped 11 guests to access permanent and temporary accommodation, where appropriate providing loans for deposits and first month's rent.

FINANCIAL REVIEW

Restart recorded a surplus of £2,332, a reduction of £35,183 from the surplus of £37,515 for 2020.

Total income increased slightly to £133,240 for the year, but this total represented a significantly changed income stream. The successful 'SleepOut' event that was held in December 2019 could not be repeated due to Covid-19 restrictions, as neither could other fundraising events and initiatives. Instead, staff fundraising time and resources were primarily focussed on grant funding from many organisations whose support during these difficult times was greatly welcomed (see Note 2). Grant funds received totalled £105,853, of which £78,265 were restricted, compared to the 2020 total grants of £39,500.

Overall expenditure at £130,908 was £35,764 higher than last year. These higher expenses reflected the recruitment from 1 April 2020 of a new full-time Chief Executive, which removed the need for the in-kind management and administration support previously provided by the Chair of Trustees, the employment of an Executive Assistant as a staff member (previously carried out as a freelance contractor) and the investment in office equipment and phones, some of which was provided in-kind, for volunteers and guests.

Expenditure has been allocated to restricted funds received during 2020 and 2021 according to the conditions of the grants.

The Charity's closing reserves balance at the end of the year increased to £54,851 (2020: £52,519) of which £49,931 was unrestricted and £4,920 restricted. These reserves equate to approximately 4 months of projected operational expenditure.

The retention of the charity's reserves position at similar, slightly higher, levels as the previous year's, in a period of many uncertainties, represented a solid achievement by the charity's staff, supported by Trustees.

PLANS FOR THE FUTURE

During 2021/22 we aim (subject to Covid restrictions) to achieve the following outcomes which we will measure through weekly records recorded on the INFORM platform:

- 85% of guests report that they feel positively supported by RESTART and that they feel less isolated and better connected to RESTART and to other services.

ReAct

- to serve hot meals and implement wider support to an average of 90 individual guests every Friday at our drop-in;
- to sustain our volunteers at circa 140, including 10 new trained mentors and befrienders;
- to develop the drop-in services e.g. regular barber/hairdresser, clothing, toiletries, sleeping bag donations, visits from TaskForce and other partners; and
- have engaged 50 guests in our remote Befriending scheme and deepened relationships with guests complementing face-to-face engagement.

ReStore

- to engage with and support 40 individual guests in casework by giving support with ID and benefits and in accessing temporary accommodation;
- to facilitate access to counselling with 96 Harley Street for 10 guests;
- to train a further 10 volunteers as mentors;
- to support 20 individual guests in the Mentoring programme delivered by trained volunteers; and
- to engage 20 individual guests as committed in the TaskForce programme.

ReCruit

- to create and sustain 10 employer partnerships with the charity; and
- to facilitate work experience, apprenticeships or support into full-time employment for 10 guests.

ReHouse

- to house or re-house 15 guests in temporary or permanent housing, supporting where appropriate with loans for deposits and first month's rent.

Budgets

An expenditure budget for 2021/22 has been agreed by the Trustees, as part of an ambitious three-year programme of charitable activity, along with fundraising plans and initiatives for the forthcoming twelve months that are targeted to maintain current reserves levels.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

Registered originally as Astell Foundation, the Charity is registered as a charitable company limited by guarantee (registered number 6807567) and is governed by its Memorandum and Articles of Association. The Charity is registered with the Charity Commission (registered number 1128848) and was established on 2 February 2009 for the main purpose of the assistance of homeless people. It does not have share capital, cannot pay dividends and must utilise all its funds to further its stated charitable objectives.

The Charity has no share capital. Members of the charitable company guarantee to contribute an amount not exceeding £1 each to the assets of the Charity in the event of winding up.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Recruitment and appointment of new trustees

The Board of Trustees as a body has the power to appoint new Trustees. There must be a minimum of three at any one time in line with the Articles of Association. Those who served as Trustees during the year were:

Nicholas Gandon (Chair)
Marina Abel-Smith - appointed 1 March 2020
Anand Dani
Peter Gibbons
Sonya Leydecker
Robert Mills
David Pyle
Jenna Soame
Mark Veldon - appointed 1 March 2020

Organisational structure

The Trustees administer the Charity on an ongoing basis and meet at least three times a year to discuss the strategic direction of the charity and specific current issues. From the beginning of 2020/21 Nicola Miller held the new position of Chief Executive supported by a full-time Programme Manager, together with a part-time drop-in manager and freelance chef working alongside volunteers.

Induction and training of new trustees

All new Trustees attend an induction Trustee Board Meeting where their roles are fully explained. They receive regular information about trustee training and, in the view of the Trustees, have enough knowledge of their specific field to understand the nature of the Charity and fully comply with the Charity's current views of its progression.

Trustees may claim for reasonable expenses (as determined by an agreed policy) incurred in undertaking the Charity's business, but they receive no remuneration or other financial benefit in their capacities as Trustees.

Equality of Opportunity

RESTART is committed to a policy of equal opportunities for all employees and volunteers and to ensuring within the framework of the law that its workplaces are free from unlawful or unfair discrimination.

Risk management

The Trustees have assessed the major risks to which the Charity is exposed, in particular those related to the operations and finances of the Charity and are satisfied that mitigation systems and procedures are in place.

The principal risks faced by the Charity, and some of the actions to mitigate these risks, are considered to be:

- the implications of the Covid pandemic;
- the success with which appropriate funding is generated to sustain activities;
- the availability and willingness of partners to enable guests' training and apprenticeship programmes;
- the continued support and skills provided by the team of volunteers;
- the provision of facilities by St. Columba's Church; and
- the loss of key staff.

1/11/2021

Approved by order of the board of trustees on and signed on its behalf by:

Nick Gandon

Nick Gandon (Nov 1, 2021 14:09 GMT)

N J C Gandon - Trustee

Statement of Trustees' Responsibilities
for the Year Ended 28 February 2021

The trustees (who are also the directors of Restart Lives Ltd for the purposes of company law) are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) including Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland"

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing those financial statements, the trustees are required to

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Independent examiner's report to the trustees of Restart Lives Ltd ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 28 February 2021.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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

Jas Bal FCA
Institute of Chartered Accountants in England and Wales
Evergreen
Chartered Accountants
65 London Wall
London
EC2M 5TU

Date:

Restart Lives Ltd

Statement of Financial Activities
for the Year Ended 28 February 2021

	Notes	Unrestricted fund £	Restricted funds £	28.2.21 Total funds £	28.2.20 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	54,953	78,265	133,218	132,170
Charitable activities					
Charitable activities	4	-	-	-	480
Investment income	3	22	-	22	9
Total		<u>54,975</u>	<u>78,265</u>	<u>133,240</u>	<u>132,659</u>
EXPENDITURE ON					
Raising funds	5	7,975	-	7,975	307
Charitable activities					
Charitable activities	6	38,338	84,595	122,933	94,837
Total		<u>46,313</u>	<u>84,595</u>	<u>130,908</u>	<u>95,144</u>
NET INCOME/(EXPENDITURE)		<u>8,662</u>	<u>(6,330)</u>	<u>2,332</u>	<u>37,515</u>
RECONCILIATION OF FUNDS					
Total funds brought forward		41,269	11,250	52,519	15,004
TOTAL FUNDS CARRIED FORWARD		<u><u>49,931</u></u>	<u><u>4,920</u></u>	<u><u>54,851</u></u>	<u><u>52,519</u></u>

CONTINUING OPERATIONS

All income and expenditure has arisen from continuing activities.

Restart Lives Ltd

Balance Sheet

28 February 2021

	Notes	Unrestricted fund £	Restricted funds £	28.2.21 Total funds £	28.2.20 Total funds £
CURRENT ASSETS					
Cash in hand		62,404	4,920	67,324	63,962
CREDITORS					
Amounts falling due within one year	12	(12,473)	-	(12,473)	(11,443)
NET CURRENT ASSETS		<u>49,931</u>	<u>4,920</u>	<u>54,851</u>	<u>52,519</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>49,931</u>	<u>4,920</u>	<u>54,851</u>	<u>52,519</u>
NET ASSETS		<u><u>49,931</u></u>	<u><u>4,920</u></u>	<u><u>54,851</u></u>	<u><u>52,519</u></u>
FUNDS	13				
Unrestricted funds				49,931	41,269
Restricted funds				<u>4,920</u>	<u>11,250</u>
TOTAL FUNDS				<u><u>54,851</u></u>	<u><u>52,519</u></u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 28 February 2021.

The members have not required the company to obtain an audit of its financial statements for the year ended 28 February 2021 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

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

The financial statements were approved by the Board of Trustees and authorised for issue on 1/11/2021 and were signed on its behalf by:

Nick Gandon
Nick Gandon (Nov 1, 2021 14:09 GMT).....
N J C Gandon - Trustee

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, 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)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Financial reporting standard 102 - reduced disclosure exemptions

The charitable company has taken advantage of the following disclosure exemptions in preparing these financial statements, as permitted by FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland':

- the requirements of Section 7 Statement of Cash Flows.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, 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 accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings, they have been allocated to activities on a basis consistent with the use of resources.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

The charitable company contributes to a work place pension scheme on behalf of its eligible employees. Contributions payable to the pension scheme are charged to the profit and loss account in the period to which they relate.

Staff and support costs

Staff and freelance contractor costs are attributed to activities based on estimates of time spent by each person on each activity.

Notes to the Financial Statements - continued
for the Year Ended 28 February 2021

2. DONATIONS AND LEGACIES

	28.2.21	28.2.20
	£	£
Donations and legacies	21,576	78,270
In-kind support	5,789	14,400
Grants	105,853	39,500
	<u>133,218</u>	<u>132,170</u>

Unrestricted donations received during the year include:

- Individual donations through Virgin Money: £6,223
- Other, including Gift Aid: £15,353

In-kind support represents £3,140 for the provision of food free of charge for the ReAct drop-ins from J F Edwards and from Nando's, and £2,649 for equipment donated by the Junior League of London. (2020 in-kind support related to management services in the role of Acting Chief Executive by the Chair of Trustees, N Gandon, at no charge.)

Grants received are as follows:

Unrestricted: Alix Partners £15,038, The Albert Hunt Trust £5,000, The Fairness Foundation £5,000, Others £2,550

Restricted: CAF Foundation £25,000

London Community Response Fund (LCRF), via City Bridge Trust £23,066

Dept for Communities & Local Government (DCLG), via Homeless Link £10,000

LandAid £9,199

Lottery Community Fund (LCF) £9,000

Royal Borough of Kensington & Chelsea £2,000

3. INVESTMENT INCOME

	28.2.21	28.2.20
	£	£
Interest received	22	9
	<u>22</u>	<u>9</u>

4. INCOME FROM CHARITABLE ACTIVITIES

	28.2.21	28.2.20
	£	£
Rent & Benefits	-	480
Activity		
Charitable activities	<u>-</u>	<u>480</u>

2019/20 income from charitable activities related to rent received from a former tenant of a supported housing scheme whereby the charity underwrote the rental costs of a property in London.

Notes to the Financial Statements - continued
for the Year Ended 28 February 2021

5. RAISING FUNDS

Raising donations and legacies

	28.2.21	28.2.20
	£	£
Staff costs	7,975	-
Fundraising expenses	-	307
	<u>7,975</u>	<u>307</u>

6. CHARITABLE ACTIVITIES COSTS

	Direct Costs (see note 7) £
Charitable activities	<u>122,933</u>

7. DIRECT COSTS OF CHARITABLE ACTIVITIES

	28.2.21	28.2.20
	£	£
Staff costs	70,711	22,725
Redundancy	2,000	5,685
Freelance administration	5,467	39,286
Rent & Utilities	9,000	3,750
Programme and general expenses	19,284	8,738
Food, chef & venue expenses	13,118	4,883
Sundry expenses	-	7,057
Accountancy	3,353	2,713
	<u>122,933</u>	<u>94,837</u>

8. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or benefits for the year ended 28 February 2021 (2020: nil).

Trustees' expenses

There were no trustees' expenses paid for the year ended 28 February 2021 (2020: nil).

9. STAFF COSTS

	28.2.21	28.2.20
	£	£
Wages and salaries	73,549	22,083
Social security costs	2,937	-
Other pension costs	2,200	642
	<u>78,686</u>	<u>22,725</u>

Staff costs relate to staff employed by the charity and exclude freelance contractors.

The average monthly number of employees during the year was as follows:

28.2.21	28.2.20
<u>3</u>	<u>1</u>

9. STAFF COSTS - continued

No employees received emoluments in excess of £60,000.

The cost of freelance contractors was £10,207 for programme management and chef catering services. (2020: £44,169 being the Acting Chief Executive, Executive Assistant and chefs, of which £14,400 was provided free of charge as in-kind support for the Acting Chief Executive role.)

10. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	112,170	20,000	132,170
Charitable activities			
Charitable activities	480	-	480
Investment income	9	-	9
Total	<u>112,659</u>	<u>20,000</u>	<u>132,659</u>
EXPENDITURE ON			
Raising funds	307	-	307
Charitable activities			
Charitable activities	86,087	8,750	94,837
Total	<u>86,394</u>	<u>8,750</u>	<u>95,144</u>
NET INCOME	<u>26,265</u>	<u>11,250</u>	<u>37,515</u>
RECONCILIATION OF FUNDS			
Total funds brought forward	15,004	-	15,004
TOTAL FUNDS CARRIED FORWARD	<u><u>41,269</u></u>	<u><u>11,250</u></u>	<u><u>52,519</u></u>

11. SHARE CAPITAL

The company has no share capital being limited by guarantee. The guarantors will contribute a maximum of £1 each in the event of a liquidation.

Notes to the Financial Statements - continued
for the Year Ended 28 February 2021**12. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	28.2.21	28.2.20
	£	£
Social security and other taxes	3,197	1,176
Other creditors	3,019	1,055
Accruals and deferred income	6,257	9,212
	<u>12,473</u>	<u>11,443</u>

13. MOVEMENT IN FUNDS

	At 29.2.20	Net movement in funds	At 28.2.21
	£	£	£
Unrestricted funds			
Unrestricted	41,269	8,662	49,931
Restricted funds			
Restricted	11,250	(6,330)	4,920
TOTAL FUNDS	<u>52,519</u>	<u>2,332</u>	<u>54,851</u>

Net movement in funds, included in the above are as follows:

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
Unrestricted	54,975	(46,313)	8,662
Restricted funds			
Restricted	78,265	(84,595)	(6,330)
TOTAL FUNDS	<u>133,240</u>	<u>(130,908)</u>	<u>2,332</u>

Comparatives for movement in funds

	At 1.3.19	Net movement in funds	At 28.2.20
	£	£	£
Unrestricted funds			
Unrestricted	15,004	26,265	41,269
Restricted funds			
Restricted	-	11,250	11,250
TOTAL FUNDS	<u>15,004</u>	<u>37,515</u>	<u>52,519</u>

13. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
Unrestricted	112,659	(86,394)	26,265
Restricted funds			
Restricted	20,000	(8,750)	11,250
TOTAL FUNDS	<u>132,659</u>	<u>(95,144)</u>	<u>37,515</u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.3.19 £	Net movement in funds £	At 28.2.21 £
Unrestricted funds			
Unrestricted	15,004	34,927	49,931
Restricted funds			
Restricted	-	4,920	4,920
TOTAL FUNDS	<u>15,004</u>	<u>39,847</u>	<u>54,851</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
Unrestricted	167,634	(132,707)	34,927
Restricted funds			
Restricted	98,265	(93,345)	4,920
TOTAL FUNDS	<u>265,899</u>	<u>(226,052)</u>	<u>39,847</u>

14. RELATED PARTY DISCLOSURES

With effect from 1 March 2020, Ms. Olivia Pyle, the daughter of Mr. David Pyle who was appointed as a Trustee on 18 May 2019, was appointed in a full-time Programme Manger role. Mr. Pyle did not participate in the Board of Trustee's decision to appoint her nor any discussions regarding Ms. Pyle's remuneration.

Detailed Statement of Financial Activities
for the Year Ended 28 February 2021

	28.2.21 £	28.2.20 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations and legacies	21,576	78,270
In-kind support	5,789	14,400
Grants	105,853	39,500
	<hr/>	<hr/>
	133,218	132,170
Investment income		
Interest received	22	9
Charitable activities		
Rent & Benefits	-	480
	<hr/>	<hr/>
Total incoming resources	133,240	132,659
EXPENDITURE		
Raising donations and legacies		
Wages & bonus	7,386	-
Social security	484	-
Employer pension contributions	105	-
Fundraising expenses	-	307
	<hr/>	<hr/>
	7,975	307
Charitable activities		
Wages & bonus	66,163	22,083
Social security	2,453	-
Employer pension contributions	2,095	642
Redundancy	2,000	5,685
Freelance administration	5,467	39,286
Rent & Utilities	9,000	3,750
Programme and general expenses	19,284	8,738
Food, chef & venue expenses	13,118	4,883
Sundry expenses	-	7,057
Accountancy	3,353	2,713
	<hr/>	<hr/>
	122,933	94,837
Total resources expended	<hr/>	<hr/>
	130,908	95,144
Net income	<hr/> <hr/>	<hr/> <hr/>
	2,332	37,515






Accounts 2021

Final Audit Report

2021-11-01

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