

ALIVE ACTIVITIES LIMITED

England & Wales · Charity number 1132708

Details

Status	Registered
Legal form	Charitable company
Company number	06989308
Registered	2009-11-16
Register	View on the Charity Commission register

Contact

Address	The Create Centre Smeaton Road Bristol BS1 6XN
Phone	07861385543
Email	info@aliveactivities.org
Website	www.aliveactivities.org

Activities

Objects: THE COMPANY'S OBJECTS ARE TO PROVIDE OR ASSIST IN THE PROVISION OF FACILITIES IN THE INTERESTS OF SOCIAL WELFARE FOR RECREATION OR OTHER LEISURE TIME OCCUPATION OF INDIVIDUALS WHO HAVE NEED OF SUCH FACILITIES BY REASON OF THEIR YOUTH, AGE INFIRMITY OR DISABILITY, FINANCIAL HARDSHIP OR SOCIAL CIRCUMSTANCES WITH THE OBJECT OF IMPROVING THEIR CONDITIONS OF LIFE.

Activities: Alive is dedicated to improving the quality of life of older people and their carers. We work to prioritise wellbeing into later life by engaging older people creatively through meaningful activity, training and supporting carers to enrich the lives of older people, reducing social isolation by connecting them to their local communities and speaking up for the rights of older people

Classification

- **How:** Provides Services
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Disability, Arts/culture/heritage/science, Amateur Sport
- **Who:** Elderly/old People, People With Disabilities

Geography

- **Area of benefit:** UNDEFINED. IN PRACTICE, LOCAL
- Bristol City
- Gloucestershire
- North Somerset
- Somerset
- South Gloucestershire

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£747,483	£616,467	£452,223	28
2024-03-31	£772,071	£836,368	£321,207	34
2023-03-31	£686,339	£800,327	£385,504	29
2022-03-31	£811,683	£521,641	£499,492	21
2021-03-31	£557,625	£500,360	£209,450	12

Trustees

Name	Role	Appointed
ANDREW SIMON WOOD		2014-09-17
CATHERINE SMITH		
Christopher Williams		2026-04-20
Dr Kevin Woodrow		2023-08-03
Patricia Jayne Barlow		2020-03-27
Richard Crocker		2020-03-27

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Accounts

ALIVE ACTIVITIES LIMITED
FINANCIAL STATEMENTS
31 MARCH 2025

Company Registration Number 06989308
Charity Number 1132708

ALIVE ACTIVITIES LIMITED
FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2025

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ALIVE ACTIVITIES LIMITED

TRUSTEES' ANNUAL REPORT

YEAR ENDED 31 MARCH 2025

The Trustees are pleased to present their annual report together with the financial statements of the charity for the year ended 31 March 2025 which are also prepared to meet the requirements for a directors' report and accounts for Companies Act purposes.

The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and 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).

Aims and Objectives

Alive works to prioritise wellbeing into later life. We do this in four ways, by:

- ***Engaging older people creatively through meaningful activity***
We provide a wide range of high quality, person-centred activity sessions in a range of care settings and in the community, which combat loneliness, anxiety, and depression, and strengthen older people's personal identities by connecting with their individual life stories, passions, and interests.
- ***Training and supporting carers to enrich the lives of older people***
We use our specialist knowledge and experience to train social care staff and carers, which builds their capacity and confidence to develop more meaningful activities and relationships with the older people they care for.
- ***Reducing older people's social isolation by connecting them to their local communities***
We help develop sustainable relationships between older people and their local communities, to reduce social isolation and provide opportunities for meaningful engagement.
- ***Speaking up for the rights of older people to those with the power to improve their lives***
We advocate and campaign for improved quality of life for older people, working with partners in the voluntary, public, private, and academic sectors to raise awareness and change attitudes and behaviour.

Thank you....

Alive depends on charitable donations to deliver its work - thank you to the many trusts and foundations, individuals and corporate supporters who enabled us to enrich the lives of so many older people this year. We are dependent on your support and without it our work simply would not be possible.

Staff and Volunteers - the Trustees recognise the huge and ongoing contribution made by Alive staff and volunteers to the lives of older people in care and to their carers. We extend

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our gratitude to them all and acknowledge their energetic commitment to Alive's mission, values, and work. This year, we want to acknowledge that they have gone above and beyond to keep Alive going and to support older people when they needed it the most. Thank you.

Vision and Values

Our vision

A world where older people live lives full of value, meaning and connection.

Our mission

To prioritise wellbeing into later life.

Our values

- **Collaborative**
We work with older people and partners to deliver services that are needed and wanted. We believe in working with others. We can't achieve change on our own. We make more of an impact when we work together for the good of others.
- **Committed**
We deliver, we train, we connect, we influence. We are a group of people who never give up and are fully committed to improving the lives of older people through activity in whatever way we can.
- **Creative**
We embrace creativity. We like to try and test new approaches, new partnerships, new ways of working and we aren't frightened of taking risks and possibly making mistakes. We are quick to change and find new ways of working when needed.
- **Community focused**
We fully understand the value and importance of being part of a community and work hard to connect older people to their communities – wherever they may be. We value our own community and place high importance on creating an inclusive and supportive community amongst our staff, volunteers and colleagues.
- **Compassionate**
We love what we do and who we work with. We are passionate about improving the quality of life of older people in whatever way we can. We value our colleagues and strive to create a positive, engaging, inclusive and supportive work culture in which we can all grow.

Our impact

Alive's work has a positive impact on older people's wellbeing and increases social interaction for isolated older people and supports their carers. This, in turn, enriches their lives, improves relationships between older people, care staff and carers and creates a greater sense of community.

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Overview

2024-25 has continued to be a mixed year for Alive – from incredible success to difficult reductions in funding. As ever, we have navigated the rollercoaster with tenacity, strength and creativity and have continued to find innovative project ideas and new funding streams and have never ceased in our mission of improving and prioritising the wellbeing of older people in our area.

We continued our success of 2023-24 by delivering our services well and providing older people with good quality, person centred and innovative support. We continued to build on our success and expand our brand presence within the area - continually being asked to attend meetings as a key local provider, being a crucial voice in the restructure of dementia services across our area. We continue to run successful sessions in care homes, and have continued to train using our empathy suit. We began to run Maintenance Cognitive Stimulation Therapy (MCST) groups, taking over existing groups from AGE UK Bristol.

We expanded our work in hospitals, navigating the inevitable bureaucratic hurdles, launching another dementia garden in the Weston General Hospital and running the first ever intergenerational project in the Bristol Royal Infirmary. We have also increased our gardens in GP surgeries.

Our intergenerational project, STANd (Strength Together Age Network Development), funded by the National Lottery was launched delivering a wide range of pilots within its first year. This included launching the Lullaby Circle, which has now moved from a pilot to an established activity session. We have launched an LGBTQ+ intergenerational group, which is going from strength to strength. More pilots will follow next year, many looking at arts and culture and the intergenerational connection.

We have seen huge recognition of our work in national and international press, for example for the Hoppiness Project and Lullaby circle – both featured on TV, online and radio. We have been able to not only promote our work but to highlight dementia and older age in a more positive light than they have sometimes been portrayed in the media.

It has been particularly difficult this year for us to win new funding from Trusts and Foundations, historically a major source of funding for our activities.

Financially, we have ended the year to 31 March 2025 with a deficit on unrestricted funds. Fundraising has been a major challenge in an increasingly competitive environment with less funding being available to charities than in previous years. Our sound financial controls enabled us to monitor the situation throughout the year and adapt accordingly to reduce our costs and ensure our survival going forward. We have made choices to try and secure our future financial stability with a number of key staff taking a reduction in hours. We have also reduced our office footprint with many admin staff now working from home. The measures we have taken through the year enabled us to reduce our closing deficit on unrestricted funds from £71,550 in our original budget to £39,515.

We are incredibly proud of the team's achievements this year. Every member of staff has worked hard and is committed and dedicated to their role, to the organisation and the people we serve. Alive is lucky to have a talented and passionate group of staff who will go the extra mile to support the wellbeing of older people and bring joy and purpose to their lives.

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Achievements and Performance

During 2024-25, we enriched the lives and improved the wellbeing of 4,230 older people through our work: our meaningful activity sessions, training/carer support, community-based services, and community engagement projects.

We measure the effectiveness of our work using an evaluation framework, developed in 2015 in consultation with Willis Newson, the UK's leading arts and health consultancy, and the University of the West of England. The framework utilises several tools including Arts Observational Scale surveys and in-depth interviews of carers and care home staff, enabling us to evidence the impact of our work for older people. The framework provides us with the tools to measure progress on the following outcomes:

- Improving older people's mental health and emotional wellbeing
- Building the capacity of carers and care staff to deliver meaningful activity
- Fostering improved relationships throughout the care setting
- Shifting the culture towards person-centred care in care settings and in the community.

Care Home Activity Sessions

We supported 1,752 older people through a total of 146 sessions in 94 care homes, including guided reminiscence, music, poetry, history, gentle movement and dance, creative art, digital storytelling, horticultural therapy and intergenerational activities.

Training and support for carers

During 2024-25 Alive:

- Delivered training and support to a total of 418 care home staff, enhancing their skills, knowledge, and confidence to deliver outstanding person-centred care
- Delivered 4 Care Home Activity Audits, supporting care homes to improve their activity provision, helping to embed best practice in their care settings, and improving the quality of life of a total of 170 residents.
- Delivered 33 training days, including 18 Empathy Suit training days, enabling people to gain a deep understanding of what it might feel like to have dementia and how carrying out simple daily tasks can be incredibly difficult.

Community engagement, intergenerational, and partnership projects

Our dementia-friendly allotment in Brentry, North Bristol, continued to deliver supported gardening sessions this year, supporting a total of 457 people, including 206 people living with dementia, to improve their wellbeing, make new friends, and reduce social isolation whilst sharing gardening skills and growing their own fruit, vegetables and flowers.

Our new dementia-friendly allotment in South Bristol delivered 35 supported gardening sessions, benefitting 21 older people in its first year.

We worked in partnership with Stanley's Garden in Worle this year to deliver 'Wellbeing in Nature' sessions to improve the mental wellbeing of older people living in the community, both

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those living with dementia and those with mental health challenges. We supported a total of 111 beneficiaries to reduce loneliness and social isolation and improve their mental wellbeing.

We took our very successful and popular “Hoppiness Project” into 3 more care homes this year, delivering 13 sessions and supporting 100 care home residents in planting, growing and harvesting their own hops, leading to the production of their own beer. We harvested roughly 15kg of hops, and 10,000 litres of beer were brewed!

We continued to deliver our Community Gardening Group in partnership with the Wellspring Settlement, supporting 70 people from across the Barton Hill community to come together, including old, young, refugees, and local care home residents. We also continued to run our weekly gardening group at the Lawrence Hill Health Centre this year, enabling 25 participants from the GP surgery to benefit from a connection with nature. This led to a further community gardening group being set up at the Southmead and Henbury Family Practice, supporting 17 participants through the delivery of 8 sessions this year.

We were thrilled to be able to continue to work with the Dementia Ward at the Bristol Royal Infirmary (BRI) to provide weekly nature-based horticultural therapy sessions for patients. The group has gone from strength to strength, supporting 148 older people this year and rejuvenating the Living Wall at the hospital’s “Sanctuary Square” garden.

On the back of the success of Sanctuary Square, we launched a second social and therapeutic horticulture garden in partnership with Weston General Hospital this year, which is already having a significant impact on the wellbeing of patients resulting in early discharge for some and improving the stay and experience for both patients and staff. We delivered 21 sessions at the hospital this year, supporting 88 participants.

We continued to develop our Tabletop Travels project, developed as part of the Connecting Through Culture as We Age research project. Tabletop Travels provides a unique travel experience at home for housebound older adults; this year we supported 232 older people through our Athens and Budapest travel boxes, and are in the process of consulting on our next travel adventure – to Malta!

We delivered a Share & Repair project aimed at improving connections for isolated older people, giving them the opportunity to share their skills and experience through a total of 13 events, covering gardening to sewing, cooking to DIY. We supported 72 older people to make more connections with their local community.

We launched our 3 year intergenerational STANd project in June this year, with the support of the National Lottery Community Fund, and have been developing innovative new ways of engaging older people with young people in their local community. We have worked with 7 care homes, 10 community groups, and developed 14 partnerships in the first 10 months of the project, supporting a total of 242 people through 286 total engagements, and linking 108 older people with 101 young people aged 0-19 years. Pilot projects developed as part of the STANd network include our Lullaby Circle - introducing babies with their mums to care home residents, Toddlers That Came to Tea - bringing young children in to meet older hospital patients at the BRI, and Letters to My Younger Self - bridging the generations within the LGBTQ+ community. The project has also supported and upskilled 22 professionals/care workers to date in how to deliver successful intergenerational work going forward.

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Dementia Meeting Centres

Our Meeting Centres have provided a lifeline to many people affected by dementia. We have been able to support 63 individuals this year, with targeted, personalised and vital activity. With a range of support there have been trips, games, banter, concerts, visits from schools – all activity has been co-produced with members and has supported them all and their carers to live better with dementia. This support has been vital to keep people at home for longer, link up greater support for people and has prevented carer breakdown.

Unfortunately, we lost funding previously provided by North Somerset Council towards our North Somerset Meeting Centres this year and, therefore, we had to close the Clevedon meeting centre at the end of the year. The North Somerset Meeting Centres in Nailsea and Portishead will continue to run next year.

Elders Groups

We continued to support 3 elders' groups in Bristol - Malcolm X, The Golden Agers, and the Evergreens - through our BME Health & Wellbeing project, benefitting a total of 130 older people this year, predominantly from the City's Afro-Caribbean Community.

Volunteers

We really wouldn't be able to deliver our work without the fantastic support of our volunteers. We had a total of 92 volunteers by the end of 2024-25, who so generously gave their time over the year to support older people across all of our settings – our Dementia Meeting Centres, allotments and community gardens, hospitals, and care homes. A huge thank you to all of them for their invaluable support.

Speaking up for older people and their rights

We continue to take every opportunity to advocate for older people, particularly those living with dementia, whether living in care or in the community. We aim to bring about a step change in the culture of care that recognises the importance of meaningful activity, choice, and interaction for older people and prioritises those things alongside their physical care needs. We do this by:

- Working directly with those organisations with power and influence in the sector
- Speaking at local, regional, and national conferences
- Leading through example. By demonstrating best practice in all our work, we aim to inspire care home managers and staff to develop and improve their practice.

Over the last year we influenced the sector and advocated for older people through Chief Executive Isobel Jones's presentations at national and local events and conferences including the annual UK Dementia Congress, UK Dementia Summit, NAPA National Conference, and Care Roadshows.

We directly contributed to changes in dementia care policy in Bristol, North Somerset, South Gloucestershire (BNSSG) as co-Chair of the region's Dementia Health Integration Team (HIT). Alive is also on the HIT Advisory Board looking to develop a new dementia strategy for the area to ensure better integration and delivery of dementia services.

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We have continued to work in partnership with 5 other older people's organisations in Bristol as part of the Bristol Ageing Better Alliance (BABA) and we are producing an Age Friendly Strategy.

We have also continued to work in partnership with the Bristol Dementia Charities Network, comprising Alive, the Bristol Dementia Action Alliance and BRACE, Bristol's dementia research charity.

We were finalists in two categories in the Markel 3rd Sector Care Awards in March: Alive was shortlisted for the Innovation Award with our Hoppiness Project, and for the Collaboration/Integration Award for our partnership work with the BRI on the Sanctuary Square development.

We have discussed older people's issues and raised awareness in local, regional, and national media. Several of our community projects have featured significantly in the news: Sanctuary Square was covered in online BBC local news and Radio Bristol, the Elders Project was featured on the Radio Bristol Breakfast Show. The Lullaby Circle featured on BBC TV regionally and nationally - BBC1's Points West and their weekend Breakfast show (1.5–2 million viewers). This was also featured on BBC Bristol social media – and was one of their most popular pieces with 1.2m watches online. It was picked up in Germany and in America as best practice, reaching over 2m people in America. The Hoppiness Project generated lots of interest with an Instagram reel from The Guardian attracting 1.5 million views, articles on both BBC local and national websites, and featuring on The One Show (around 3 million viewers), Points West and BBC1's Breakfast show (1.5–2 million viewers). We have written an article on the project for Brew Your Own Magazine, and been accepted to present at the British Society of Gerontology's 54th Annual Conference. We have also continued to appear regularly on Radio Bristol.

Future Plans

Alive plans to continue to support older people living in the community as well as in care homes, focussing over the next few years on developing our services to reach more older people living in the community, and developing new and diverse earned income streams to help secure the long-term sustainability of the charity.

We plan to reach and support at least 4,800 isolated older people in 2025-26, enriching their lives and improving their health and wellbeing by engaging them in meaningful activities, connecting them to their local communities and training and supporting their carers. We plan to:

- deliver 250 meaningful engagement activity sessions in a wide range of care settings, benefitting up to 3000 older people
- continue to run our dementia Meeting Centres in Bristol and North Somerset, providing a community-based group offering support, friendship and engagement for 70 older people living with dementia and their carers
- Continue to run our MCST groups, supporting 50 older people and their cognitive health through engagement, activity and social engagement
- deliver training courses, care home Activity Audits, and support sessions for care staff, training and supporting at least 220 care home staff to enhance their care and improve the wellbeing of their residents

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- connect at least 1360 older people to their local communities through our community engagement projects (our Share & Repair Café and STAND projects, our Alive dementia-friendly allotments, and our community gardening groups)
- continue to support 150 older people through our BME Elders health and wellbeing project.

Financial Review

Alive's total income amounted to £747,483, £24,588 less than 2024.

- Income arising from activities, including activity sessions, training, and coaching, fell from £92,819 in the previous year to £73,674 in the current year;
- We generated a reduced total of £158,573 from contracts and Service Level Agreements with funders, giving total income from charitable activities of £232,247 compared to £484,739 in 2024;
- Income from fundraising, including grants from trusts and foundations, amounted to £503,395, an increase of £226,129 compared to the previous period. This total includes a £150,000 expendable endowment fund from the Edward Gostling Foundation that is bound by strict caveats, restricting access for five years from receipt unless total reserves (including the endowment fund) fall below 25% of annual expenditure. The endowment fund is stated separately to unrestricted and restricted funds in the accounts.

Total expenditure for the year was lower than the previous period, by £219,901 to £616,467. Average monthly expenditure amounted to £51,400, compared to an average of £69,700 in the previous period, following reductions in staff and project expenditure.

There was an overall deficit of £39,515 in unrestricted funds, a surplus of £20,531 in restricted funds and a balance of £150,000 in endowment funds. This produced an overall increase in funds of £131,016. When added to balances brought forward of £321,207 the closing balance sheet total amounted to £452,223, almost all represented by funds at our bankers.

Reserves

The Trustees' policy is to maintain unrestricted reserves at a level between three and six months of expected unrestricted expenditure. Free reserves at 31 March 2025 amount to £162,557, which represents 8 months of unrestricted expenditure. Whilst this is higher than usual, fundraising remains an issue going into 2025/26. Some major grants have ended, and we have not been able to replace them with new funding which means that we will need to fund some services partly from our unrestricted reserves in order to continue them. We have set our 2025/26 budget with a £83,192 deficit and, therefore, the Trustees are satisfied that the current level of reserves is appropriate. The Trustees and Senior Management Team monitor performance against budget and key metrics monthly and so the reserves' position will be reviewed on a regular basis.

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Fundraising disclosures

Our fundraising philosophy is consciously respectful, the approach being to communicate when permitted but never to pursue. We believe that this respects the feelings of people generally and protects vulnerable people against feeling under pressure to give. It is the right thing to do. Alive has registered with the Fundraising Regulator. We have not used third party fundraising businesses, preferring to rely on our own staff. We received no complaints during the year and are not aware of any failures to comply with fundraising regulations or our own standards.

Structure, Governance and Management

Governing Document

The Charity is a company limited by guarantee incorporated on 12 August 2009 under the provisions of the Companies Act 2006 (registered number 06989308) and registered as a charity on 16 November 2009 (number 11327081). Amended Memorandum and Articles of Association were adopted in December 2020.

Appointment of Trustees

The Trustees, who are also the Company Directors, are appointed by resolution of the board; a number have previous experience of acting as trustees and directors. They are provided with access to the Charity Commission's publication entitled "The essential trustee: what you need to know what you need to do (CC3)" and receive guidance and support from the Chair of Trustees.

Organisational Structure

Alive is governed by a Board of Trustees who bring with them a broad range of skills, knowledge and professional experience in dementia care, care home management, occupational therapy, health and safety, human resources, financial management, accountancy, and general management. All the Trustees give their time and skills voluntarily and share a passionate commitment to improving the quality of life of older people in care. The Trustees meet quarterly and receive advance written activity and finance reports detailing the Charity's work. The Chief Executive is responsible for the day-to-day activities of the Charity and for overseeing the management of employed staff, sessional workers, and volunteers. The Chief Executive is subject to the supervision of the Trustees, attending all Trustees' meetings, providing detailed written reports in advance of meetings and meeting regularly with the Chair of Trustees for ongoing supervision and support.

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Risk Management

Annually, the Board of Trustees conducts an annual review of the major risks to which the charity is exposed, and this is logged in the risk management register. Where appropriate, systems or procedures are set up to mitigate the risks the charity faces. Significant external risks to funding have led to the development of fundraising and unrestricted income generation strategies which will allow for the further diversification of funding and activities. Internal control risks are minimised by the implementation of procedures for authorisation of all transactions and projects. Procedures are in place to ensure compliance with Health and Safety requirements by staff, volunteers, and clients. These procedures are periodically reviewed to ensure that they continue to meet the needs of the charity.

Public Benefit

The Trustees are mindful of their duties under the Charities Act 2011 to have regard for the public benefit guidance issued by the Charity Commission. All our charitable activities focus on improving the quality of life of older people and are undertaken to further our charitable purposes for public benefit.

Senior Management Remuneration

The remuneration package of the Chief Executive is reviewed annually, being benchmarked against that position in charities of comparable size, location, and field of work.

Related Parties

Alive Trading Limited is a wholly owned subsidiary of the Charity. It was set up for the purpose of supporting the Charity in connection with any trading activities which the Charity itself could not lawfully undertake. There have been no such activities and this company remains dormant.

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Statement of Trustees' responsibilities

The Trustees (who are also directors of Alive Activities Limited for the purposes of company law) are responsible for preparing the Trustees' Report (incorporating the directors' report) and the financial statements in accordance with applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102: The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial period that give a true and fair view of the state of affairs of the charitable company and of the income and expenditure of the charitable company for that period. In preparing these financial statements, the Trustees are required to:

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

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

Approved by the Trustees and signed on their behalf by:

Kevin Woodrow

Kevin Woodrow
Chair of Trustees

Date: 4 August 2025

ALIVE ACTIVITIES LIMITED
REFERENCE & ADMINISTRATIVE INFORMATION
YEAR ENDED 31 MARCH 2025

Charity number:	1139058
Company number:	06989308
Registered office:	The Create Centre, Smeaton Road, Bristol, BS1 6XN
Patrons:	Rev Richard Pendlebury MBE Professor Dawn Brooker PhD C Psychol Clin Sir Tony Robinson
Trustees:	Dr Kevin Woodrow (Chair) Catherine Smith Suzy Webster Andrew Wood Richard Crocker Patricia Barlow Anisah Mahmod (resigned 05/03/2025) Peter Lippett (resigned 30/10/2024) Michael Cohen (resigned 02/04/2024) Philip NS May (resigned 24/07/2024) Dr Kevin Woodrow and Andrew Wood serve on the Finance Committee
Senior Management:	Isobel Jones - Chief Executive
Secretary:	Rebecca Thames
Bankers:	Triodos Bank, Deanery Road, Bristol, BSI 5AS
Independent Examiner:	Joshua Kingston BSc, ACA, Burton Sweet Limited, The Clock Tower, 5 Farleigh Court, Old Weston Road, Flax Bourton, Bristol, BS48 1UR

ALIVE ACTIVITIES LIMITED

INDEPENDENT EXAMINER'S REPORT

YEAR ENDED 31 MARCH 2025

Independent Examiner's report to the trustees of Alive Activites ('the Company')

I report to the Charity Trustees on my examination of the accounts of the Company for the year ended 31 March 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 the Company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I 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:

- accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
- the accounts do not accord with those records; or
- 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
- 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.

Joshua Kingston

Joshua Kingston BSc., ACA
Burton Sweet Limited
The Clock Tower
5 Farleigh Court
Old Weston Road
Flax Bourton
Bristol BS48 1UR

Date: 4 August 2025

ALIVE ACTIVITIES LTD

STATEMENT OF FINANCIAL ACTIVITIES (INCLUDING INCOME AND EXPENDITURE ACCOUNT)

YEAR ENDED 31 MARCH 2025

	Note	Unrestricted Funds £	Restricted Funds £	Endowment Funds £	Total Funds 2025 £	Total Funds 2024 £
Income from:						
Donations	2	121,233	232,162	150,000	503,395	277,266
Charitable activities	3	73,716	158,531	-	232,247	484,739
Investments		9,084	2,757	-	11,841	10,066
Total income		<u>204,033</u>	<u>393,450</u>	<u>150,000</u>	<u>747,483</u>	<u>772,071</u>
Expenditure on:						
Raising funds	4	75,084	-	-	75,084	73,755
Charitable activities	4	167,755	373,628	-	541,383	762,613
Total expenditure		<u>242,839</u>	<u>373,628</u>	<u>-</u>	<u>616,467</u>	<u>836,368</u>
Net income/(expenditure)	6	(38,806)	19,822	150,000	131,016	(64,297)
Transfer of Funds	14	(709)	709	-	-	-
Net movement in funds	14	<u>(39,515)</u>	<u>20,531</u>	<u>150,000</u>	<u>131,016</u>	<u>(64,297)</u>
Total funds at start of year	14	202,072	119,135	-	321,207	385,504
Total funds at end of year	14	<u>162,557</u>	<u>139,666</u>	<u>150,000</u>	<u>452,223</u>	<u>321,207</u>

The Charity has no recognised gains or losses other than the results for the year as set out above.

All of the activities of the charity are classed as continuing.

The notes on pages 17 to 28 form part of these financial statements
See note 9 for fund-accounting comparative figures

ALIVE ACTIVITIES LTD**BALANCE SHEET****AS AT 31 MARCH 2025****Company number: 06989308**

	Note	2025 £	2024 £
Current assets			
Debtors	10	37,655	27,908
Cash at bank and in hand		436,535	329,805
		<u>474,190</u>	<u>357,713</u>
Liabilities			
Creditors : amounts falling due within one year	11	(21,967)	(36,506)
Net current assets		<u>452,223</u>	<u>321,207</u>
Net assets		<u><u>452,223</u></u>	<u><u>321,207</u></u>
FUNDS			
Unrestricted funds	15	162,557	202,072
Restricted funds	15	139,666	119,135
Endowment funds	15	150,000	-
Total funds		<u><u>452,223</u></u>	<u><u>321,207</u></u>

For the year ended 31 March 2025 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

- i) The members have not required the company to obtain an audit of its accounts for the period in question in accordance with section 476,
- ii) The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.
- iii) The members have not required the company to obtain an audit of its accounts for the year in accordance with section 144(2) of the Charities Act 2011.

These accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act applicable to small companies subject to the small companies regime and in accordance with FRS102 SORP.

These financial statements were approved by the Trustees on 4 August 2025 and are signed on their behalf by:

Kevin Woodrow

Kevin Woodrow
Chair of Trustees

The notes on pages 17 to 28 form part of these financial statements

ALIVE ACTIVITIES LTD
CASH FLOW STATEMENT
YEAR ENDED 31 MARCH 2025

	Note	2025 £	2024 £
Net cash inflow from operating activities	12	94,889	(89,508)
Non-operational cash flows:			
Investing activities			
Investment income		11,841	10,066
		<u>11,841</u>	<u>10,066</u>
Net cash inflow/(outflow) for the year	13	<u><u>106,730</u></u>	<u><u>(79,442)</u></u>

Cashflow Restrictions

Charity law prohibits the use of net cash inflows on any endowed or other restricted fund to offset net cash outflows on any fund outside its own objects, except on special authority. In practice, this restriction has not had any effect on cash flows for the year.

The notes on pages 17 to 28 form part of these financial statements

ALIVE ACTIVITIES LTD
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2025

1 Accounting policies

Accounting convention

The financial statements have been prepared in accordance with the historical cost convention (except where otherwise stated in the accounting policy note) and in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued in October 2019, and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), and the Companies Act 2006.

Alive Activities Ltd meets the definition of a public benefit entity under FRS 102, Assets and liabilities are initially recognised at historical cost or transaction value in accordance with applicable accounting standards unless otherwise stated in the relevant accounting policy note(s).

After making enquiries, including receipt of budgets and updated forecasts, the Trustees have a reasonable expectation that the charity has adequate reserves to continue its activities for the foreseeable future. Accordingly, they continue to adopt the going concern basis in preparing the financial statements as outlined in the Statement of Trustees' Responsibilities on page 11.

The Trustees have decided that there are no material uncertainties over the charitable company's ability to continue as a going concern.

Income

Income from donations is included in full when receivable; income from Gift Aid tax reclaims is recognised for all donations made prior to the year end, where a valid Gift Aid declaration is held.

Revenue grants are credited to the statement of financial activities when received or receivable, whichever is earlier, unless they relate to a specific future period, in which case they are deferred. Grants for the purchase of fixed assets are credited to restricted incoming resources when receivable. Depreciation of fixed assets purchased with such grants is charged against the restricted fund.

Investment income is accounted for on the accruals basis.

Fees receivable and charges for services are accounted for in the year in which the service is provided.

The value of time kindly contributed by volunteers is not included in the financial statements.

Expenditure

Expenditure is recognised in the year in which it is incurred and includes attributable VAT which cannot be recovered. Expenditure is analysed into the following activities.

Raising funds - This includes the salaries, direct expenditure and support costs of staff engaged in fundraising activities.

Charitable activities - This includes the salaries, direct expenditure and support costs of staff engaged in charitable activities. The cost of activities is recognised in the year in which it is incurred.

Governance costs - These are the costs associated with the governance arrangements of the charity. These costs are associated with the constitutional and statutory requirements and include any costs associated with the strategic management of the charity's activities.

Resources expended are allocated to a particular activity where the cost relates directly to that activity. In addition, support costs are incurred which are necessary to facilitate the above activities. These are back office costs, including the costs of budgetary and financial control, information technology, human resources, and payroll, and are apportioned to activities based on the proportion of staff time spent on each activity as follows: Raising Funds 20%, Charitable activities 80%.

ALIVE ACTIVITIES LTD
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2025

1 Accounting policies (*continued*)

Debtors

Debtors are stated at the lower of cost and net realisable value.

Cash at bank and in hand

This comprises bank deposits with notice less than 3 months, and petty cash balances held.

Creditors

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably.

Pensions

The charity offers a defined contribution pension scheme to employees. The assets of the scheme are held in independently administered funds. Pension costs charged in the Statement of Financial Activities represent the contributions payable by the charity during the year.

Leases

Rentals payable under operating leases, where substantially all the risks and rewards of ownership remain with the lessor, are charged to the statement of financial activities in the year in which they fall due.

Fund Accounting

Unrestricted funds can be used in accordance with the charitable objects at the discretion of the trustee

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.

Endowment funds can only be used for particular purposes outlined by the donor.

Further explanation of the nature and purpose of each fund is included in Note 14 of the financial statements.

ALIVE ACTIVITIES LTD
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2025

2 Income from: Donations

Current year	Unrestricted Funds	Restricted Funds	Endowment Funds	Total Funds 2025
	£	£	£	£
Charitable Trusts and Foundations	85,103	200,480	150,000	435,583
Corporate	18,949	27,950	-	46,899
Individuals	13,645	2,253	-	15,898
Community Groups	3,536	1,479	-	5,015
	<u>121,233</u>	<u>232,162</u>	<u>150,000</u>	<u>503,395</u>
Prior year	Unrestricted Funds	Restricted Funds	Endowment Funds	Total Funds 2024
	£	£	£	£
Charitable Trusts and Foundations	104,615	120,557	-	225,172
Corporate	26,445	5,738	-	32,183
Individuals	13,270	1,873	-	15,143
Community Groups	220	4,548	-	4,768
	<u>144,550</u>	<u>132,716</u>	<u>-</u>	<u>277,266</u>

3 Income from: Charitable activities

Current year	Unrestricted Funds	Restricted Funds	Total Funds 2025
	£	£	£
Contracts and service level agreements	3,314	155,259	158,573
Activity sessions and other fee income	47,967	3,217	51,184
Training, coaching and consultancy	22,435	55	22,490
	<u>73,716</u>	<u>158,531</u>	<u>232,247</u>
Prior year	Unrestricted Funds	Restricted Funds	Total Funds 2024
	£	£	£
Contracts and service level agreements	15,088	376,832	391,920
Activity sessions and other fee income	71,146	4,968	76,114
Training, coaching and consultancy	16,570	135	16,705
	<u>102,804</u>	<u>381,935</u>	<u>484,739</u>

ALIVE ACTIVITIES LTD
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2025

4 Expenditure on:

Current year	Direct Costs	Wages and Salaries	Support Costs (Note 5)	Total Funds 2025
	£	£	£	£
Raising Funds				
Supporter fundraising	4,943	44,629	25,512	75,084
Charitable Activities				
Activities, training & coaching	130,155	302,129	102,050	534,334
Business development & marketing	7,049	-	-	7,049
	<u>137,204</u>	<u>302,129</u>	<u>102,050</u>	<u>541,383</u>
Prior year	Direct Costs	Wages and Salaries	Support Costs (Note 5)	Total Funds 2024
	£	£	£	£
Raising Funds				
Supporter fundraising	3,946	43,292	26,517	73,755
Charitable Activities				
Activities, training & coaching	172,758	458,495	106,070	737,323
Business development & marketing	4,945	-	-	4,945
	<u>177,703</u>	<u>458,495</u>	<u>106,070</u>	<u>742,268</u>

5 Support costs

Support costs are allocated between raising funds and charitable activities on the basis of staff time.

Current year

	Raising Funds	Charitable Activities	Total 2025
	£	£	£
Administration and support salaries	19,080	76,321	95,401
Office costs	5,676	22,705	28,381
Governance costs	756	3,024	3,780
	<u>25,512</u>	<u>102,050</u>	<u>127,562</u>

Prior year

	Raising Funds	Charitable Activities	Total 2024
	£	£	£
Administration and support salaries	18,056	72,225	90,281
Office costs	7,728	30,912	38,640
Governance costs	733	2,933	3,666
	<u>26,517</u>	<u>106,070</u>	<u>132,587</u>

ALIVE ACTIVITIES LTD
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2025

6 Net income/(expenditure) for the year

This is stated after charging:

		2025	2024
		£	£
Independent Examiner's remuneration	- independent examination	2,994	2,634
	- prior year under accrual	-	300
	- other services	630	630
Operating lease rentals - property		15,338	14,495
		<u>15,338</u>	<u>14,495</u>

No Trustees have been reimbursed for out of pocket expenses or received any remuneration in the current or prior year.

A £1,038 donation was received from one Trustee in April 2024. No donations were received from any other Trustees, key management personnel, and other related parties in the current or prior year.

7 Staff costs and numbers

The aggregate payroll costs were:

	2025	2024
	£	£
Wages & salaries	395,341	536,288
Social security costs	32,350	37,353
Pension contributions	11,127	14,929
Redundancy	3,341	3,498
	<u>442,159</u>	<u>592,068</u>

One employee received emoluments of more than £60,000. The amount was £61,748 (see below).

The average weekly number of employees during the year was 28 (2024: 34), calculated on the basis of average headcount.

The key management personnel of the charity comprise the Trustees and the Chief Executive. The total employment benefits received by key management personnel were £61,748 (2024: £57,874).

8 Taxation

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

ALIVE ACTIVITIES LTD
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2025

9 Statement of Financial Activities comparative figures

For the year ended 31 March 2024	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £
Income from:			
Donations and legacies	144,550	132,716	277,266
Charitable activities	102,804	381,935	484,739
Investments	10,066	-	10,066
Total income	<u>257,420</u>	<u>514,651</u>	<u>772,071</u>
Expenditure on:			
Raising funds	73,755	-	73,755
Charitable activities	125,073	637,540	762,613
Total expenditure	<u>198,828</u>	<u>637,540</u>	<u>836,368</u>
Net income/(expenditure)	58,592	(122,889)	(64,297)
Transfer of Funds	(31)	31	-
Net movement in funds	<u>58,561</u>	<u>(122,858)</u>	<u>(64,297)</u>
Total funds at start of year	143,511	241,993	385,504
Total funds at end of year	<u>202,072</u>	<u>119,135</u>	<u>321,207</u>

ALIVE ACTIVITIES LTD
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2025

10 Debtors

	2025	2024
	£	£
Due in less than one year:		
Trade debtors	22,968	14,321
Prepayments and accrued income	7,534	10,950
Other debtors	7,153	2,637
	<u>37,655</u>	<u>27,908</u>

11 Creditors: amounts falling due within one year

	2025	2024
	£	£
Trade creditors	7,830	19,972
Tax and social security	7,233	5,714
Accruals and deferred income	6,904	10,820
	<u>21,967</u>	<u>36,506</u>

12 Reconciliation of net movement in funds to net cash inflow from operating activities

	2025	2024
	£	£
Statement of Financial Activities: Net movement in fund:	131,016	(64,297)
Investment income	(11,841)	(10,066)
Decrease / (increase) in debtors	(9,747)	(11,358)
Increase /(decrease) in creditors: current liabilities	(14,539)	(3,787)
Net cash (outflow)/inflow from operating activities	<u>94,889</u>	<u>(89,508)</u>

13 Analysis of changes in cash during the year

	2025	2024	Change
Note	£	£	£
Cash at bank and in hand	<u>436,535</u>	<u>329,805</u>	<u>106,730</u>
	2024	2023	Change
	£	£	£
Cash at bank and in hand	<u>329,805</u>	<u>409,247</u>	<u>(79,442)</u>

ALIVE ACTIVITIES LTD
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2025

14 Movement in funds

For the year ended 31 March 2025

	At 1 April 2024 £	Income £	Expenditure £	Transfers £	At 31 March 2025 £
Restricted funds					
Ageing Well Projects					
One Good Turn	2,694	-	(2,597)	(97)	-
Dementia Meeting Centres	23,517	70,565	(93,129)	(953)	-
BME Elders Projects	10,293	51,350	(45,920)	-	15,723
Brentry Allotment	1,753	42,261	(26,026)	3,346	21,334
Wellspring Garden	12,005	2,006	(12,337)	-	1,674
Dementia HIT	-	4,925	(3,020)	(1,905)	-
Tech to Connect	-	1,829	(1,837)	8	-
Tea and Tell Us	-	-	(22)	22	-
STANd	-	67,988	(45,028)	-	22,960
Share and Repair	25,875	-	(24,231)	-	1,644
Carers' Counselling	-	13,128	(4,474)	(18)	8,636
Stanley's Garden	6,577	19,980	(26,628)	71	-
Zinc Table Top	6,244	26,116	(32,710)	350	-
Knowle Allotment	15,785	14,960	(22,446)	-	8,299
Sanctuary Square	7,662	19,488	(13,911)	-	13,239
Hoppiness	6,730	15,555	(8,450)	-	13,835
Weston Rainbow Garden	-	21,000	(10,385)	-	10,615
Charlotte Keel Garden	-	1,000	-	-	1,000
Lawrence Hill Garden	-	1,000	(128)	128	1,000
Memory Connections	-	7,542	(99)	(243)	7,200
Tabletop Forest	-	10,000	(250)	-	9,750
Accrued Interest on Edward Gostling Endowment Fund	-	2,757	-	-	2,757
	<u>119,135</u>	<u>393,450</u>	<u>(373,628)</u>	<u>709</u>	<u>139,666</u>
Endowment funds					
The Edward Gostling Foundation	-	150,000	-	-	150,000
	<u>-</u>	<u>150,000</u>	<u>-</u>	<u>-</u>	<u>150,000</u>
Unrestricted funds					
General funds	202,072	204,033	(242,839)	(709)	162,557
	<u>202,072</u>	<u>204,033</u>	<u>(242,839)</u>	<u>(709)</u>	<u>162,557</u>
Total funds	<u>321,207</u>	<u>747,483</u>	<u>(616,467)</u>	<u>-</u>	<u>452,223</u>

ALIVE ACTIVITIES LTD
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2025

14 Movement in funds (continued)

For the year ended 31 March 2024

	At 1 April 2023 £	Income £	Expenditure £	Transfers £	At 31 March 2024 £
Restricted funds					
Ageing Well Projects					
Activity Cupboard	-	23,516	(23,516)	-	-
One Good Turn	-	48,921	(46,227)	-	2,694
Wishing Washing Line	-	33,888	(33,888)	-	-
Physical Exercise in Care Homes	-	10,341	(10,341)	-	-
Dementia Meeting Centres	90,606	180,640	(247,729)	-	23,517
BME Elders Projects	24,885	32,061	(46,653)	-	10,293
Brentry Allotment	22,677	3,741	(24,665)	-	1,753
Wellspring Garden	26,142	902	(15,039)	-	12,005
Gardening Groups	3,198	750	(4,016)	68	-
Dementia HIT	837	637	(1,474)	-	-
Salary Funding: Volunteer Manager	5,333	-	(5,333)	-	-
Positive Activities Grant	6,984	-	(6,984)	-	-
Tech to Connect	(77)	10,892	(10,815)	-	-
Building Mental Health Resilience	26,451	-	(26,451)	-	-
CRM System Development	10,000	-	(10,000)	-	-
Hidden Histories	15,348	5,955	(21,303)	-	-
Table Top Travels	11,566	6,000	(17,566)	-	-
Tackling Inequalities	-	12,000	(12,000)	-	-
Wise Connections	-	9,350	(9,415)	65	-
Memory Café Activity Sessions	-	10,000	(10,000)	-	-
Young Onset Dementia					
Walking Groups	-	1,712	(1,712)	-	-
Tea and Tell Us	-	9,174	(9,174)	-	-
Connect Through Culture	(633)	8,093	(7,460)	-	-
Share and Repair	-	30,000	(4,125)	-	25,875
Stanley's Garden	-	9,980	(3,403)	-	6,577
Zinc Table Top	-	14,985	(8,639)	(102)	6,244
Knowle Allotment	-	23,410	(7,625)	-	15,785
Sanctuary Square	-	17,403	(9,741)	-	7,662
Hoppiness	-	8,300	(1,570)	-	6,730
Postcode Gardener	(1,324)	2,000	(676)	-	-
	<u>241,993</u>	<u>514,651</u>	<u>(637,540)</u>	<u>31</u>	<u>119,135</u>
Unrestricted funds					
General funds	143,511	257,420	(198,828)	(31)	202,072
	<u>143,511</u>	<u>257,420</u>	<u>(198,828)</u>	<u>(31)</u>	<u>202,072</u>
Total funds	<u>385,504</u>	<u>772,071</u>	<u>(836,368)</u>	<u>-</u>	<u>321,207</u>

ALIVE ACTIVITIES LTD
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2025

14 Movement in funds (continued)

Restricted funds

Ageing Well Projects	funding from the Dementia Health Integration Team covering Bristol, North Somerset, and South Gloucestershire (BNSSG).
Physical Exercise in Care Homes	funding from National Grid and North Somerset Council
Dementia Meeting Centres	funding for salary and other costs to run Dementia Meeting Centres in North Somerset, Bristol and South Gloucestershire.
BME Elders Projects	funding to support our BME Health & Wellbeing project with three elders' groups: Malcolm X, The Golden Agers, and the Evergreens.
Brentry Allotment	capital grants have enabled us to provide dementia-friendly facilities and revenue grants enable us to fund facilitators to assist with visits to our allotment.
Wellspring Garden	funding towards a Community Gardening project in partnership with the Wellspring Settlement.
Gardening Groups	supporting people with dementia to engage in regular nature-based activities and spend more time outdoors taking part in activities which improve health and wellbeing.
Dementia HIT	funding towards work with the Dementia Health Integration Team.
Salary Funding: Volunteer Manager	funding towards our Volunteer Coordinator post.
Positive Activities Grant	gardening sessions at the Brentry Allotment for South Gloucestershire residents to improve their wellbeing and reduce their social isolation.
Tech to Connect	project delivering technical support sessions to older adults in North Somerset in conjunction with West of England Rural Network, fuelled by tea and cake.
Building Mental Health Resilience	project supporting volunteer-led groups across BNSSG to support older people understand their mental health and develop strategies and activities to improve and maintain their mental well-being.
CRM System Development	developing a brand new CRM system to help streamline the processes within Alive to improve efficiency and outputs.
Hidden Histories	project work in conjunction with University of Bristol Connecting Through Culture developing an interactive digital female book exploring older female narratives.
Table Top Travels	project work in conjunction with University of Bristol Connecting Through Culture developing a unique immersive home dining experience for housebound older adults.
Tackling Inequalities	funding from Wesport for seated movement sessions
Wise Connections	funding from the Open University for testing & developing the uses of the Wise Connection boxes in local networks in Bristol, as a conversation broker between befrienders, social prescribers, volunteers, facilitators & carers & older adults facing challenges such as social isolation & low mood / poor mental health or those with increasing caregiving responsibilities.
Memory Café Activity	funding from Quartet for community based activity sessions.
Young Onset Dementia	funding from Quartet for walking and social groups.
Walking Groups	
Tea and Tell Us	funding from WERN for tea and activity sessions.
Connect Through Culture	funding from the University of Bristol for connecting through culture as we age.
Share and Repair	funding from St Monica Trust for a community-based, intergenerational knowledge exchange project.
Stanley's Garden	a dementia friendly sensory garden funded by Quartet
Zinc Table Top	funded by the University of Bristol to develop a subscription box targeted at older people.

ALIVE ACTIVITIES LTD
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2025

14 Movement in funds (*continued*)

Knowle Allotment	our second dementia friendly allotment which was opened in 2024.
Sanctuary Square	funded by Bristol and Weston Hospitals Charity for providing a garden for people living with dementia in the grounds of the Bristol Royal Infirmary Hospital.
Hoppiness	brewing with carehomes research project funded by the University of Bristol.
Postcode Gardener	community discovery work funded by Friends of the Earth.
STANd	Strength Together Age Network Development project (STANd) funded by the National Lottery for intergenerational work across Bristol and North Somerset.
Carer's Counselling	project funded by South Gloucestershire Council Community Health and Wellbeing Action Fund to provide counselling for those caring for people living with dementia.
Weston Rainbow Garden	dementia friendly gardening provision at Weston General Hospital, funded by Bristol & Weston Hospitals Charity.
Charlotte Keel Garden	funding from Bristol Airport for dementia friendly gardening sessions at Charlotte Keel Health Centre.
Lawrence Hill Garden	funding from Bristol Airport for dementia friendly gardening sessions at Lawrence Hill Health Centre.
Memory Connections	social groups using Maintenance Cognitive Stimulation Therapy for those with mild to moderate dementia.
Tabletop Forest	Tabletop Travels Subscription box testing and development, within the Forest of Dean location, funded by the Barnwood Trust.
Accrued Interest on Edward Gostling Endowment Fund	interest earned on the Edward Gostling Foundation endowment fund which is bound by the same restrictions as the endowment fund itself.

Endowment funds

The Edward Gostling Foundation Endowment fund	funding from the Edward Gostling Foundation with no specified purpose but, it is restricted due to being bound by strict caveats, restricting access for five years from receipt unless total reserves (including the endowment fund) fall below 25% of annual expenditure.
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Transfers of Funds

There are a small number of projects where year end balances have been transferred to unrestricted funds at the end of the financial year. This is usually where projects have come to an end and resulted in a small underspend or, where funds have been generated for restricted projects through charging client fees or acquiring donations. Such balances are all insignificant (under £100) with the exceptions of Dementia Meeting Centres (£953) and Dementia HIT (£1,905).

In the case of Dementia HIT, there is an agreement in place with the funder, Bristol Health Partners, that any unspent funds may be used to contribute to core costs.

In the case of Dementia Meeting Centres, £10,000 from Bristol Care Homes is given as unrestricted funding but Alive chooses to allocate that money towards funding the meeting centres. It is, therefore, permissible to transfer any underspend to Unrestricted funds at the end of the financial year.

ALIVE ACTIVITIES LTD
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2025

15 Analysis of net assets between funds

	Restricted Funds	Unrestricted General Funds	Endowment Funds	Total
As at 31 March 2025	£	£	£	£
Other net assets	139,666	162,557	150,000	452,223
	<u>139,666</u>	<u>162,557</u>	<u>150,000</u>	<u>452,223</u>
As at 31 March 2024	£	£	£	£
Other net assets	119,135	202,072	-	321,207
	<u>119,135</u>	<u>202,072</u>	<u>-</u>	<u>321,207</u>

16 Related party transactions

There are no transactions with trustees or other related parties other than those disclosed as required by the SORP elsewhere in the financial statements.

Alive Trading Limited is a wholly owned subsidiary of the Charity. It is a company limited by guarantee without share capital. It was set up for the purpose of supporting the Charity in connection with any trading activities which the Charity itself could not lawfully undertake. There have been no such activities and this company is dormant. There were no related party transactions during the year (2024:none).

ALIVE ACTIVITIES LIMITED

England & Wales - Charity number 1132708

Accounts

ALIVE ACTIVITIES LIMITED
FINANCIAL STATEMENTS
31 MARCH 2024

Company Registration Number 06989308
Charity Number 1132708

ALIVE ACTIVITIES LIMITED
FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2024

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ALIVE ACTIVITIES LIMITED

TRUSTEES' ANNUAL REPORT

YEAR ENDED 31 MARCH 2024

The Trustees are pleased to present their annual report together with the financial statements of the charity for the year ended 31 March 2024 which are also prepared to meet the requirements for a directors' report and accounts for Companies Act purposes.

The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and 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).

Aims and Objectives

Alive works to prioritise wellbeing into later life. We do this in four ways, by:

- ***Engaging older people creatively through meaningful activity***
We provide a wide range of high quality, person-centred activity sessions in a range of care settings and in the community, which combat loneliness, anxiety, and depression, and strengthen older people's personal identities by connecting with their individual life stories, passions, and interests.
- ***Training and supporting carers to enrich the lives of older people***
We use our specialist knowledge and experience to train social care staff and carers, which builds their capacity and confidence to develop more meaningful activities and relationships with the older people they care for.
- ***Reducing older people's social isolation by connecting them to their local communities***
We help develop sustainable relationships between older people and their local communities, to reduce social isolation and provide opportunities for meaningful engagement.
- ***Speaking up for the rights of older people to those with the power to improve their lives***
We advocate and campaign for improved quality of life for older people, working with partners in the voluntary, public, private, and academic sectors to raise awareness and change attitudes and behaviour.

Thank you....

Alive depends on charitable donations to deliver its work - thank you to the many trusts and foundations, individuals and corporate supporters who enabled us to enrich the lives of so many older people this year. We are dependent on your support and without it our work simply would not be possible.

Staff and Volunteers - the Trustees recognise the huge and ongoing contribution made by Alive staff and volunteers to the lives of older people in care and to their carers. We extend our gratitude to them all and acknowledge their energetic commitment to Alive's mission,

ALIVE ACTIVITIES LIMITED

TRUSTEES' ANNUAL REPORT

YEAR ENDED 31 MARCH 2024

values, and work. This year, we want to acknowledge that they have gone above and beyond to keep Alive going and to support older people when they needed it the most. Thank you.

Vision and Values

Our vision

A world where older people live lives full of value, meaning and connection.

Our mission

To prioritise wellbeing into later life.

Our values

- **Collaborative**
We work with older people and partners to deliver services that are needed and wanted. We believe in working with others. We can't achieve change on our own. We make more of an impact when we work together for the good of others.
- **Committed**
We deliver, we train, we connect, we influence. We are a group of people who never give up and are fully committed to improving the lives of older people through activity in whatever way we can.
- **Creative**
We embrace creativity. We like to try and test new approaches, new partnerships, new ways of working and we aren't frightened of taking risks and possibly making mistakes. We are quick to change and find new ways of working when needed.
- **Community focused**
We fully understand the value and importance of being part of a community and work hard to connect older people to their communities – wherever that may be. We value our own community and place high importance on creating an inclusive and supportive community amongst our staff, volunteers and colleagues.
- **Compassionate**
We love what we do and who we work with. We are passionate about improving the quality of life of older people in whatever way we can. We value our colleagues and strive to create a positive, engaging, inclusive and supportive work culture in which we can all grow.

Our impact

Alive's work has a positive impact on older people's wellbeing and increases social interaction for isolated older people and supports their carers. This, in turn, enriches their lives, improves relationships between older people, care staff and carers and creates a greater sense of community.

ALIVE ACTIVITIES LIMITED

TRUSTEES' ANNUAL REPORT

YEAR ENDED 31 MARCH 2024

Overview

2023-24 has been a mixed year for Alive – from incredible success to difficult funding losses and staffing challenges. As ever, we have navigated the rollercoaster with tenacity, strength and creativity and have continued to find innovative project ideas and new funding streams and have never ceased in our mission of improving and prioritising the wellbeing of older people in our area.

We continued our success of 2022-23 by delivering our services well and providing our older people with good quality, person centred and innovative support. We continued to build on our success and expand our brand presence within the area - continually being asked to attend meetings as a key local provider. We launched several brand new projects in the year taking us into new areas of work - such as gardening in hospitals, wellbeing in nature, share and repair and further expanding our intergenerational work in the community.

We have refreshed our values – ensuring we are continuing to evolve and change and growing as an organisation that values its staff and provides an inspiring, nurturing and inclusive community. We received the Hennell Award for Dementia Care, our garden at the Wellspring Settlement was a finalist in the National RHS award (and was on The One Show) and we worked with the Alzheimer's Society to produce a film with the England Men's Football team.

We have seen growth in our unrestricted income from companies and legacies – this has been a new area of growth for us and illustrates our increasing standing within the local area. We were also described by the National Lottery as an “exemplar organisation” for our clear communication, branding, funding bids and evaluation.

This year has seen many of our longer standing projects finishing through the end of their funding cycle: they have had tremendous success and it has been a privilege to run them, but it is essential we keep striving to provide new innovative and person-centred projects and services.

In October 2023, we learned that funding for our Ageing Well project would end in December. Without replacement funding, we unfortunately had to close services and projects and regrettably had to lose a number of experienced staff. It wasn't an easy time for us, but as ever, the remaining team worked together to continue to provide our other services and projects.

Financially, we have ended the year to 31 March 2024 with a surplus on unrestricted funds. Given the uncertainties and rapid changes in 2023/24, this is testament to the charity's sound financial controls. This small addition to our reserves will assist us as we navigate the increasingly tight funding landscape in 2024/25 and while we have several large funding applications unconfirmed.

We are incredibly proud of the team's achievements this year. Every member of staff has worked hard and is committed and dedicated to their role and to the organisation. Alive is lucky to have a talented and passionate group of staff who will go the extra mile to support the wellbeing of older people and bring joy and purpose to their lives.

ALIVE ACTIVITIES LIMITED

TRUSTEES' ANNUAL REPORT

YEAR ENDED 31 MARCH 2024

Achievements and Performance

During 2023-24, we enriched the lives and improved the wellbeing of 7,634 older people through our work: our meaningful activity sessions, training and coaching, and community engagement projects.

We measure the effectiveness of our work using an evaluation framework, developed in 2015 in consultation with Willis Newson, the UK's leading arts and health consultancy and the University of the West of England. The framework utilises a number of tools including Arts Observational Scale surveys and in-depth interviews of carers and care home staff, enabling us to evidence the impact of our work for older people. The framework provides us with the tools to measure progress on the following outcomes:

- Improving older people's mental health and emotional wellbeing
- Building capacity of carers and care staff to deliver meaningful activity
- Fostering improved relationships throughout the care setting
- Shifting the culture towards person-centred care in care settings and in the community.

Face To Face Activity Sessions

We supported 4,524 older people through a total of 397 sessions in a variety of care settings, including guided reminiscence, music, poetry, history, gentle movement and dance, creative art, digital storytelling, horticultural therapy and intergenerational activities.

Training and support for carers

During 2023-24 Alive:

- Delivered training and support to a total of 215 care home staff, enhancing their skills, knowledge and confidence to deliver outstanding person-centred care
- Supported 65 care home staff with our regular Activity Cupboard sessions, supporting 760 older people
- Delivered 4 Care Home Activity Audits, supporting care homes to improve their activity provision, helping to embed best practice in the care settings where they work and improving the quality of life of a total of 170 residents.
- Developed new Empathy Suit training, in collaboration with Bristol Dementia Wellbeing Service. We've been supported by North Somerset Council to train many staff in care homes in the area and continue to train on a national level with the suit. The suit enables people to gain a deep understanding of what it might feel like to have dementia and how carrying out simple daily tasks can be incredibly difficult. We reached a national audience, collaborating with the Alzheimer's Society, through the production of a video on the use of the Empathy Suit with the England Men's Football Team.

Community engagement, intergenerational, and partnership projects

Our dementia-friendly allotment in Brentry, North Bristol, continued to go from strength to strength; we delivered 97 supported gardening sessions at the allotment this year, supporting

ALIVE ACTIVITIES LIMITED

TRUSTEES' ANNUAL REPORT

YEAR ENDED 31 MARCH 2024

a total of 667 people, including 277 people living with dementia, to improve their wellbeing, make new friends, and reduce social isolation whilst sharing gardening skills and growing their own fruit, vegetables and flowers.

We were able to begin development of a new dementia-friendly allotment in South Bristol improving the equity of provision across the city. We have received several small grants, and incredible support from the local community with many companies offering in-kind help, ensuring the site was up to scratch quickly and efficiently and leading to a launch at the end of March.

We launched a new project called "The Hoppiness Project". This evolved from previous research in care homes showing the need for more male focussed engagement. 89 residents have been involved in planting, growing and harvesting their own hops, leading to production of their own beer. This was initially delivered on a pilot basis with 2 care homes and extended to a further 2 care homes this year.

Our OneGoodTurn intergenerational linking project continued to bring old and young together through regular contacts, using various media. Activities ranged from organising sessions such as a bake off, games day and gardening together, to more one-off connections such as our Christmas Links of Love campaign and Easter Crack A Yoke. We saw 655 older people and 735 younger people connect.

Our Wishing Washing Line, which has granted wishes for care homes residents, supported 97 older people to fulfill their dreams and had a strong volunteer involvement. Wishes such as attending football games, romantic dinners with their partners, travelling on a steam train, attending concerts, visiting museums and garden centres were all granted; enabling older people to feel valued, cherished and their wellbeing improved.

We also continued to deliver our Community Gardening Group in partnership with the Wellspring Settlement, supporting 112 people from across the Barton Hill community to come together, including old, young, refugees, and local care home residents. This led to the development of a weekly group in the GP surgery in the same area, allowing others to benefit from connection with nature.

We were thrilled to be able to work with the Dementia Ward at the Bristol Royal Infirmary to provide nature-based horticultural therapy groups on a weekly basis, supporting 85 older people and turning a barren concrete space into a warm, welcoming garden now named "Sanctuary Square". The groups are having significant impact on the wellbeing of patients resulting in early discharge for some and improving the stay and experience for both patients and staff.

We developed two new creative tech prototypes this year, in partnership with the University of Bristol and the Watershed, as part of the Connecting Through Culture as We Age research project. Retirement Reloaded is an interactive digital book exploring older female narratives. Tabletop Travels is a unique travel experience at home for housebound older adults, engaging a total of 65 older people. We are currently working with Zinc Catalyst to see how these could be made available nationally and might even be commercialised.

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TRUSTEES' ANNUAL REPORT

YEAR ENDED 31 MARCH 2024

Dementia Meeting Centres

Our Meeting Centres have provided a lifeline to many people affected by dementia. We have been able to support over 120 individuals this year, with targeted, personalised and vital activity. With a range of support there have been trips, games, banter, concerts, visits from schools – all activity has been co-produced with members and has supported them all and their carers to live better with dementia. This support has been vital to keep people at home for longer, link up greater support for people and has prevented carer breakdown.

“This has been more important to us than GP’s and social workers put together”.

Unfortunately, we lost Ageing Well Funding this year and, therefore, we had to close the South Gloucestershire Meeting Centre with the loss of two members of staff. North Somerset and Bristol Meeting Centres will continue to run in 2024/25 at reduced capacity with the confirmation of ongoing funding from North Somerset Council and the use of our unrestricted reserves.

Alive on Demand

During 2023/24, Alive on Demand did not have the growing uptake of subscriptions that we had hoped. Without significant subscription income we have had to take the disappointing decision to shut this project. We are beginning to transfer AOD videos to YouTube so that care homes will be able to access the wealth of videos we have free to view.

Tea and Try It

We launched new groups across North Somerset bringing culture and art to the more remote areas of North Somerset. We delivered groups such as art history, wellbeing and nature, story telling and art to a total of 150 older people.

Elders Groups

We continued to support 3 elders groups - Malcolm X, The Golden Agers, and the Evergreens - through our BME Health & Wellbeing project, benefitting a total of 140 older people this year, largely from the Bristol Afro-Caribbean Community. They were able to celebrate the Windrush 75th Anniversary playing an integral part in the city’s celebrations.

Speaking up for older people and their rights

We continue to take every opportunity to advocate for older people, particularly those living with dementia, whether living in care or in the community. We aim to bring about a step change in the culture of care that recognises the importance of meaningful activity, choice and interaction for older people and prioritises those things alongside their physical care needs. We do this by:

- Working directly with those organisations with power and influence in the sector
- Speaking at local, regional, and national conferences
- Leading through example. By demonstrating best practice in all our work, we aim to inspire care home managers and staff to develop and improve their practice.

Over the last year we influenced the sector and advocated for older people through Chief

ALIVE ACTIVITIES LIMITED

TRUSTEES' ANNUAL REPORT

YEAR ENDED 31 MARCH 2024

Executive Isobel Jones's presentations at national and local events and conferences including the annual UK Dementia Congress, UK Dementia Summit, Government Insight Conference on Care Homes, NAPA National Conference, and Care Roadshows.

We directly contributed to changes in dementia care policy in Bristol, North Somerset, South Gloucestershire (BNSSG) as co-Chair of the region's Dementia Health Integration Team (HIT). Alive is also on the HIT Advisory Board looking to develop a new dementia strategy for the area to ensure better integration and delivery of dementia services.

We worked with the Bristol Dementia Wellbeing Service to create a film with the England football team to raise awareness of the symptoms of dementia. Produced by the Alzheimer's Society and the FA as part of their #SupportTheSupporter campaign, we invited players to put on the Empathy Suit to encourage fans to better understand the physical symptoms of dementia. These posts, through the England FA and Alzheimer's Society have been seen more than 110,000 times on facebook. <https://www.youtube.com/watch?v=wlzUq7lmpsk>

We have continued to regularly appear on Radio Bristol, discussing older people's issues and raising awareness.

We worked with Local Authorities in our area to highlight the importance of the work and support provided by Dementia Meeting Centres, demonstrating to commissioners the impact that can be made through our work and hoping to contribute to changes in local authority policy on the provision of dementia Meeting Centre support services for those with mild/moderate dementia.

Our partnership work with 5 other older people's organisations in Bristol has led to the development of the BABA (Bristol Ageing Better Alliance) and we are producing an Age Friendly Strategy.

We have also continued to work in partnership with the Bristol Dementia Charities Network, comprising Alive, the Bristol Dementia Action Alliance and BRACE, Bristol's dementia research charity.

Future Plans

Alive plans to continue to support older people living in the community as well as in care homes, focussing over the next few years on developing our services to reach more older people living in the community and developing new and diverse earned income streams to help secure the longer-term sustainability of the charity.

We plan to reach and support at least 4,800 isolated older people in 2024-25, enriching their lives and improving their health and wellbeing by engaging them in meaningful activities, connecting them to their local communities and training and supporting their carers. We plan to:

- deliver 150 meaningful engagement activity sessions in a wide range of care settings, benefitting up to 900 older people
- continue to run our dementia Meeting Centres in Bristol and North Somerset, providing a community-based group offering support, friendship and engagement for 100 older people living with dementia and their carers
- launch our second dementia-friendly allotment for older people and their carers in South Bristol

ALIVE ACTIVITIES LIMITED

TRUSTEES' ANNUAL REPORT

YEAR ENDED 31 MARCH 2024

- deliver training courses, coaching programmes, care home Activity Audits, and Active Care support sessions for care staff, training and supporting at least 271 care home staff to enhance their care and improve the wellbeing of their residents
- connect at least 1,500 older people to their local communities through our community engagement projects (our Share & Repair Café project, our Alive dementia-friendly allotments, and our community gardening groups)
- continue to support 150 older people through our BME Elders health and wellbeing project.

Financial Review

Alive's total income amounted to £772,071, £85,732 more than 2023.

- Income arising from activities, including activity sessions, training, and coaching, increased from £62,533 in the previous year to £92,819 in the current year;
- We generated a total of £391,920 from contracts and Service Level Agreements with funders, giving total income from charitable activities of £484,739 compared to £388,942 in 2023;
- Income from fundraising, including grants from trusts and foundations, amounted to £277,266, a decrease of £12,209 compared to the previous period.

Total expenditure for the year rose compared to the previous period, by £36,041 to £836,368. Average monthly expenditure amounted to £69,700, compared to an average of £67,000 in the previous period, following increases in staff and increased project expenditure.

There was an overall surplus of £58,592 in Unrestricted funds and a deficit of £122,889 in Restricted Funds due to some Restricted Funds that were received in the previous period being expended this period. This produced an overall decrease in funds of £64,297. When added to balances brought forward of £385,504 the closing balance sheet total amounted to £321,207, almost all represented by funds at our bankers.

Reserves

The Trustees' policy is to maintain unrestricted reserves at a level equal to three months of expected unrestricted expenditure. Free reserves at 31 March 2024 amount to £202,072, which represents 7 months of unrestricted expenditure. Whilst this is higher than usual, fundraising remains an issue going into 2024/25. We have lost some major grants which means that to provide some services we will need to fund them partly from our unrestricted reserves. We have set our 2024/25 budget with a £71,551 deficit and, therefore, the Trustees are satisfied that the current level of reserves is appropriate. The Trustees and Senior Management Team monitor performance against budget and key metrics monthly and so the reserves' position will be reviewed on a regular basis.

Fundraising disclosures

Our fundraising philosophy is consciously respectful, the approach being to communicate when permitted but never to pursue. We believe that this respects the feelings of people

ALIVE ACTIVITIES LIMITED

TRUSTEES' ANNUAL REPORT

YEAR ENDED 31 MARCH 2024

generally and protects vulnerable people against feeling under pressure to give. It is the right thing to do. Alive has registered with the Fundraising Regulator. We do not use third party fundraising businesses, preferring to rely on our own staff. We received no complaints during the year and are not aware of any failures to comply with fundraising regulations or our own standards.

Structure, Governance and Management

Governing Document

The Charity is a company limited by guarantee incorporated on 12 August 2009 under the provisions of the Companies Act 2006 (registered number 06989308) and registered as a charity on 16 November 2009 (number 11327081). Amended Memorandum and Articles of Association were adopted in December 2020.

Appointment of Trustees

The Trustees, who are also the Company Directors, are appointed by resolution of the board; a number have previous experience of acting as trustees and directors. They are provided with access to the Charity Commission's publication entitled "The essential trustee: what you need to know what you need to do (CC3)" and receive guidance and support from the Chair of Trustees, an experienced solicitor.

Organisational Structure

Alive is governed by a Board of Trustees who bring with them a broad range of skills, knowledge and professional experience in law, medicine, health and safety, occupational therapy, accountancy, human resources, care home management and dementia care. All the Trustees give their time and skills voluntarily and share a passionate commitment to improving the quality of life of older people in care. The Trustees meet quarterly and receive advance written activity and finance reports detailing the Charity's work. The Chief Executive is responsible for the day-to-day activities of the Charity and for overseeing the management of employed staff, sessional workers, and volunteers. The Chief Executive is subject to the supervision of the Trustees, attending all Trustees' meetings, providing detailed written reports in advance of meetings and meeting regularly with the Chair of Trustees for ongoing supervision and support.

Risk Management

Annually, the Board of Trustees conducts an annual review of the major risks to which the charity is exposed, and this is logged in the risk management register. Where appropriate, systems or procedures are set up to mitigate the risks the charity faces. Significant external risks to funding have led to the development of fundraising and unrestricted income generation strategies which will allow for the further diversification of funding and activities. Internal control risks are minimised by the implementation of procedures for authorisation of all transactions and projects. Procedures are in place to ensure compliance with Health and Safety by staff, volunteers, and clients. These procedures are periodically reviewed to ensure that they continue to meet the needs of the charity.

ALIVE ACTIVITIES LIMITED

TRUSTEES' ANNUAL REPORT

YEAR ENDED 31 MARCH 2024

Public Benefit

The Trustees are mindful of their duties under the Charities Act 2011 to have regard for the public benefit guidance issued by the Charity Commission. All our charitable activities focus on improving the quality of life of older people and are undertaken to further our charitable purposes for public benefit.

- Alive supported a total of 7,634 older people through a wide range of engaging activity in care homes and the community. Our work also touched the lives of countless relatives and care partners of older people, many of whom expressed their heartfelt appreciation for the joy and stimulation Alive's work brought to their loved ones.
- Our training reached 215 people, professional carers, non-paid carers, and families and helped those living with dementia to receive more person-centered and tailored care.
- Through our speaking engagements, communications, and network of volunteers and supporters, Alive also increased public awareness of the importance of meaningful engagement and person-centred care for older people. Our video with the Alzheimer's Society has been viewed over 110,000 times.

Senior Management Remuneration

The remuneration package of the Chief Executive is reviewed annually, being benchmarked against that position in charities of comparable size, location, and field of work.

Related Parties

Alive Trading Limited is a wholly owned subsidiary of the Charity. It was set up for the purpose of supporting the Charity in connection with any trading activities which the Charity itself could not lawfully undertake. There have been no such activities and this company remains dormant.

Statement of Trustees' responsibilities

The Trustees (who are also directors of Alive Activities Limited for the purposes of company law) are responsible for preparing the Trustees' Report (incorporating the directors' report) and the financial statements in accordance with applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102: The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial period which give a true and fair view of the state of affairs of the charitable company and of the income and expenditure of the charitable company for that period. In preparing these financial statements, the Trustees are required to:

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

ALIVE ACTIVITIES LIMITED
TRUSTEES' ANNUAL REPORT
YEAR ENDED 31 MARCH 2024

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

Approved by the Trustees and signed on their behalf by:



Philip May
Chair of Trustees

Date: 8 August 2024

ALIVE ACTIVITIES LIMITED
REFERENCE & ADMINISTRATIVE INFORMATION
YEAR ENDED 31 MARCH 2024

Charity number:	1139058
Company number:	06989308
Registered office:	The Create Centre, Smeaton Road, Bristol, BS1 6XN
Patrons:	Rev Richard Pendlebury MBE Professor Dawn Brooker PhD C Psychol Clin Sir Tony Robinson
Trustees:	Philip May (Chair) Catherine Smith Suzy Webster Andrew Wood Dr Michael Cohen Richard Crocker Patricia Barlow Anisah Mahmood Peter Lippett Dr Kevin Woodrow Philip May, Andrew Wood and Dr Kevin Woodrow serve on the Finance Committee
Senior Management:	Isobel Jones - Chief Executive
Secretary:	Rebecca Thames
Bankers:	Triodos Bank, Deanery Road, Bristol, BSI 5AS
Independent Examiner:	Joshua Kingston BSc, ACA, Burton Sweet Limited, The Clock Tower, 5 Farleigh Court, Old Weston Road, Flax Bourton, Bristol, BS48 1UR

ALIVE ACTIVITIES LIMITED

INDEPENDENT EXAMINER'S REPORT

YEAR ENDED 31 MARCH 2024

Independent Examiner's report to the trustees of Alive Activites ('the Company')

I report to the Charity Trustees on my examination of the accounts of the Company for the year ended 31 March 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

Since the Company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I 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:

- accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
- the accounts do not accord with those records; or
- 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
- 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.

Joshua Kingston

Joshua Kingston BSc., ACA
Burton Sweet Limited
The Clock Tower
5 Farleigh Court
Old Weston Road
Flax Bourton
Bristol BS48 1UR

Date: 8 August 2024

ALIVE ACTIVITIES LTD

STATEMENT OF FINANCIAL ACTIVITIES (INCLUDING INCOME AND EXPENDITURE ACCOUNT)

YEAR ENDED 31 MARCH 2024

	Note	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £	Total Funds 2023 £
Income from:					
Donations and legacies	2	144,550	132,716	277,266	289,475
Charitable activities	3	102,804	381,935	484,739	388,942
Investments		10,066	-	10,066	7,922
Total income		257,420	514,651	772,071	686,339
Expenditure on:					
Raising funds	4	73,755	-	73,755	70,668
Charitable activities	4	125,073	637,540	762,613	729,659
Total expenditure		198,828	637,540	836,368	800,327
Net income/(expenditure)	6	58,592	(122,889)	(64,297)	(113,988)
Transfer of Funds	14	(31)	31	-	-
Net movement in funds	14	58,561	(122,858)	(64,297)	(113,988)
Total funds at start of year	14	143,511	241,993	385,504	499,492
Total funds at end of year	14	202,072	119,135	321,207	385,504

The Charity has no recognised gains or losses other than the results for the year as set out above.

All of the activities of the charity are classed as continuing.

The notes on pages 15 to 25 form part of these financial statements
See note 9 for fund-accounting comparative figures

ALIVE ACTIVITIES LTD**BALANCE SHEET****AS AT 31 MARCH 2024****Company number: 06989308**

	Note	2024 £	2023 £
Current assets			
Debtors	10	27,908	16,550
Cash at bank and in hand		329,805	409,247
		<u>357,713</u>	<u>425,797</u>
Liabilities			
Creditors : amounts falling due within one year	11	(36,506)	(40,293)
Net current assets		<u>321,207</u>	<u>385,504</u>
Net assets		<u><u>321,207</u></u>	<u><u>385,504</u></u>
FUNDS			
Unrestricted funds	15	202,072	143,511
Restricted funds	15	119,135	241,993
Total funds		<u><u>321,207</u></u>	<u><u>385,504</u></u>

For the year ended 31 March 2024 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

- i) The members have not required the company to obtain an audit of its accounts for the period in question in accordance with section 476,
- ii) The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.
- iii) The members have not required the company to obtain an audit of its accounts for the year in accordance with section 144(2) of the Charities Act 2011.

These accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act applicable to small companies subject to the small companies regime and in accordance with FRS102 SORP.

These financial statements were approved by the Trustees on ...8.August.2024... and are signed on their behalf by:



Philip May
Chair of Trustees

The notes on pages 15 to 25 form part of these financial statements

ALIVE ACTIVITIES LTD
CASH FLOW STATEMENT
YEAR ENDED 31 MARCH 2024

	Note	2024 £	2023 £
Net cash inflow from operating activities	12	(89,508)	(211,663)
Non-operational cash flows:			
Investing activities			
Investment income		10,066	7,922
		<u>10,066</u>	<u>7,922</u>
Net cash inflow/(outflow) for the year	13	<u><u>(79,442)</u></u>	<u><u>(203,741)</u></u>

Cashflow Restrictions

Charity law prohibits the use of net cash inflows on any endowed or other restricted fund to offset net cash outflows on any fund outside its own objects, except on special authority. In practice, this restriction has not had any effect on cash flows for the year.

The notes on pages 15 to 25 form part of these financial statements

ALIVE ACTIVITIES LTD
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2024

1 Accounting policies

Accounting convention

The financial statements have been prepared in accordance with the historical cost convention (except where otherwise stated in the accounting policy note) and in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued in October 2019, and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), and the Companies Act 2006.

Alive Activities Ltd meets the definition of a public benefit entity under FRS 102, Assets and liabilities are initially recognised at historical cost or transaction value in accordance with applicable accounting standards unless otherwise stated in the relevant accounting policy note(s).

After making enquiries, including receipt of budgets and updated forecasts, the Trustees have a reasonable expectation that the charity has adequate reserves to continue its activities for the foreseeable future. Accordingly, they continue to adopt the going concern basis in preparing the financial statements as outlined in the Statement of Trustees' Responsibilities on page 9.

The Trustees have decided that there are no material uncertainties over the charitable company's ability to continue as a going concern.

Income

Income from donations is included in full when receivable; income from Gift Aid tax reclaims is recognised for all donations made prior to the year end, where a valid Gift Aid declaration is held.

Legacy income is recognised in the accounts when it is received, unless there is sufficient evidence in advance to allow Alive to be sufficiently certain that the income will be received, and to be able to estimate the value of the legacy with reasonable certainty.

Revenue grants are credited to the statement of financial activities when received or receivable, whichever is earlier, unless they relate to a specific future period, in which case they are deferred. Grants for the purchase of fixed assets are credited to restricted incoming resources when receivable. Depreciation of fixed assets purchased with such grants is charged against the restricted fund.

Investment income is accounted for on the accruals basis.

Fees receivable and charges for services are accounted for in the year in which the service is provided.

Gifts in Kind: The value of donated goods and services recognised in the financial statements is the price the charity estimates it would pay in the open market for a service of equivalent value to the charity.

The value of time kindly contributed by volunteers is not included in the financial statements.

Expenditure

Expenditure is recognised in the year in which it is incurred and includes attributable VAT which cannot be recovered. Expenditure is analysed into the following activities.

Raising funds - This includes the salaries, direct expenditure and support costs of staff engaged in fundraising activities.

ALIVE ACTIVITIES LTD
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2024

1 Accounting policies (*continued*)

Charitable activities - This includes the salaries, direct expenditure and support costs of staff engaged in charitable activities. The cost of activities is recognised in the year in which it is incurred.

Governance costs - These are the costs associated with the governance arrangements of the charity. These costs are associated with the constitutional and statutory requirements and include any costs associated with the strategic management of the charity's activities.

Resources expended are allocated to a particular activity where the cost relates directly to that activity. In addition, support costs are incurred which are necessary to facilitate the above activities. These are back office costs, including the costs of budgetary and financial control, information technology, human resources, and payroll, and are apportioned to activities based on the proportion of staff time spent on each activity as follows: Raising Funds 20%, Charitable activities 80%.

Tangible fixed assets

Depreciation is calculated to write off the cost of tangible fixed assets by equal annual instalments over their estimated useful lives at the following rate:

Office Furniture & Equipment - over 3 years; straight line

Items of equipment are capitalised where the purchase price exceeds £2,500. Depreciation costs are allocated to activities on a basis which is an estimate, based on staff time, of the amount attributable to each activity. Assets are reviewed for impairment if circumstances indicate their carrying value may exceed their net realisable value and value in use.

Debtors

Debtors are stated at the lower of cost and net realisable value.

Cash at bank and in hand

This comprises bank deposits with notice less than 3 months, and petty cash balances held.

Creditors

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably.

Pensions

The charity offers a defined contribution pension scheme to employees. The assets of the scheme are held in independently administered funds. Pension costs charged in the Statement of Financial Activities represent the contributions payable by the charity during the year.

Leases

Rentals payable under operating leases, where substantially all the risks and rewards of ownership remain with the lessor, are charged to the statement of financial activities in the year in which they fall due.

Financial Instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments, these being debtors, cash at bank, short term investments and creditors. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

ALIVE ACTIVITIES LTD
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2024

2 Income from: Donations and legacies

Current year	Unrestricted Funds	Restricted Funds	Total Funds 2024
	£	£	£
Charitable Trusts and Foundations	104,615	120,557	225,172
Corporate	26,445	5,738	32,183
Individuals	13,270	1,873	15,143
Community Groups	220	4,548	4,768
	<u>144,550</u>	<u>132,716</u>	<u>277,266</u>
Prior year	Unrestricted Funds	Restricted Funds	Total Funds 2023
	£	£	£
Charitable Trusts and Foundations	105,557	142,961	248,518
Corporate	10,200	-	10,200
Individuals	26,001	701	26,702
Community Groups	565	3,490	4,055
	<u>142,323</u>	<u>147,152</u>	<u>289,475</u>

3 Income from: Charitable activities

Current year	Unrestricted Funds	Restricted Funds	Total Funds 2024
	£	£	£
Contracts and service level agreements	15,088	376,832	391,920
Activity sessions and other fee income	71,146	4,968	76,114
Training, coaching and consultancy	16,570	135	16,705
	<u>102,804</u>	<u>381,935</u>	<u>484,739</u>
Prior year	Unrestricted Funds	Restricted Funds	Total Funds 2023
	£	£	£
Contracts and service level agreements	55,079	271,330	326,409
Activity sessions and other fee income	25,876	25,677	51,553
Training, coaching and consultancy	10,980	-	10,980
	<u>91,935</u>	<u>297,007</u>	<u>388,942</u>

ALIVE ACTIVITIES LTD
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2024

4 Expenditure on:

Current year	Direct Costs	Wages and Salaries	Support Costs (Note 5)	Total Funds 2024
	£	£	£	£
Raising Funds				
Supporter fundraising	3,946	43,292	26,517	73,755
Charitable Activities				
Activities, training & coaching	172,758	458,495	106,070	737,323
Business development & marketing	4,945	-	-	4,945
	<u>177,703</u>	<u>458,495</u>	<u>106,070</u>	<u>742,268</u>
Prior year	Direct Costs	Wages and Salaries	Support Costs (Note 5)	Total Funds 2023
	£	£	£	£
Raising Funds				
Supporter fundraising	3,642	41,955	25,071	70,668
Charitable Activities				
Activities, training & coaching	150,804	458,927	100,281	710,012
Business development & marketing	6,345	13,302	-	19,647
	<u>157,149</u>	<u>472,229</u>	<u>100,281</u>	<u>729,659</u>

5 Support costs

Support costs are allocated between raising funds and charitable activities on the basis of staff time.

Current year	Fundraising and publicity	Charitable Activities	Total 2024
	£	£	£
Adminstration and support salaries	18,056	72,225	90,281
Office costs	7,728	30,912	38,640
Governance costs	733	2,933	3,666
	<u>26,517</u>	<u>106,070</u>	<u>132,587</u>
Prior year	Fundraising and publicity	Charitable Activities	Total 2023
	£	£	£
Adminstration and support salaries	15,381	61,522	76,903
Office costs	8,693	34,770	43,463
Governance costs	997	3,989	4,986
	<u>25,071</u>	<u>100,281</u>	<u>125,352</u>

ALIVE ACTIVITIES LTD
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2024

6 Net income/(expenditure) for the year

This is stated after charging:

		2024	2023
		£	£
Independent Examiner's remuneration	- independent examination	2,634	2,808
	- accounts preparation	-	1,800
	- prior year under accrual	300	78
	- other services	630	300
Operating lease rentals - property		14,495	14,126

No Trustees have been reimbursed for out of pocket expenses or received any remuneration in the current or prior year.

No donations were received from Trustees, key management personnel, and other related parties in the current or prior year.

7 Staff costs and numbers

The aggregate payroll costs were:

	2024	2023
	£	£
Wages & salaries	536,288	537,620
Social security costs	37,353	43,897
Pension contributions	14,929	14,373
Redundancy	3,498	-
	592,068	595,890

No employee received emoluments of more than £60,000.

The average weekly number of employees during the year was 34 (2023: 29), calculated on the basis of average headcount.

The key management personnel of the charity comprise the Trustees and the Chief Executive. The total employment benefits received by key management personnel were £57,874 (2023: £57,880).

8 Taxation

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

ALIVE ACTIVITIES LTD
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2024

9 Statement of Financial Activities comparative figures

For the year ended 31 March 2023	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
Income from:			
Donations and legacies	142,323	147,152	289,475
Charitable Activities	91,935	297,007	388,942
Investments	7,922	-	7,922
Other	-	-	-
Total income	242,180	444,159	686,339
Expenditure on:			
Raising funds	70,668	-	70,668
Charitable activities	143,599	586,060	729,659
Total expenditure	214,267	586,060	800,327
Net income/(expenditure) and net movement in funds	27,913	(141,901)	(113,988)
Total funds at start of year	115,598	383,894	499,492
Total funds at end of year	143,511	241,993	385,504

ALIVE ACTIVITIES LTD
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2024

10 Debtors

	2024	2023
	£	£
Due in less than one year:		
Trade debtors	14,321	8,335
Prepayments and accrued income	10,950	5,355
Other debtors	2,637	2,860
	<u>27,908</u>	<u>16,550</u>

11 Creditors: amounts falling due within one year

	2,024	2023
	£	£
Trade creditors	19,972	9,667
Tax and social security	5,714	9,256
Accruals and deferred income	10,820	16,241
Other creditors	-	5,129
	<u>36,506</u>	<u>40,293</u>

12 Reconciliation of net movement in funds to net cash inflow from operating activities

	2024	2023
	£	£
Statement of Financial Activities: Net movement in funds	(64,297)	(113,988)
Investment income	(10,066)	(7,922)
Decrease / (increase) in debtors	(11,358)	6,070
Increase /(decrease) in creditors: current liabilities	(3,787)	(95,823)
Net cash (outflow)/inflow from operating activities	<u>(89,508)</u>	<u>(211,663)</u>

13 Analysis of changes in cash during the year

	Note	2024	2023	Change
		£	£	£
Cash at bank and in hand		<u>329,805</u>	<u>409,247</u>	<u>(79,442)</u>
		2023	2022	Change
		£	£	£
Cash at bank and in hand		<u>409,247</u>	<u>612,988</u>	<u>(203,741)</u>

ALIVE ACTIVITIES LTD
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2024

14 Movement in funds

For the year ended 31 March 2024

	At 1 April 2023 £	Income £	Expenditure £	Transfers £	At 31 March 2024 £
Restricted funds					
Ageing Well Projects					
Activity Cupboard	-	23,516	(23,516)	-	-
One Good Turn	-	48,921	(46,227)	-	2,694
Wishing Washing Line	-	33,888	(33,888)	-	-
Physical Exercise in Care Homes	-	10,341	(10,341)	-	-
Dementia Meeting Centres	90,606	180,640	(247,729)	-	23,517
BME Elders Projects	24,885	32,061	(46,653)	-	10,293
Brentry Allotment	22,677	3,741	(24,665)	-	1,753
Wellspring Garden	26,142	902	(15,039)	-	12,005
Gardening Groups	3,198	750	(4,016)	68	-
Dementia HIT	837	637	(1,474)	-	-
Salary Funding: Volunteer Manager	5,333	-	(5,333)	-	-
Positive Activities Grant	6,984	-	(6,984)	-	-
Tech to Connect	(77)	10,892	(10,815)	-	-
Building Mental Health Resilience	26,451	-	(26,451)	-	-
CRM System Development	10,000	-	(10,000)	-	-
Hidden Histories	15,348	5,955	(21,303)	-	-
Table Top Travels	11,566	6,000	(17,566)	-	-
Tackling Inequalities	-	12,000	(12,000)	-	-
Wise Connections	-	9,350	(9,415)	65	-
Memory Café Activity Sessions	-	10,000	(10,000)	-	-
Young Onset Dementia Walking Groups	-	1,712	(1,712)	-	-
Tea and Tell Us	-	9,174	(9,174)	-	-
Connect Through Culture	(633)	8,093	(7,460)	-	-
Share and Repair	-	30,000	(4,125)	-	25,875
Stanley's Garden	-	9,980	(3,403)	-	6,577
Zinc Table Top	-	14,985	(8,639)	(102)	6,244
Knowle Allotment	-	23,410	(7,625)	-	15,785
Sanctuary Square	-	17,403	(9,741)	-	7,662
Hoppiness	-	8,300	(1,570)	-	6,730
Postcode Gardener	(1,324)	2,000	(676)	-	-
	<u>241,993</u>	<u>514,651</u>	<u>(637,540)</u>	<u>31</u>	<u>119,135</u>
Unrestricted funds					
General funds	143,511	257,420	(198,828)	(31)	202,072
	<u>143,511</u>	<u>257,420</u>	<u>(198,828)</u>	<u>(31)</u>	<u>202,072</u>
Total funds	<u>385,504</u>	<u>772,071</u>	<u>(836,368)</u>	<u>-</u>	<u>321,207</u>

ALIVE ACTIVITIES LTD
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2024

14 Movement in funds (continued)

For the year ended 31 March 2023

	At 1 April 2022 £	Income £	Expenditure £	Transfers £	At 31 March 2023 £
Restricted funds					
Ageing Well Projects	(731)	116,185	(115,454)	-	-
Dementia Meeting Centres	204,864	75,915	(193,412)	-	87,367
Alive Clubs and Meeting Centres	48,127	17,084	(65,211)	-	-
BME Elders Projects	59,210	16,850	(51,176)	-	24,884
One Good Turn	9,792	-	(9,792)	-	-
Brentry Allotment	12,322	31,096	(19,743)	-	23,675
'I will'	10,078	-	(10,078)	-	-
Wellspring Garden	17,946	24,495	(16,298)	-	26,143
Gardening Groups	6,684	10,000	(14,487)	-	2,197
Dementia HIT	-	13,441	(12,604)	-	837
Salary Funding: Volunteer Manager	3,152	10,000	(7,819)	-	5,333
Positive Activities Grant	-	8,500	(1,516)	-	6,984
Tech to Connect	-	16,489	(16,566)	-	(77)
Building Mental Health Resilience	(379)	44,924	(18,094)	-	26,451
CRM System Development	-	10,000	-	-	10,000
Hidden Histories	-	20,000	(4,652)	-	15,348
Table Top Travels	-	20,000	(8,434)	-	11,566
Small Projects - £5,000 or less	12,829	9,180	(20,724)	-	1,285
	<u>383,894</u>	<u>444,159</u>	<u>(586,060)</u>	<u>-</u>	<u>241,993</u>
Unrestricted funds					
General funds	115,598	242,180	(214,267)	-	143,511
	<u>115,598</u>	<u>242,180</u>	<u>(214,267)</u>	<u>-</u>	<u>143,511</u>
Total funds	<u>499,492</u>	<u>686,339</u>	<u>(800,327)</u>	<u>-</u>	<u>385,504</u>

Redistribution of Small Grants Carried Forward Balance

All project balances are now listed in full, regardless of their size. The 2023 carried forward Small Projects balance has therefore been removed from brought forward balances in 2024 and has been redistributed across the projects they relate to in that year.

Restricted funds

Ageing Well Projects	funding from the Dementia Health Integration Team covering Bristol, North Somerset, and South Gloucestershire (BNSSG).
Physical Exercise in Care Homes	funding from National Grid and North Somerset Council
Dementia Meeting Centres	funding for salary and other costs to run Dementia Meeting Centres in North Somerset, Bristol and South Gloucestershire.
BME Elders Projects	funding to support our BME Health & Wellbeing project with three elders' groups: Malcolm X, The Golden Agers, and the Evergreens.
Brentry Allotment	capital grants have enabled us to provide dementia-friendly facilities and revenue grants enable us to fund facilitators to assist with visits to our
Wellspring Garden	funding towards a Community Gardening project in partnership with the Wellspring Settlement.
Alive Clubs	funding to enable Alive to develop a network of clubs and activities.

ALIVE ACTIVITIES LTD
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2024

14 Movement in funds (*continued*)

Gardening Groups	supporting people with dementia to engage in regular nature-based activities and spend more time outdoors taking part in activities which improve health and wellbeing.
One Good Turn	community engagement work to reduce social isolation amongst housing association residents.
'I will'	to provide inter-generational opportunities for younger and older people to engage in socially responsible activities.
Dementia HIT	funding towards work with the Dementia Health Integration Team.
Salary Funding: Volunteer Manager	funding towards our Volunteer Coordinator post.
Positive Activities Grant	gardening sessions at the Brentry Allotment for South Gloucestershire residents to improve their wellbeing and reduce their social isolation.
Tech to Connect	project delivering technical support sessions to older adults in North Somerset in conjunction with West of England Rural Network, fuelled by project supporting volunteer-led groups across BNSSG to support older people understand their mental health and develop strategies and activities to improve and maintain their mental well-being.
Building Mental Health Resilience	developing a brand new CRM system to help streamline the processes within Alive to improve efficiency and outputs.
CRM System Development	project work in conjunction with University of Bristol Connecting Through Culture developing an interactive digital female book exploring older female
Hidden Histories	project work in conjunction with University of Bristol Connecting Through Culture developing a unique immersive home dinging experience for housebound older adults.
Table Top Travels	funding from Wesport for seated movement sessions
Tackling Inequalities	funding from the Open University for testing & developing the uses of the Wise Connection boxes in local networks in Bristol, as a conversation broker between befrienders, social prescribers, volunteers, facilitators & carers & older adults facing challenges such as social isolation & low mood / poor mental health or those with increasing caregiving responsibilities.
Wise Connections	funding from Quartet for community based activity sessions.
Memory Café Activity Sessions	funding from Quartet for walking and social groups.
Young Onset Dementia Walking Groups	
Tea and Tell Us	funding from WERN for tea and activity sessions.
Connect Through Culture	funding from the University of Bristol for connecting through culture as we
Share and Repair	funding from St Monica Trust for a community-based, intergenerational knowledge exchange project.
Stanley's Garden	a dementia friendly sensory garden funded by Quartet
Zinc Table Top	funded by the University of Bristol to develop a subscription box targeted at older people.
Knowle Allotment	our second dementia friendly allotment which was opened in 2024.
Sanctuary Square	funded by Bristol and Weston Hospitals Charity for providing a garden for people living with dementia in the grounds of the Bristol Royal Infirmary
Hoppiness	brewing with carehomes research project funded by the University of
Postcode Gardener	Community discovery work funded by Friends of the Earth.
Small Projects - £5,000 or less	all other 2023 restricted funds were included here as they were deemed to not be material and, therefore, unnecessary to disclose separately. However, in 2024, all projects have been listed in detail and the Small Projects line has been removed - see Redistribution of Small Grants Carried Forward Balance above.

ALIVE ACTIVITIES LTD
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2024

15 Analysis of net assets between funds

	Restricted Funds	Unrestricted General Funds	Total
	£	£	£
As at 31 March 2024			
Tangible fixed assets	-	-	-
Other net assets	119,135	202,072	321,207
	<u>119,135</u>	<u>202,072</u>	<u>321,207</u>
	Restricted Funds	Unrestricted General Funds	Total
	£	£	£
As at 31 March 2023			
Tangible fixed assets	-	-	-
Other net assets	241,993	143,511	385,504
	<u>241,993</u>	<u>143,511</u>	<u>385,504</u>

16 Related party transactions

There are no transactions with trustees or other related parties other than those disclosed as required by the SORP elsewhere in the financial statements.

Alive Trading Limited is a wholly owned subsidiary of the Charity. It is a company limited by guarantee without share capital. It was set up for the purpose of supporting the Charity in connection with any trading activities which the Charity itself could not lawfully undertake. There have been no such activities and this company is dormant. There were no related party transactions during the year (2023:none).

ALIVE ACTIVITIES LIMITED

England & Wales - Charity number 1132708

Accounts

ALIVE ACTIVITIES LIMITED
FINANCIAL STATEMENTS
31 MARCH 2023

Company Registration Number 06989308
Charity Number 1132708

ALIVE ACTIVITIES LIMITED
FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2023

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ALIVE ACTIVITIES LIMITED

TRUSTEES' ANNUAL REPORT

YEAR ENDED 31 MARCH 2023

The Trustees are pleased to present their annual report together with the financial statements of the charity for the year ended 31 March 2023 which are also prepared to meet the requirements for a directors' report and accounts for Companies Act purposes.

The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and 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).

Aims and Objectives

Alive works to prioritise health and wellbeing into later life. We do this in four ways, by:

- ***Engaging older people creatively through meaningful activity.***
We provide a wide range of high quality, person-centred activity sessions in a range of care settings and in the community, which combat loneliness, anxiety, and depression, and strengthen older people's personal identities by connecting with their individual life stories, passions, and interests.
- ***Training and supporting carers to enrich the lives of older people***
We use our specialist knowledge and experience to train social care staff and carers, which builds their capacity and confidence to develop more meaningful activities and relationships with the older people they care for.
- ***Reducing older people's social isolation by connecting them to their local communities***
We help develop sustainable relationships between older people and their local communities, to reduce social isolation and provide opportunities for meaningful engagement.
- ***Speaking up for the rights of older people to those with the power to improve their lives*** We advocate and campaign for improved quality of life for older people, working with partners in the voluntary, public, private, and academic sectors to raise awareness and change attitudes and behaviour.

Thank you....

Alive depends on charitable donations to deliver its work - thank you to the many trusts and foundations, individuals and corporate supporters who enabled us to enrich the lives of so many older people this year. We are dependent on your support and without it our work simply would not be possible.

Staff and Volunteers - the Trustees recognise the huge and ongoing contribution made by Alive staff to the lives of older people in care and to their carers. We extend our gratitude to them all and acknowledge their energetic commitment to Alive's mission, values, and work. This year, we want to acknowledge they have gone above and beyond to keep Alive going and to support older people when they needed it the most. Thank you.

ALIVE ACTIVITIES LIMITED

TRUSTEES' ANNUAL REPORT

YEAR ENDED 31 MARCH 2023

Vision and Values

Our vision

A world where older people live lives full of value, meaning and connection.

Our mission

To prioritise health and wellbeing into later life.

Our values

- **User-led** - We strive to ensure our work meets the needs and aspirations of the older people we serve. We consult regularly with older people and develop and deliver projects and activity in line with their wishes and views.
- **Dedicated** - We deliver, we train, we connect, we influence. We are a group of people who never give up and are fully committed to improving the quality of life of older people.
- **Adventurous** - We are a charity who likes to try and test new approaches, new partnerships, new ways of working and are not afraid of making mistakes and taking risks.
- **Community focused** - We fully understand the value of belonging and work hard to connect older people to their communities — wherever that may be. We value our own community and strive to create an inclusive and supportive environment amongst our staff, volunteers, and colleagues.
- **Adaptable** - We constantly review, evaluate, and adapt our work to ensure it is meeting the needs of those we serve. We are quick to change and find new ways of working when needed.
- **Compassionate** - We love what we do and who we work with. We are passionate about improving the quality of life of older people in whatever way we can.
- **Collaborative** - We believe in working with others. We make more of an impact when we work together.

Our impact

Alive's work has a positive impact on older people's wellbeing and increases social interaction for isolated older people and supports their carers. This, in turn, enriches their lives, improves relationships between older people, care staff and carers, and creates a greater sense of community.

ALIVE ACTIVITIES LIMITED

TRUSTEES' ANNUAL REPORT

YEAR ENDED 31 MARCH 2023

Overview

This has been an exciting year for Alive as we have grown our provision in the community and in care homes. We launched two more new community-based dementia Meeting Centres in Bristol, and South Gloucestershire, providing accessible weekly support to older people living with dementia and their carers.

We continued to provide crucial support to improve the wellbeing of older people through Alive's activity sessions, our community gardening projects, our training, and community engagement projects.

We also continued to broaden our services and adapt our service delivery to provide a deeper level of support to older people, over longer periods of time, to better support their health and wellbeing. Attendees at both our dementia-friendly allotment, and our Meeting Centres, for example, come along every week and are really seeing the benefits in terms of improved quality of life.

We have grown the number of volunteers who help to support our gardening and care home activity sessions, and our dementia Meeting Centres, and have recruited, trained and supported over 70 volunteers this year.

We continued to work in dynamic partnerships with organisations in the voluntary, public, private, and academic sectors, who share our passionate commitment to improving the quality of life for older people.

We were thrilled to feature on BBC Gardener's World with our dementia-friendly allotment in October this year, showcasing the benefits of social and therapeutic horticulture for older people and their carers. We were also particularly proud to win the Penny Johnstone Award 2022 this year for our work with people living with dementia.

Achievements and Performance

During 2022-23, we enriched the lives and improved the wellbeing of 6,853 older people through Alive's work; our meaningful activity sessions, training and coaching, and community engagement projects.

We measure the effectiveness of our work using an evaluation framework, developed in 2015 in consultation with Willis Newson, the UK's leading arts and health consultancy, and the University of the West of England. The framework utilises a number of tools including Arts Observational Scale surveys and in-depth interviews of carers and care home staff, enabling us to evidence the impact of our work for older people. The framework provides us with the tools to measure progress on the following outcomes:

- Improving older people's mental health and emotional wellbeing
- Building capacity of carers and care staff to deliver meaningful activity
- Fostering improved relationships throughout the care setting
- Shifting the culture towards person-centred care in care settings and in the community.

ALIVE ACTIVITIES LIMITED

TRUSTEES' ANNUAL REPORT

YEAR ENDED 31 MARCH 2023

Face To Face Activity Sessions

We supported 4,280 older people through a total of 482 sessions, including guided reminiscence, music, poetry, history, gentle movement and dance, creative art, digital storytelling, horticultural therapy and intergenerational activities.

Training and support for carers

During 2022-23 Alive:

- Delivered training and support to a total of 145 care home staff, enhancing their skills, knowledge, and confidence to deliver outstanding person-centred care through our training and coaching programmes, and Activity Cupboard support.
- Delivered 15 Care Home Activity Audits, supporting care homes to improve their activity provision, helping to embed best practice in the care settings where they work, and improving the quality of life of a total of 440 residents.

Community engagement, intergenerational, and partnership projects

Our dementia-friendly allotment in Brentry, North Bristol continued to go from strength to strength; we delivered 108 supported gardening sessions at the allotment this year, supporting a total of 698 people, including 278 people living with dementia, to improve their wellbeing, make new friends, and reduce social isolation whilst sharing gardening skills and growing their own fruit, vegetables and flowers

We launched our extended #OneGoodTurn project connecting 579 care home residents with 1,387 young people from schools, community groups and families in their local community. The project is delivering a variety of intergenerational activities across Bristol, South Gloucestershire and North Somerset, focusing on meaningful interaction and the development of friendships.

We also launched our new Wishing Washing Line West project, granting the wishes of care home residents with the support of volunteers from their local community. To date, the project has granted 27 wishes in 16 care homes, engaging 102 older people.

We continued to deliver our Community Gardening Group in Lawrence Weston, connecting 64 older people at Blaise Weston Court with their local community. We also continued to deliver our Community Gardening Group in partnership with the Wellspring Settlement, supporting 242 people from across the Barton Hill community to come together, including old, young, refugees, and local care home residents.

We developed two new creative tech prototypes this year, in partnership with the University of Bristol and the Watershed, as part of the Connecting Through Culture as We Age research project; Retirement Reloaded – an interactive digital book exploring older female narratives and Tabletop Travels - a unique immersive home dining experience for housebound older adults.

ALIVE ACTIVITIES LIMITED

TRUSTEES' ANNUAL REPORT

YEAR ENDED 31 MARCH 2023

Dementia Meeting Centres

We opened our second and third dementia Meeting Centres in Bristol and South Gloucestershire, together with our North Somerset Meeting Centre providing accessible support on a local level to help 66 older people living with dementia, and their carers.

Alive on Demand

We continued to add content to our innovative Alive on Demand streaming service, providing almost 340 dementia-friendly videos to entertain, educate and engage older people and their carers. Over 1,000 older people have benefitted from the service to date.

Tech to Connect

We continued to deliver our popular Tea and Tech groups across North Somerset, supporting 140 older people to embrace technology to stay connected with friends and family and learn how to access online community services.

Elders Groups

We continued to support 3 elders groups - Malcolm X, The Golden Agers, and the Evergreens - through our BME Health & Wellbeing project, benefitting a total of 150 older people, largely from the Bristol Afro-Caribbean Community.

Speaking up for older people and their rights

We continue to take every opportunity to advocate for older people, particularly those living with dementia, whether living in care or in the community. We aim to bring about a step change in the culture of care that recognises the importance of meaningful activity, choice, and interaction for older people and prioritises those things alongside their physical care needs. We do this by:

- Working directly with those organisations with power and influence in the sector
- Speaking at local, regional, and national conferences
- Leading through example. By demonstrating best practice in all our work, we aim to inspire care home managers and staff to develop and improve their practice.

We influenced the sector and advocated for older people through Chief Executive Isobel Jones's presentations at national and local events and conferences including the 2022 UK Dementia Congress, Government Insight Conference on Care Homes, NAPA National Conference 2022, Care Roadshows, Bristol Older People's Support Hub, National Meeting Centre Network, and through her work as Co-Director of Bristol Dementia HIT, looking at the remodeling of Dementia Care in the region.

We were involved in the development of BABA, Bristol Ageing Better Alliance, working in partnership with 5 local charities to support each other, deepen partnership work and influence local funders, local government and older people's strategy work across the region.

We published articles in the Journal of Dementia Care on "The Development of a Dementia Friendly Allotment" and "#OneGoodTurn – intergenerational linking in COVID", and in Care

ALIVE ACTIVITIES LIMITED

TRUSTEES' ANNUAL REPORT

YEAR ENDED 31 MARCH 2023

Management Matters on “The development of a Dementia Friendly Allotment” and “Alive on Demand”.

Alive was also a regular contributor to Radio Bristol programming, and frequently asked to comment on older people’s issues, particularly dementia.

Future Plans

Alive plans to continue to support older people living in the community as well as in care homes, focussing over the next few years on developing our services to reach more older people living in the community, consolidating our digital services, and developing new and diverse earned income streams to help secure the longer-term sustainability of the charity. We plan to reach and support at least 4,800 isolated older people in 2023-24, enriching their lives and improving their health and wellbeing by engaging them in meaningful activities, connecting them to their local communities and training and supporting their carers. We plan to:

- deliver 300 meaningful engagement activity sessions in a wide range of care settings, benefitting up to 1,800 older people
- run our three new dementia Meeting Centres in Bristol, North Somerset, and South Gloucestershire, providing a community-based group offering support, friendship, and engagement for 115 older people living with dementia and their carers
- deliver training courses, coaching programmes, care home Activity Audits, and Active Care support sessions for care staff, training and support at least 271 care home staff to enhance their care and improve the wellbeing of their residents
- connect at least 1,500 older people to their local communities through our community engagement projects (our Wishing Washing Line and One Good Turn projects, our Alive dementia-friendly allotment, and our community gardening groups)
- begin to work in hospitals, bringing nature-based therapy to people living with dementia who are receiving care in hospital;
- launch a second dementia-friendly community allotment in Knowle to support older people in South Bristol
- support 1,285 older people and their carers with engaging activities through our Alive on Demand video streaming service
- continue to support 100 older people through our BME Elders health and wellbeing project.

Financial Review

Alive's total income amounted to £686,339, £125,344 less than 2022; however, £224,658 of this year's Ageing Well — Bristol, North Somerset & South Gloucestershire (BNSSG) funding was received from the NHS in the previous financial year.

- Income arising from activities, including activity sessions, training, and coaching, increased from £24,400 in the previous year to £62,500 in the current year, due to the return of care home activities following the pandemic;
- We generated a total of £326,409 from contracts and Service Level Agreements with funders, giving total income from charitable activities of £388,942 compared to £406,189 in 2022, despite the receipt of £224,658 2023 Ageing Well funding in 2022;

ALIVE ACTIVITIES LIMITED

TRUSTEES' ANNUAL REPORT

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- Income from fundraising, including grants from trusts and foundations, amounted to £289,475, a decrease of £114,262 compared to the previous period.

Total expenditure for the year rose compared to the previous period, by £278,686 to £800,327. Average monthly expenditure amounted to £67,000, compared to an average of just over £43,000 in the previous period, following increases in the staff team, a full year of operating the Dementia Meeting Centres and increased project expenditure.

There was an overall surplus of £27,913 in Unrestricted funds and a deficit of £141,901 in Restricted Funds due to some Restricted Funds that were received in the previous period being expended this period. This produced an overall decrease in funds of £113,988. When added to balances brought forward of £499,492 the closing balance sheet total amounted to £385,504, almost all represented by funds at our bankers.

Reserves

The Trustees' policy is to maintain unrestricted reserves at a level equal to three months of expected unrestricted expenditure. Unrestricted funds at 31 March 2023 amount to £143,511, and budgeted unrestricted expenditure for 2023/24 amounts to £256,120 (after internal recharges to Restricted projects) so the current level of reserves equals over six months of expenditure, but in view of uncertainties around future funding, the Trustees are satisfied that this level of reserves is appropriate. The Trustees and Senior Management Team monitor performance against budget and key metrics monthly. Business plans for the next three years are directed at achieving modest surpluses to build free reserves, allowing for future expansion.

Fundraising disclosures

Our fundraising philosophy is consciously respectful, the approach being to communicate when permitted but never to pursue. We believe that this respects the feelings of people generally and protects vulnerable people against feeling under pressure to give. It is the right thing to do. Alive has registered with the Fundraising Regulator. We do not use third party fundraising businesses, preferring to rely on our own staff. We received no complaints during the year and are not aware of any failures to comply with fundraising regulations or our own standards.

Structure, Governance and Management

Governing Document

The Charity is a company limited by guarantee incorporated on 12 August 2009 under the provisions of the Companies Act 2006 (registered number 06989308) and registered as a charity on 16 November 2009 (number 11327081). An amended Memorandum and Articles of Association were adopted in December 2020.

Appointment of Trustees

The Trustees, who are also the Company Directors, are appointed by resolution of the board; a number have previous experience of acting as trustees and directors. They are provided with

ALIVE ACTIVITIES LIMITED

TRUSTEES' ANNUAL REPORT

YEAR ENDED 31 MARCH 2023

access to the Charity Commission's publication entitled "The essential trustee: what you need to know what you need to do (CC3)" and receive guidance and support from the Chair of Trustees, an experienced solicitor.

Organisational Structure

Alive is governed by a Board of Trustees who bring with them a broad range of skills, knowledge and professional experience in law, medicine, health and safety, occupational therapy, accountancy, human resources, care home management and dementia care. All the Trustees give their time and skills voluntarily and share a passionate commitment to improving the quality of life of older people in care. The Trustees meet quarterly and receive advance written activity and finance reports detailing the Charity's work. The Chief Executive is responsible for the day-to-day activities of the Charity and for overseeing the management of employed staff, sessional workers, and volunteers. The Chief Executive is subject to the supervision of the Trustees, attending all Trustees' meetings, providing detailed written reports in advance of meetings and meeting regularly with the Chair of Trustees for ongoing supervision and support.

Risk Management

Annually, the Board of Trustees conducts an annual review of the major risks to which the charity is exposed, and this is logged in the risk management register. Where appropriate, systems or procedures are set up to mitigate the risks the charity faces. Significant external risks to funding have led to the development of fundraising and unrestricted income generation strategies which will allow for the diversification of funding and activities. Internal control risks are minimised by the implementation of procedures for authorisation of all transactions and projects. Procedures are in place to ensure compliance with Health and Safety by staff, volunteers, and clients. These procedures are periodically reviewed to ensure that they continue to meet the needs of the charity.

Public Benefit

The Trustees are mindful of their duties under the Charities Act 2011 to have regard for the public benefit guidance issued by the Charity Commission. All our charitable activities focus on improving the quality of life of older people and are undertaken to further our charitable purposes for public benefit.

- Alive supported a total of 6853 older people in a wide range of engaging activity in care homes and the community. Our work also touched the lives of countless relatives and care partners of older people, many of whom expressed their heartfelt appreciation for the joy and stimulation Alive's work brought to their loved ones.
- Our training reached 175 people, professional carers, non-paid carers, and families and helped those living with dementia to receive more person centered and tailored care.
- Through our speaking engagements, communications, and network of volunteers and supporters, Alive also increased public awareness of the importance of meaningful engagement and person centred care for older people.

Senior Management Remuneration

The remuneration package of the Chief Executive is reviewed annually, being benchmarked against that position in charities of comparable size, location, and field of work.

ALIVE ACTIVITIES LIMITED

TRUSTEES' ANNUAL REPORT

YEAR ENDED 31 MARCH 2023

Related Parties

Alive Trading Limited is a wholly owned subsidiary of the Charity. It was set up for the purpose of supporting the Charity in connection with any trading activities which the Charity itself could not lawfully undertake. There have been no such activities and this company remains dormant.

Statement of Trustees' responsibilities

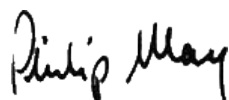
The Trustees (who are also directors of Alive Activities Limited for the purposes of company law) are responsible for preparing the Trustees' Report (incorporating the directors' report) and the financial statements in accordance with applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102: The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial period which give a true and fair view of the state of affairs of the charitable company and of the income and expenditure, of the charitable company for that period. In preparing these financial statements, the Trustees are required to:

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

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

Approved by the Trustees and signed on their behalf by:



Philip May
Chair of Trustees

Date: 15 December 2023

ALIVE ACTIVITIES LIMITED
REFERENCE & ADMINISTRATIVE INFORMATION
YEAR ENDED 31 MARCH 2023

Charity number:	1139058
Company number:	06989308
Registered office:	The Create Centre, Smeaton Road, Bristol, BS1 6XN
Patrons:	Rev Richard Pendlebury MBE Professor Dawn Brooker PhD C Psychol Clin Sir Tony Robinson
Trustees:	Philip May (Chair) Catherine Smith Suzy Webster Andrew Wood Dr Michael Cohen Richard Crocker Patricia Barlow Anisah Mahmood (appointed 15 August 2023) Peter Lippett (appointed 7 August 2023) Dr Kevin Woodrow (appointed 3 August 2023) Philip May, Andrew Wood and Dr Kevin Woodrow serve on the Finance Committee
Senior Management:	Isobel Jones - Chief Executive
Secretary:	Rebecca Thames
Bankers:	Triodos Bank, Deanery Road, Bristol, BSI 5AS
Independent Examiner:	Joshua Kingston BSc, ACA, Burton Sweet Limited, The Clock Tower, 5 Farleigh Court, Old Weston Road, Flax Bourton, Bristol, BS48 1UR

ALIVE ACTIVITIES LIMITED

INDEPENDENT EXAMINER'S REPORT

YEAR ENDED 31 MARCH 2023

Independent Examiner's report to the trustees of Alive Activites ('the Company')

I report to the Charity Trustees on my examination of the accounts of the Company for the year ended 31 March 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.

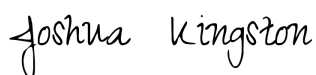
Independent examiner's statement

Since the Company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I 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:

- accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
- the accounts do not accord with those records; or
- 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
- 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.



Joshua Kingston BSc., ACA
Burton Sweet Limited
The Clock Tower
5 Farleigh Court
Old Weston Road
Flax Bourton
Bristol BS48 1UR

Date: 15 December 2023

ALIVE ACTIVITIES LTD**STATEMENT OF FINANCIAL ACTIVITIES (INCLUDING INCOME AND EXPENDITURE ACCOUNT)****YEAR ENDED 31 MARCH 2023**

	Note	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £	Total Funds 2022 £
Income from:					
Donations and legacies	2	142,323	147,152	289,475	403,737
Charitable activities	3	91,935	297,007	388,942	406,189
Investments		7,922	-	7,922	1,467
Other		-	-	-	290
Total income		<u>242,180</u>	<u>444,159</u>	<u>686,339</u>	<u>811,683</u>
Expenditure on:					
Raising funds	4	70,668	-	70,668	63,787
Charitable activities	4	143,599	586,060	729,659	457,854
Total expenditure		<u>214,267</u>	<u>586,060</u>	<u>800,327</u>	<u>521,641</u>
Net income/(expenditure) and net movement in funds	6	27,913	(141,901)	(113,988)	290,042
Total funds at start of year	15	115,598	383,894	499,492	209,450
Total funds at end of year	15	<u>143,511</u>	<u>241,993</u>	<u>385,504</u>	<u>499,492</u>

The Charity has no recognised gains or losses other than the results for the year as set out above.

All of the activities of the charity are classed as continuing.

The notes on pages 15 to 25 form part of these financial statements
See note 9 for fund-accounting comparative figures

ALIVE ACTIVITIES LTD**BALANCE SHEET****AS AT 31 MARCH 2023****Company number: 06989308**

	Note	2023 £	2022 £
Fixed assets			
Tangible assets	10	-	-
		<u>-</u>	<u>-</u>
Current assets			
Debtors	11	16,550	22,620
Cash at bank and in hand		409,247	612,988
		<u>425,797</u>	<u>635,608</u>
Liabilities			
Creditors : amounts falling due within one year	12	(40,293)	(136,116)
Net current assets		<u>385,504</u>	<u>499,492</u>
Net assets		<u><u>385,504</u></u>	<u><u>499,492</u></u>
FUNDS			
Unrestricted funds	16	143,511	115,598
Restricted funds	16	241,993	383,894
Total funds		<u><u>385,504</u></u>	<u><u>499,492</u></u>

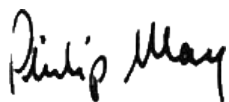
For the year ended 31 March 2023 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

- i) The members have not required the company to obtain an audit of its accounts for the period in question in accordance with section 476,
- ii) The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

15 December

These financial statements were approved by the Trustees on 15 December 2023 and are signed on their behalf by



Philip May
Chair of Trustees

The notes on pages 15 to 25 form part of these financial statements

ALIVE ACTIVITIES LTD
CASH FLOW STATEMENT
YEAR ENDED 31 MARCH 2023

	Note	2023 £	2022 £
Net cash inflow from operating activities	13	(211,663)	400,023
Non-operational cash flows:			
Investing activities			
Investment income		7,922	1,467
		<u>7,922</u>	<u>1,467</u>
Net cash inflow/(outflow) for the year	14	<u><u>(203,741)</u></u>	<u><u>401,490</u></u>

Cashflow Restrictions

Charity law prohibits the use of net cash inflows on any endowed or other restricted fund to offset net cash outflows on any fund outside its own objects, except on special authority. In practice, this restriction has not had any effect on cash flows for the year.

The notes on pages 15 to 25 form part of these financial statements

ALIVE ACTIVITIES LTD
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2023

1 Accounting policies

Accounting convention

The financial statements have been prepared in accordance with the historical cost convention (except where otherwise stated in the accounting policy note) and in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued in October 2019, and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), and the Companies Act 2006.

Alive Activities Ltd meets the definition of a public benefit entity under FRS 102, Assets and liabilities are initially recognised at historical cost or transaction value in accordance with applicable accounting standards unless otherwise stated in the relevant accounting policy note(s).

After making enquiries, the Trustees have a reasonable expectation that the charity has adequate reserves to continue its activities for the foreseeable future. Accordingly, they continue to adopt the going concern basis in preparing the financial statements as outlined in the Statement of Trustees' Responsibilities on page 9.

The Trustees have decided that there are no material uncertainties over the charitable company's ability to continue as a going concern.

Income

Income from donations is included in full when receivable; income from Gift Aid tax reclaims is recognised for all donations made prior to the year end, where a valid Gift Aid declaration is held.

Legacy income is recognised in the accounts when it is received, unless there is sufficient evidence in advance to allow Alive to be sufficiently certain that the income will be received, and to be able to estimate the value of the legacy with reasonable certainty.

Revenue grants are credited to the statement of financial activities when received or receivable, whichever is earlier, unless they relate to a specific future period, in which case they are deferred. Grants for the purchase of fixed assets are credited to restricted incoming resources when receivable. Depreciation of fixed assets purchased with such grants is charged against the restricted fund.

Investment income is accounted for on the accruals basis.

Fees receivable and charges for services are accounted for in the year in which the service is provided.

Gifts in Kind: The value of donated goods and services recognised in the financial statements is the price the charity estimates it would pay in the open market for a service of equivalent value to the charity.

The value of time kindly contributed by volunteers is not included in the financial statements.

Expenditure

Expenditure is recognised in the year in which it is incurred and includes attributable VAT which cannot be recovered. Expenditure is analysed into the following activities.

Raising funds - This includes the salaries, direct expenditure and support costs of staff engaged in fundraising activities.

ALIVE ACTIVITIES LTD
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2023

1 Accounting policies (*continued*)

Charitable activities - This includes the salaries, direct expenditure and support costs of staff engaged in charitable activities. The cost of activities is recognised in the year in which it is incurred.

Governance costs - These are the costs associated with the governance arrangements of the charity. These costs are associated with the constitutional and statutory requirements and include any costs associated with the strategic management of the charity's activities.

Resources expended are allocated to a particular activity where the cost relates directly to that activity. In addition, support costs are incurred which are necessary to facilitate the above activities. These are back office costs, including the costs of budgetary and financial control, information technology, human resources, and payroll, and are apportioned to activities based on the proportion of staff time spent on each activity as follows: Raising Funds 20%, Charitable activities 80%.

Tangible fixed assets

Depreciation is calculated to write off the cost of tangible fixed assets by equal annual instalments over their estimated useful lives at the following rate:

Office Furniture & Equipment - over 3 years; straight line

Items of equipment are capitalised where the purchase price exceeds £2,500. Depreciation costs are allocated to activities on a basis which is an estimate, based on staff time, of the amount attributable to each activity. Assets are reviewed for impairment if circumstances indicate their carrying value may exceed their net realisable value and value in use.

Debtors

Debtors are stated at the lower of cost and net realisable value.

Cash at bank and in hand

This comprises bank deposits with notice less than 3 months, and petty cash balances held.

Creditors

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably.

Pensions

The charity offers a defined contribution pension scheme to employees. The assets of the scheme are held in independently administered funds. Pension costs charged in the Statement of Financial Activities represent the contributions payable by the charity during the year.

Leases

Rentals payable under operating leases, where substantially all the risks and rewards of ownership remain with the lessor, are charged to the statement of financial activities in the year in which they fall due.

Financial Instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments, these being debtors, cash at bank, short term investments and creditors). Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

ALIVE ACTIVITIES LTD
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2023

2 Income from: Donations and legacies

Current year	Unrestricted Funds	Restricted Funds	Total Funds 2023
	£	£	£
Charitable Trusts and Foundations	105,557	142,961	248,518
Corporate	10,200	-	10,200
Individuals	26,001	701	26,702
Community Groups	565	3,490	4,055
	<u>142,323</u>	<u>147,152</u>	<u>289,475</u>
Prior year	Unrestricted Funds	Restricted Funds	Total Funds 2022
	£	£	£
Charitable Trusts and Foundations	103,400	272,217	375,617
Corporate	20,000	1,060	21,060
Individuals	4,566	1,101	5,667
Community Groups	341	1,052	1,393
	<u>128,307</u>	<u>275,430</u>	<u>403,737</u>

3 Income from: Charitable activities

Current year	Unrestricted Funds	Restricted Funds	Total Funds 2023
	£	£	£
Contracts and service level agreements	55,079	271,330	326,409
Activity sessions and other fee income	25,876	25,677	51,553
Training, coaching and consultancy	10,980	-	10,980
	<u>91,935</u>	<u>297,007</u>	<u>388,942</u>
Prior year	Unrestricted Funds	Restricted Funds	Total Funds 2022
	£	£	£
Contracts and service level agreements	-	381,772	381,772
Activity sessions and other fee income	15,216	320	15,536
Training, coaching and consultancy	8,881	-	8,881
	<u>24,097</u>	<u>382,092</u>	<u>406,189</u>

ALIVE ACTIVITIES LTD
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2023

4 Expenditure on:

Current year	Direct Costs	Wages and Salaries	Support Costs (Note 5)	Total Funds 2023
	£	£	£	£
Raising Funds				
Supporter fundraising	3,642	41,955	25,071	70,668
Charitable Activities				
Activities, training & coaching	150,804	458,927	100,281	710,012
Business development & marketing	6,345	13,302	-	19,647
	<u>157,149</u>	<u>472,229</u>	<u>100,281</u>	<u>729,659</u>
Prior year	Direct Costs	Wages and Salaries	Support Costs (Note 5)	Total Funds 2022
	£	£	£	£
Raising Funds				
Supporter fundraising	4,101	39,192	20,494	63,787
Charitable Activities				
Activities, training & coaching	118,732	251,201	81,974	451,907
Business development & marketing	5,947	-	-	5,947
	<u>124,679</u>	<u>251,201</u>	<u>81,974</u>	<u>457,854</u>

5 Support costs

Support costs are allocated between raising funds and charitable activities on the basis of staff time.

Current year	Fundraising and publicity	Charitable Activities	Total 2023
	£	£	£
Adminstration and support salaries	15,381	61,522	76,903
Office costs	8,693	34,770	43,463
Governance costs	997	3,989	4,986
	<u>25,071</u>	<u>100,281</u>	<u>125,352</u>
Prior year	Fundraising and publicity	Charitable Activities	Total 2022
	£	£	£
Adminstration and support salaries	12,386	49,544	61,930
Office costs	7,520	30,077	37,597
Governance costs	588	2,353	2,941
	<u>20,494</u>	<u>81,974</u>	<u>102,468</u>

ALIVE ACTIVITIES LTD
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2023

6 Net income/(expenditure) for the year

This is stated after charging:

		2023	2022
		£	£
Independent Examiner's remuneration	- independent examination	2,808	2,640
	- accounts preparation	1,800	-
	- prior year under accrual	78	-
	- other services	300	-
Operating lease rentals - property		14,126	13,533

No Trustees have been reimbursed for out of pocket expenses or received any remuneration in the current or prior year.

No donations were received from Trustees, key management personnel, and other related parties in the current or prior year.

7 Staff costs and numbers

The aggregate payroll costs were:

	2023	2022
	£	£
Wages & salaries	537,620	322,502
Social security costs	43,897	21,248
Pension contributions	14,373	8,573
	595,890	352,323

No employee received emoluments of more than £60,000.

The average weekly number of employees during the year was 29 (2022: 21), calculated on the basis of average headcount.

The key management personnel of the charity comprise the Trustees and the Chief Executive. The total employment benefits received by key management personnel were £57,880 (2022: £42,452).

8 Taxation

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

ALIVE ACTIVITIES LTD
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2023

9 Statement of Financial Activities comparative figures

For the year ended 31 March 2022	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Income from:			
Donations and legacies	128,307	275,430	403,737
Investments	24,097	382,092	406,189
Other	1,467	-	1,467
Investments	290	-	290
Total income	154,161	657,522	811,683
Expenditure on:			
Raising funds	63,787	-	63,787
Charitable activities	95,983	361,871	457,854
Total expenditure	159,770	361,871	521,641
Net income/(expenditure) and net movement in funds	(5,609)	295,651	290,042
Total funds at start of year	121,207	88,243	209,450
Total funds at end of year	115,598	383,894	499,492

10 Tangible fixed assets

	Equipment £	Total £
Cost or valuation		
At 1 April 2022	13,771	13,771
Additions	-	-
Disposals	-	-
At 31 March 2023	13,771	13,771
Depreciation		
At 1 April 2022	13,771	13,771
Charge for the year	-	-
Disposals	-	-
At 31 March 2023	13,771	13,771
Net book value		
At 31 March 2023	-	-
At 31 March 2022	-	-

ALIVE ACTIVITIES LTD
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2023

11 Debtors

	2023	2022
	£	£
Due in less than one year:		
Trade debtors	8,335	19,084
Prepayments and accrued income	5,355	3,536
Other debtors	2,860	-
	<u>16,550</u>	<u>22,620</u>

12 Creditors: amounts falling due within one year

	2023	2022
	£	£
Trade creditors	9,667	8,396
Tax and social security	9,256	6,719
Accruals and deferred income	16,241	118,905
Other creditors	5,129	2,096
	<u>40,293</u>	<u>136,116</u>

13 Reconciliation of net movement in funds to net cash inflow from operating activities

	2023	2022
	£	£
Statement of Financial Activities: Net movement in funds	(113,988)	290,042
Investment income	(7,922)	(1,467)
Decrease / (increase) in debtors	6,070	(10,712)
Increase /(decrease) in creditors: current liabilities	(95,823)	122,160
Net cash (outflow)/inflow from operating activities	<u>(211,663)</u>	<u>400,023</u>

14 Analysis of changes in cash during the year

	Note	2023	2022	Change
		£	£	£
Cash at bank and in hand		<u>409,247</u>	<u>612,988</u>	<u>(203,741)</u>
		2022	2021	Change
		£	£	£
Cash at bank and in hand		<u>612,988</u>	<u>211,498</u>	<u>401,490</u>

ALIVE ACTIVITIES LTD
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2023

15 Movement in funds

For the year ended 31 March 2023

	At 1 April 2022 £	Income £	Expenditure £	Transfers £	At 31 March 2023 £
Restricted funds					
Ageing Well Projects					
Activity Audits	-	16,415	(16,415)	-	-
Activity Cupboard	-	9,970	(9,970)	-	-
One Good Turn	-	46,200	(46,200)	-	-
Wishing Washing Line	(731)	43,600	(42,869)	-	-
Dementia Meeting Centres	204,864	75,915	(193,412)	-	87,367
Alive Clubs and Meeting Centres	48,127	17,084	(65,211)	-	-
BME Elders Projects	59,210	16,850	(51,176)	-	24,884
One Good Turn'	9,792	-	(9,792)	-	-
Brentry Allotment	12,322	31,096	(19,743)	-	23,675
'I will'	10,078	-	(10,078)	-	-
Wellspring Garden	17,946	24,495	(16,298)	-	26,143
Gardening Groups	6,684	10,000	(14,487)	-	2,197
Dementia HIT	-	13,441	(12,604)	-	837
Salary Funding: Volunteer Manager	3,152	10,000	(7,819)	-	5,333
Positive Activities Grant	-	8,500	(1,516)	-	6,984
Tech to Connect	-	16,489	(16,566)	-	(77)
Building Mental Health Resilience	(379)	44,924	(18,094)	-	26,451
CRM System Development	-	10,000	-	-	10,000
Hidden Histories	-	20,000	(4,652)	-	15,348
Table Top Travels	-	20,000	(8,434)	-	11,566
Small Projects - £5,000 or less	12,829	9,180	(20,724)	-	1,285
	<u>383,894</u>	<u>444,159</u>	<u>(586,060)</u>	<u>-</u>	<u>241,993</u>
Unrestricted funds					
General funds	115,598	242,180	(214,267)	-	143,511
	<u>115,598</u>	<u>242,180</u>	<u>(214,267)</u>	<u>-</u>	<u>143,511</u>
Total funds	<u>499,492</u>	<u>686,339</u>	<u>(800,327)</u>	<u>-</u>	<u>385,504</u>

ALIVE ACTIVITIES LTD
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2023

15 Movement in funds (continued)

For the year ended 31 March 2022

	At 1 April 2021 £	Income £	Expenditure £	Transfers £	At 31 March 2022 £
Restricted funds					
Ageing Well Projects	-	264,175	(60,042)	-	204,133
Alive Clubs and Meeting Centres	22,938	87,795	(62,606)	-	48,127
BME Elders Projects	-	77,071	(17,861)	-	59,210
Alive on Demand	(1,722)	65,161	(63,439)	-	-
One Good Turn'	-	21,150	(11,358)	-	9,792
Brentry Allotment	12,528	20,746	(20,952)	-	12,322
'I will'	4,806	20,541	(15,269)	-	10,078
Wellspring Garden	-	19,000	(1,054)	-	17,946
Connect thro Culture	-	13,920	(13,920)	-	-
Gardening Groups	5,273	13,608	(12,197)	-	6,684
Dementia HIT	-	11,916	(11,916)	-	-
N Somerset Digital	14,329	10,827	(25,156)	-	-
Salary Funding: Volunteer Manager	-	10,000	(6,848)	-	3,152
Access All Ages	22,915	(5,935)	(16,980)	-	-
Small Projects - £5,000 or less	7,176	27,547	(22,273)	-	12,450
	<u>88,243</u>	<u>657,522</u>	<u>(361,871)</u>	<u>-</u>	<u>383,894</u>
Unrestricted funds					
General funds	121,207	154,161	(159,770)	-	115,598
	<u>121,207</u>	<u>154,161</u>	<u>(159,770)</u>	<u>-</u>	<u>115,598</u>
Total funds	<u>209,450</u>	<u>811,683</u>	<u>(521,641)</u>	<u>-</u>	<u>499,492</u>
Restricted funds					
Ageing Well Projects	funding from the Dementia Health Integration Team covering Bristol, North Somerset, and South Gloucestershire (BNSSG).				
Dementia Meeting Centres	funding for salary and other costs to run Dementia Meeting Centres in North Somerset, Bristol and South Gloucestershire.				
Alive Clubs and Meeting	funding for salary and other costs, to enable Alive to develop a network of Clubs and Centres.				
BME Elders Projects	funding to support our BME Health & Wellbeing project with three elders' groups: Malcolm X, The Golden Agers, and the Evergreens.				
Alive on Demand	funding to develop an online video activity subscription service for care homes and older people at home.				
One Good Turn'	community engagement work to reduce social isolation amongst housing association residents.				
Brentry Allotment	capital grants have enabled us to provide dementia-friendly facilities and revenue grants enable us to fund facilitators to assist with visits to our				
'I will'	to provide inter-generational opportunities for younger and older people to engage in socially responsible activities.				

ALIVE ACTIVITIES LTD
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2023

15 Movement in funds (*continued*)

Wellspring Garden	funding towards a Community Gardening project in partnership with the Wellspring Settlement.
Connect thro Culture	research project into connecting older people through cultural activities.
Gardening Groups	supporting people with dementia to engage in regular nature-based activities and spend more time outdoors taking part in activities which improve health and wellbeing.
Dementia HIT	funding towards work with the Dementia Health Integration Team.
N Somerset Digital	to develop a pilot project to investigate how to support older people to better access technology.
Salary Funding: Volunteer	funding towards our Volunteer Coordinator post.
Access All Ages	building links in the community by partnering care settings with local schools, and then coordinating and delivering a programme of intergenerational activity and gardening sessions in care homes
Positive Activities Grant	Gardening sessions at the Brentry Allotment for South Gloucestershire residents to improve their wellbeing and reduce their social isolation.
Tech to Connect	Project delivering technical support sessions to older adults in North Somerset in conjunction with West of England Rural Network, fuelled by tea and cake.
Building Mental Health Resilience	Project supporting volunteer-led groups across BNSSG to support older people understand their mental health and develop strategies and activities to improve and maintain their mental well-being.
CRM System Development	Developing a brand new CRM system to help streamline the processes within Alive to improve efficiency and outputs.
Hidden Histories	Project work in conjunction with University of Bristol Connecting Through Culture developing an interactive digital female book exploring older female narratives.
Table Top Travels	Project work in conjunction with University of Bristol Connecting Through Culture developing a unique immersive home dining experience for housebound older adults.
Small Projects - £5,000 or less	all other restricted funds are included here as they have been deemed to not be material and therefore are unnecessary to disclose separately.

ALIVE ACTIVITIES LTD
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2023

16 Analysis of net assets between funds

	Restricted Funds £	Unrestricted General Funds £	Total £
As at 31 March 2023			
Tangible fixed assets	-	-	-
Other net assets	241,993	143,511	385,504
	<u>241,993</u>	<u>143,511</u>	<u>385,504</u>
	Restricted Funds £	Unrestricted General Funds £	Total £
As at 31 March 2022			
Tangible fixed assets	-	-	-
Other net assets	383,894	115,598	499,492
	<u>383,894</u>	<u>115,598</u>	<u>499,492</u>

17 Related party transactions

There are no transactions with trustees or other related parties other than those disclosed as required by the SORP elsewhere in the financial statements.

ALIVE ACTIVITIES LIMITED

England & Wales - Charity number 1132708

Accounts



ALIVE ACTIVITIES LIMITED

ANNUAL REPORT AND ACCOUNTS

FOR THE YEAR ENDED 31 MARCH 2022

Charity No. 1132708

Company No. 06989308



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Social Care
Awards 2019



'Best Intergenerational Community Engagement Programme UK'
'Most Innovative Elderly Care Providers South West' – sessions and training

The Trustees are pleased to present their annual report together with the financial statements of the charity for the year ended 31 March 2022 which are also prepared to meet the requirements for a directors' report and accounts for Companies Act purposes.

The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and 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).

Aims and Objectives

Alive works to prioritise health and wellbeing into later life. We do this in four ways, by:

- ***Engaging older people creatively through meaningful activity.***
We provide a wide range of high quality, person-centred activity sessions in a range of care settings and in the community, which combat loneliness, anxiety, and depression, and strengthen older people's personal identities by connecting with their individual life stories, passions, and interests.
- ***Training and supporting carers to enrich the lives of older people***
We use our specialist knowledge and experience to train social care staff and carers, which builds their capacity and confidence to develop more meaningful activities and relationships with the older people they care for.
- ***Reducing older people's social isolation by connecting them to their local communities***
We help develop sustainable relationships between older people and their local communities, to reduce social isolation and provide opportunities for meaningful engagement.
- ***Speaking up for the rights of older people to those with the power to improve their lives***
We advocate and campaign for improved quality of life for older people, working with partners in the voluntary, public, private, and academic sectors to raise awareness and change attitudes and behaviour.

Thank you....

Alive depends on charitable donations to deliver its work - thank you to the many trusts and foundations, individuals and corporate supporters who enabled us to enrich the lives of so many older people this year. We are dependent on your support and without it our work simply would not be possible.

Staff and Volunteers - the Trustees recognise the huge and ongoing contribution made by Alive staff to the lives of older people in care and to their carers. We extend our gratitude to them all and acknowledge their energetic commitment to Alive's mission, values, and work. This year, we want to acknowledge they have gone above and beyond to keep Alive going and to support older people when they needed it the most. Thank you.

Vision and Values

Our vision

A world where older people live lives full of value, meaning and connection.

Our mission

To prioritise health and wellbeing into later life.

Our values

- **User-led** - We strive to ensure our work meets the needs and aspirations of the older people we serve. We consult regularly with older people and develop and deliver projects and activity in line with their wishes and views.
- **Dedicated** - We deliver, we train, we connect, we influence. We are a group of people who never give up and are fully committed to improving the quality of life of older people.
- **Adventurous** - We are a charity who likes to try and test new approaches, new partnerships, new ways of working and are not afraid of making mistakes and taking risks.
- **Community focused** - We fully understand the value of belonging and work hard to connect older people to their communities – wherever that may be. We value our own community and strive to create an inclusive and supportive environment amongst our staff, volunteers, and colleagues.
- **Adaptable** - We constantly review, evaluate, and adapt our work to ensure it is meeting the needs of those we serve. We are quick to change and find new ways of working when needed.
- **Compassionate** - We love what we do and who we work with. We are passionate about improving the quality of life of older people in whatever way we can.
- **Collaborative** - We believe in working with others. We make more of an impact when we work together.

Our impact

Alive's work has a positive impact on older people's wellbeing and increases social interaction for isolated older people and supports their carers. This, in turn, enriches their lives, improves relationships between older people, care staff and carers, and creates a greater sense of community.

Full details of Alive's activities and achievements in 2021 - 22 are set out in the annual Impact Report, available on the Alive Activities website www.aliveactivities.org

Overview

This has again been a challenging year for Alive. We opened up our activities to face-to-face delivery post-lockdown, but delivery was once more impacted with the rise in COVID cases in the Autumn-Winter of 2021 and early Spring of 2022.

Ongoing COVID concerns and continued care home closures as a result restricted our face-to-face delivery and negatively impacted on our earned income. However, we continued to provide crucial support to improve the wellbeing of older people through Alive's activity sessions, our community gardening projects, our training, and community engagement projects.

We have been broadening our services and adapting our service delivery to provide a deeper level of support to older people, over longer periods of time, to better support their health and wellbeing. Attendees at our dementia-friendly allotment, for example, come along every week and are really seeing the benefits in terms of improved quality of life.

We continued to work in dynamic partnerships with organisations in the voluntary, public, private, and academic sectors, who share our passionate commitment to improving the quality of life for older people.

Achievements and Performance

During 2021-22, we faced the challenges of a pandemic; we continued to support the wellbeing of older people through the development and scope of Alive's activity sessions, training, and community engagement projects.

We measure the effectiveness of our work using an evaluation framework, developed in 2015 in consultation with Willis Newson, the UK's leading arts and health consultancy, and the University of the West of England. The framework utilises a number of tools including Arts Observational Scale surveys and in-depth interviews of carers and care home staff, enabling us to evidence the impact of our work for older people. The framework provides us with the tools to measure progress on the following outcomes:

- Improving older people's mental health and emotional wellbeing
- Building capacity of carers and care staff to deliver meaningful activity
- Fostering improved relationships throughout the care setting
- Shifting the culture towards person-centred care in care settings and in the community.

Face To Face Activity Sessions

We were able to return to delivering our face-to-face engaging activity sessions in Care Homes during 2021-22, however the emergence of new COVID variants, resulting in ongoing incidences of cases in care homes, and associated closures to external visitors, continued to affect our ability to deliver throughout the year. We delivered a total of 174 sessions, including 16 Dancing Through the Ages sessions, and supported 825 older people. We delivered a mix of guided reminiscence, music, poetry, history, creative art and digital storytelling, gentle movement and dance, gardening, and intergenerational activities.

Community Teleconference Support

We continued to support four community Memory Café groups over the year, maintaining social support for older people too anxious to attend face-to-face activities after the pandemic. Using existing teleconference software, older people were able to access group sessions and benefit from a mixture of chat, reminiscence, storytelling and general laughter and support. In total we ran forty-eight sessions, supported 1,248 attendances, and enabled twenty-four older people to stay connected on a weekly basis. We also ran one-to-one teleconference sessions for older people living alone in the community.

Tech to Connect

We continued to deliver our popular technology training sessions for older people in North Somerset, helping them to get online and use technology to stay connected, to access community services and take part in supporting activities. We delivered 70 IT training sessions during the year, reaching 200 older people.

Elders Groups

From October 2021 we supported a total of 150 older people largely from the Bristol Afro-Caribbean Community through our BME Health & Wellbeing project with three elders' groups: Malcolm X, The Golden Agers, and the Evergreens. The project supported 95 sessions and 5,700 individual attendances over six months.

Training and support for carers

During 2021-22 Alive:

- Delivered training and support to a total of 180 care home staff, through our training, online Activity Cupboard sessions and Managers Forums, boosting their knowledge, skills and confidence and helping to embed best practice in the care settings where they work
- Delivered Meaningful Engagement training courses for the carers, loved ones, and volunteers supporting people living with dementia, supporting forty-eight people.
- Worked with Bristol Dementia Action Alliance, to deliver an online seminar on how to keep active with dementia.
- Piloted four activity audits in a care home group.

Community engagement, intergenerational, and partnership projects

Despite the challenges of the pandemic, our intergenerational work has continued to link the old and younger generations, to mutual benefit. Our #OneGoodTurn project reached and connected a total of 484 older people living in care homes with 384 young people from local schools, youth groups and families. The project delivered over fifteen different intergenerational activities, focusing on meaningful interaction and the development of friendships.

Our fortnightly intergenerational gardening sessions at our dementia-friendly allotment connected home-schooled children with older people in the local community, supporting a total of 115 people to improve their wellbeing, make new friends, and reduce social isolation whilst sharing gardening skills and growing their own fruit, vegetables and flowers at the Alive allotment.

We continued to deliver our Community Gardening Group in Lawrence Weston, connecting older people at Blaise Weston Court with their local community. We also launched a new Community Gardening Group, in partnership with the Wellspring Settlement. Based in Barton Hill the project brought people from across the community together, including old, young, refugees, and local care home residents.

North Somerset Dementia Meeting Centre

After two years of planning, we launched our first dementia Meeting Centre in North Somerset in March, providing accessible support on a local level to help older people living with dementia, and their carers. We also secured funding to open two further Meeting Centres in Bristol and South Gloucestershire.

Alive on Demand

We continued to develop our innovative Alive on Demand streaming service, providing dementia-friendly videos to entertain, educate and engage older people and their carers and benefiting over 1,000 older people to date.

Speaking up for older people in care

We continue to take every opportunity to advocate for older people, particularly those living with dementia, whether living in care or in the community. We aim to bring about a step change in the culture of care that recognises the importance of meaningful activity, choice, and interaction for older people and prioritises those things alongside their physical care needs. We do this by:

- Working directly with those organisations with power and influence in the sector
- Speaking at local, regional, and national conferences
- Leading through example. By demonstrating best practice in all our work, we aim to inspire care home managers and staff to develop and improve their practice.

We continued our partnerships with the Bristol Support Hub, the University of Bristol, the Wallace Collection (London), and Bristol and Weston Museums. We also continued to work in partnership with Bristol Dementia Action Alliance and the dementia research charity BRACE, as part of the Bristol Dementia Charities Network.

Our Chief Executive, Isobel Jones, is now Co-Director of the Bristol Dementia Health Integration Team (HIT) looking at the remodeling of Dementia Care within Bristol, North Somerset, and South Gloucestershire. She has also presented at numerous national and regional conferences and events over the year, including the 2021 Online UK Dementia Congress, Bristol Older People's Support Hub on Technology and Older People, National Meeting Centre Network on technology and older people and the development of Meeting Centres. Alive was also a regular contributor to Radio Bristol programming, and frequently asked to comment on older people's issues, particularly dementia.

We worked with Bristol University on the Connecting Through Culture As We Age research project, exploring how to increase social connectivity and participation in culture for older people, in particular for disabled, Black, Asian and minority ethnic (BAME) and socioeconomically deprived older people.

We won twice at the 2022 Markel 3rd Sector Care Awards in both the Dementia Care category and the Technology category with our Dementia-friendly allotment and our innovative Alive on Demand video streaming service.

Future Plans

Given the challenges of the current climate and the change of focus for Alive to support older people living in the community as well as in care homes, for the next few years we intend to focus on developing our services to reach more older people living in the community, consolidating our digital services, and developing new and diverse earned income streams to help secure the longer-term sustainability of the charity.

We plan to reach and support at least 4,800 isolated older people in 2022-23, enriching their lives and improving their health and wellbeing by engaging them in meaningful activities, connecting them to their local communities and training and supporting their carers. We plan to:

- deliver 150 meaningful engagement activity sessions in a wide range of care settings, benefitting up to 1,800 older people
- run our three new dementia Meeting Centres in Bristol, North Somerset, and South Gloucestershire, providing a community-based group offering support, friendship, and engagement for 115 older people living with dementia and their carers
- deliver training courses, coaching programmes, care home Activity Audits, and Active Care support sessions for care staff, training and support at least 271 care home staff to enhance their care and improve the wellbeing of their residents
- connect at least 1,500 older people to their local communities through our community engagement projects (our Wishing Washing Line and One Good Turn projects, our Alive dementia-friendly allotment, and our community gardening groups)
- support 1,285 older people and their carers with engaging activities through our Alive on Demand video streaming service
- continue to support 100 older people through our BME Elders health and wellbeing project.

Financial Review

Alive's total income amounted to £812,000, an increase of £254,000 over 2021; however, £224,658 of Ageing Well – Bristol, North Somerset & South Gloucestershire (BNSSG) funding was received from the NHS just days before the year-end for programmes and activities during 2022-23 so if this is excluded, total income rose by £29,400 over the previous seventeen-month period.

- Income arising from activities, including activity sessions, training, and coaching, fell from £55,100 in the previous year to £24,400 in the current year, because of care home responses to the pandemic;
- We generated a total of £157,100 from contracts and Service Level Agreements with funders, so income from charitable activities (excluding Ageing Well - BNSSG) increased by £69,500 to £181,500;
- Income from fundraising, including grants from trusts and foundations, amounted to £403,700, a decrease of £40,700 compared to the previous period.

Total expenditure for the year rose slightly compared to the previous period, by £21,300 to £521,600. Average monthly expenditure amounted to £40,000, compared to an average of just under £30,000 in the previous period, following increases in the staff team and increased project expenditure.

There was an overall deficit of £5,600 in Unrestricted funds, a surplus of £91,500 in Other Restricted Funds, and £204,100 of Ageing Well funding was carried forward, producing an overall increase in funds of £290,000. When added to balances brought forward of £209,500 the closing balance sheet total amounted to £499,500, almost all represented by funds at our bankers. A further £116,200 of Ageing Well funding was received in the year for a project commencing in April 2022, which is carried forward as Deferred Income at 31 March.

Reserves

The Trustees' policy is to maintain unrestricted reserves at a level equal to three months of expected unrestricted expenditure. Unrestricted funds at 31 March 2022 amount to £115,600, and budgeted unrestricted expenditure for 2022/23 amounts to £248,000 (after internal recharges to Restricted projects) so the current level of reserves equals almost six months of expenditure, but in view of uncertainties around future funding, the Trustees are satisfied that this level of reserves is appropriate. The Trustees and Senior Management Team monitor performance against budget and key metrics monthly. Business plans for the next three years are directed at achieving modest surpluses to build free reserves, allowing for future expansion.

Fundraising disclosures

Our fundraising philosophy is consciously respectful, the approach being to communicate when permitted but never to pursue. We believe that this respects the feelings of people generally and protects vulnerable people against feeling under pressure to give. It is the right thing to do. Alive has registered with the Fundraising Regulator. We do not use third party fundraising businesses, preferring to rely on our own staff. We received no complaints during the year and are not aware of any failures to comply with fundraising regulations or our own standards.

Structure, Governance and Management

Patrons

Rev Richard Pendlebury MBE

Sir Tony Robinson

Professor Dawn Brooker PhD C Psychol Clin

Trustees

Philip May (Chair)

Philip Hughes MBE

Catherine Smith

Suzy Webster

Andrew Wood (Finance Trustee)

Dr Michael Cohen

Richard Crocker

Patricia Barlow

Philip May and Andrew Wood serve on the Finance Committee.

Senior Management

Isobel Jones - Chief Executive

Registered office and Principal Office address

The Create Centre, Smeaton Road, Bristol BS1 6XN

Bankers

Triodos Bank, Deanery Road, Bristol, BS1 5AS

Independent Examiner

Joshua Kington BSc ACA, of Burton Sweet Limited
The Clock Tower, Farleigh Court, Old Weston Road,
Flax Bourton, Bristol BS48 1UR

Structure, Governance and Management (continued)

Governing Document

The Charity is a company limited by guarantee incorporated on 12 August 2009 under the provisions of the Companies Act 2006 (registered number 06989308) and registered as a charity on 16 November 2009 (number 1132708). An amended Memorandum and Articles of Association were adopted in December 2020.

Appointment of Trustees

The Trustees, who are also the Company Directors, are appointed by resolution of the board; a number have previous experience of acting as trustees and directors. They are provided with access to the Charity Commission's publication entitled "The essential trustee: what you need to know, what you need to do (CC3)" and receive guidance and support from the Chair of Trustees, an experienced solicitor.

Organisational Structure

Alive is governed by a Board of Trustees who bring with them a broad range of skills, knowledge and professional experience in law, medicine, health and safety, occupational therapy, accountancy, human resources, care home management and dementia care. All the Trustees give their time and skills voluntarily and share a passionate commitment to improving the quality of life of older people in care. The Trustees meet quarterly and receive advance written activity and finance reports detailing the Charity's work.

The Chief Executive is responsible for the day-to-day activities of the Charity and for overseeing the management of employed staff, sessional workers, and volunteers. The Chief Executive is subject to the supervision of the Trustees, attending all Trustees' meetings, providing detailed written reports in advance of meetings and meeting regularly with the Chair of Trustees for ongoing supervision and support.

Risk Management

Annually, the Board of Trustees conducts an annual review of the major risks to which the charity is exposed, and this is logged in the risk management register. Where appropriate, systems or procedures are set up to mitigate the risks the charity faces. Significant external risks to funding have led to the development of fundraising and unrestricted income generation strategies which will allow for the diversification of funding and activities. Internal control risks are minimised by the implementation of procedures for authorisation of all transactions and projects. Procedures are in place to ensure compliance with Health and Safety by staff, volunteers, and clients. These procedures are periodically reviewed to ensure that they continue to meet the needs of the charity.

Public Benefit

The Trustees are mindful of their duties under the Charities Act 2011 to have regard for the public benefit guidance issued by the Charity Commission. All our charitable activities focus on improving the quality of life of older people and are undertaken to further our charitable purposes for public benefit.

- Alive supported a total of 2,712 older people through a total of 8,807 attendances in a wide range of engaging activity. Our work also touched the lives of countless relatives of older people in care, many of whom expressed their heartfelt appreciation for the joy and stimulation Alive sessions brought to their loved ones.
- Our training reached 228 people, professional carers, non-paid carers, and families and helped those living with dementia to receive more person centered and tailored care.
- Through our speaking engagements, communications, and network of volunteers and supporters, Alive also increased public awareness of the importance of meaningful engagement for older people.

Structure, Governance and Management (continued)

Senior Management Remuneration

The remuneration package of the Chief Executive is reviewed annually, being benchmarked against that position in charities of comparable size, location, and field of work.

Related Parties

Alive Trading Limited is a wholly owned subsidiary of the Charity. It was set up for the purpose of supporting the Charity in connection with any trading activities which the Charity itself could not lawfully undertake. There have been no such activities and this company remains dormant.

Statement of Trustees' Responsibilities

The Trustees (who are also directors of Alive Activities Limited for the purposes of company law) are responsible for preparing the Trustees' Report (incorporating the strategic report and directors' report) and the financial statements in accordance with applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102: The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Accepted Accounting Practice).

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 income and expenditure, of the charitable company for that year. In preparing these financial statements, the Trustees are required to:

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

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

In so far as the trustees are aware, there is no relevant audit information of which the charitable company's independent examiner is unaware; and the trustees have taken all steps that they ought to make themselves aware of that information.

Philip May
Chair of Trustees

8 December 2022

Independent Examiner's Report to the Trustees of Alive Activities Limited ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2022.

Responsibilities and basis of report

As the charity's trustees (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 the Company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I 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.

Joshua Kingston BSc ACA
Burton Sweet Limited, Chartered Accountants
The Clock Tower, 5 Farleigh Court
Old Weston Road, Flax Bourton Bristol BS48 1UR

8 December 2022

Statement of Financial Activities

(Incorporating an Income and Expenditure Account)

	Notes	Restricted Funds:		Unrestricted Funds	Total 2022 (12 months)	Total 2021 (17 months)
		Ageing Well £	Others £	£	£	£
Income from:						
Donations and fundraising	2	39,517	235,913	128,307	403,737	444,455
Charitable activities	3	224,658	157,434	24,097	406,189	111,978
Investments: Bank interest		-	-	1,467	1,467	1,192
Other income		-	-	290	290	-
Total income		264,175	393,347	154,161	811,683	557,625
Expenditure						
Cost of raising funds	4	-	-	63,787	63,787	76,256
Costs of charitable activities	4	60,042	301,829	95,983	457,854	424,104
Total Expenditure	4	60,042	301,829	159,770	521,641	500,360
Net income/(expenditure)		204,133	91,518	(5,609)	290,042	57,265
Transfers between funds	12/13	-	-	-	-	-
Net movement in funds	5	204,133	91,518	(5,609)	290,042	57,265
Reconciliation of funds						
Total funds brought forward	12/13	-	88,243	121,207	209,450	152,185
Total funds carried forward	12/13	204,133	179,761	115,598	499,492	209,450

All the above results are derived from continuing activities.

There were no other recognised gains or losses other than those stated above

The prior year fund comparatives have been disclosed in note 19 of the accounts.

The notes on pages 14 to 24 form part of these financial statements.

Balance Sheet as at 31 March 2022

Company number: 06989308

	Notes	Restricted Funds:		Unrestricted Funds	Total 2022	Total 2021
		Ageing Well	Others			
		£	£	£	£	£
Fixed assets						
Tangible assets	9	-	-	-	-	-
Current assets						
Debtors	10	-	11,894	10,726	22,620	11,908
Cash at bank and in hand		320,318	176,263	116,407	612,988	211,498
Total Current Assets		320,318	188,157	127,133	635,608	223,406
Creditors falling due within one year	11	(116,185)	(8,396)	(11,535)	(136,116)	(13,956)
Net current assets		204,133	179,761	115,598	499,492	209,450
Net assets		204,133	179,761	115,598	499,492	209,450
Funds						
Restricted income funds	12	204,133	179,761	-	383,894	88,243
Unrestricted income funds	13	-	-	115,598	115,598	121,207
Total charity funds		204,133	179,761	115,598	499,492	209,450

For the year ended 31 March 2022, the charitable company was entitled to exemption from audit under sec.477 of the Companies Act 2006 relating to small companies. The members have not required the charitable company to obtain an audit of its accounts for the year in question in accordance with sec.476 of the Act.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

The accounts are prepared in accordance with section 398 of the Companies Act 2006, section 138 of the Charities Act 2011, and with the special provisions of Part 15 of the Companies Act relating to small companies. They constitute the annual accounts required by the Companies Act 2006 and are for circulation to members of the company.

Approved and authorised for issue by the Board of Trustees on 8 December 2022 and signed on their behalf.

Philip May – Chair of Trustees

The prior year fund comparatives have been disclosed in note 19 of the accounts.

The notes on pages 14 to 24 form part of these financial statements.

Statement of Cash Flows

	Total 2022 (12 months) £	Total 2021 (17 months) £
Cash flows from operating activities		
Net movement in funds	290,042	57,265
Less: Investment income received	(1,467)	(1,192)
(Increase) / Decrease in debtors	(10,712)	11,565
Increase / (Decrease) in creditors - deferred income	116,185	-
Increase / (Decrease) in creditors - other creditors	5,975	(25,878)
Net cash provided by operating activities	400,023	41,760
Cash flows from investing activities		
Investment income – interest received	1,467	1,192
Net cash provided by investing activities	1,467	1,192
Increase in cash and cash equivalents in the period	401,490	42,952
Cash and cash equivalents at the beginning of the period	211,498	168,546
Total cash and cash equivalents at the end of the period	612,988	211,498
Analysis of cash and cash equivalents		
	31-Mar-22 £	31-Mar-21 £
Cash at bank and in hand	52,988	16,498
Cash on short term fixed deposit	560,000	195,000
Total cash and cash equivalents	612,988	211,498

Cashflow restrictions

Charity law prohibits the use of net cash inflows on any endowed or other restricted fund to offset net cash outflows on any funds outside of its own objects, except on special authority. In practice, this restriction has not had any effect on cash flows for the year.

Notes to the Financial Statements

1. PRINCIPAL ACCOUNTING POLICIES

Basis of preparation: The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued in October 2019 and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) or Companies Act 2006 and UK Generally Accepted Practice as it applies from 1 January 2019.

Alive Activities Ltd meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value in accordance with applicable accounting standards unless otherwise stated in the relevant accounting policy note(s).

After making enquiries, the Trustees have a reasonable expectation that the charity has adequate reserves to continue its activities for the foreseeable future. Accordingly, they continue to adopt the going concern basis in preparing the financial statements as outlined in the Statement of Trustees' Responsibilities on page 9.

The Trustees have decided that there are no material uncertainties over the charitable company's ability to continue as a going concern.

Company information: The charity is a company limited by guarantee (company no 06989308) and a registered charity in England and Wales (charity no 1132708), which is incorporated and domiciled in the UK. The address of the principal and registered office is The Create Centre, Smeaton Road, Bristol BS1 6XN.

Fund accounting: The charity maintains two main types of fund as follows:

Restricted funds which are to be used for specific purposes as laid down by the donor. Expenditure which meets these criteria is charged to the fund.

Unrestricted funds being income that is expendable at the discretion of the trustees in the furtherance of the objects of the charity.

The fund comparatives are shown in note 19 to the financial statements

Income recognition:

- Income from donations is included in full when receivable; income from Gift Aid tax reclaims is recognised for all donations made prior to the year end, where a valid Gift Aid declaration is held.
- Legacy income is recognised in the accounts when it is received, unless there is sufficient evidence in advance to allow Alive to be sufficiently certain that the income will be received, and to be able to estimate the value of the legacy with reasonable certainty.
- Revenue grants are credited to the statement of financial activities when received or receivable, whichever is earlier, unless they relate to a specific future period, in which case they are deferred. Grants for the purchase of fixed assets are credited to restricted incoming resources when receivable. Depreciation of fixed assets purchased with such grants is charged against the restricted fund.
- Investment income is accounted for on the accruals basis.
- Fees receivable and charges for services are accounted for in the year in which the service is provided.
- Gifts in Kind: The value of donated goods and services recognised in the financial statements is the price the charity estimates it would pay in the open market for a service of equivalent value to the charity.
- The value of time kindly contributed by volunteers is not included in the financial statements.

Notes to the Financial Statements (continued)

1. PRINCIPAL ACCOUNTING POLICIES (continued)

Expenditure and basis of allocation of costs: Expenditure is recognised in the year in which it is incurred and includes attributable VAT which cannot be recovered. Expenditure is analysed into the following activities:

- **Raising funds** - This includes the salaries, direct expenditure and support costs of staff engaged in fundraising activities
- **Charitable activities** – This includes the salaries, direct expenditure and support costs of staff engaged in charitable activities. The cost of activities is recognised in the year in which it is incurred.
- **Governance costs** - These are the costs associated with the governance arrangements of the charity. These costs are associated with the constitutional and statutory requirements and include any costs associated with the strategic management of the charity's activities.

Resources expended are allocated to a particular activity where the cost relates directly to that activity. In addition, support costs are incurred which are necessary to facilitate the above activities. These are back-office costs, including the costs of budgetary and financial control, information technology, human resources, and payroll, and are apportioned to activities based on the proportion of staff time spent on each activity as follows: Raising Funds 20%, Charitable activities 80%

Tangible fixed assets and depreciation: Depreciation is calculated to write off the cost of tangible fixed assets by equal annual instalments over their estimated useful lives at the following rate:

Office Furniture & Equipment: 33 $\frac{1}{3}$ %

Items of equipment are capitalised where the purchase price exceeds £2,500. Depreciation costs are allocated to activities on a basis which is an estimate, based on staff time, of the amount attributable to each activity. Assets are reviewed for impairment if circumstances indicate their carrying value may exceed their net realisable value and value in use.

Debtors: Debtors are stated at the lower of cost and net realisable value.

Cash at bank and in hand: this comprises bank deposits with notice less than 3 months, and petty cash balances held.

Creditors: Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably.

Pensions: The charity offers a defined contribution pension scheme to employees. The assets of the scheme are held in independently administered funds. Pension costs charged in the Statement of Financial Activities represent the contributions payable by the charity during the year.

Leases: Rentals payable under operating leases, where substantially all the risks and rewards of ownership remain with the lessor, are charged to the statement of financial activities in the year in which they fall due.

Financial Instruments: The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments, these being debtors, cash at bank, short term investments and creditors). Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

Notes to the Financial Statements (continued)

2. Donations and Fundraising

	Restricted Funds		Unrestricted Funds	Total 2022 (12 months)	Total 2021 (17 months)
	Ageing Well	Others			
	£	£	£	£	£
Charitable Trusts and Foundations	39,517	232,700	103,400	375,617	404,024
Corporate	-	1,060	20,000	21,060	21,772
Individuals	-	1,101	4,566	5,667	12,113
Community Groups	-	1,052	341	1,393	6,546
Total	39,517	235,913	128,307	403,737	444,455

Alive would like to acknowledge the following significant (more than £10,000) grants and donations from Charitable Trusts and Foundations, and all our other generous donors, some of whom have wished to remain anonymous:

Shaw Foundation	-	143,045	-
Quartet Community Foundation	39,517	-	-
Garfield Weston Foundation	-	-	35,000
Dunhill Medical Trust	-	20,481	-
Rayne Foundation	-	-	20,000
Anchor Society	-	10,500	-
Medlock Charitable Trust	-	10,000	-
Headley Trust	-	-	10,000
Donations of less than £10,000	-	48,674	38,400
	39,517	232,700	103,400

The prior year fund comparatives have been disclosed in note 19 of the accounts.

3. Charitable activities - income

	Restricted Funds		Unrestricted Funds	Total 2022 (12 months)	Total 2021 (17 months)
	Ageing Well	Others			
	£	£	£	£	£
Contracts and Service Level Agreements	224,658	157,114	-	381,772	56,850
Activity sessions and other fee income	-	320	15,216	15,536	45,113
Training, coaching and consultancy	-	-	8,881	8,881	10,015
Total	224,658	157,434	24,097	406,189	111,978

NHS Ageing Well: Meeting Centres	224,658	-
Bristol City Council: BME Elders projects	-	77,071
Wesport: Wellspring Garden	-	20,896
University of Bristol: Connect thro Culture	-	13,920
Bristol Health Partners: Dementia HIT	-	12,134
Bristol Dementia Wellbeing Service	-	8,800
West of England Rural Network	-	7,870
Sovereign Housing Association	-	7,150
Other Contracts & Service Level Agreements	-	9,273
	224,658	157,114

The prior year fund comparatives have been disclosed in note 19 of the accounts.

Notes to the Financial Statements (continued)

4. Expenditure

	Delivery Costs £	Direct staff Costs £	Support Costs £	Total 2022 (12 months) £	Total 2021 (17 months) £
Raising Funds:					
Supporter fundraising	4,101	39,192	20,494	63,787	76,256
Charitable activities:					
Activities, training & coaching	118,732	251,201	81,974	451,907	418,079
Business Development & Marketing	5,947	-	-	5,947	6,025
	124,679	251,201	81,974	457,854	424,104
Total Expenditure	128,780	290,393	102,468	521,641	500,360
Split between:					
Restricted Funds				361,871	268,191
Unrestricted Funds				159,770	232,169
				521,641	500,360

The main components of support costs are:

	Total 2022 (12 months) £	Total 2021 (17 months) £
Administration and support salaries	61,930	76,212
Office costs	37,597	44,769
Governance costs	2,941	2,480
Total	102,468	123,461
Split		
Raising Funds	20,494	24,692
Charitable activities	81,974	98,769

The prior year fund comparatives have been disclosed in note 19 of the accounts.

5. Net Movement in Funds

This is stated after charging:

	Total 2022 (12 months) £	Total 2021 (17 months) £
Independent Examiner's fee: Independent examination	2,640	2,480
Operating lease rentals - Property	13,533	18,940

Notes to the Financial Statements (continued)

6. Employee and staff costs

The monthly head count rose from 13 at the start of the year to 21 at the end, following growth in the services offered by Alive as we came out of lockdown. The cost of employing these staff was:

	Total 2022 (12 months) £	Total 2021 (17 months) £
Salaries and wages	322,502	384,034
Social security costs	21,248	22,522
Pension costs	8,573	10,535
Total	352,323	417,091
Direct staff costs	251,201	295,321
Fundraising staff costs	39,192	45,558
Administration and support salaries	61,930	76,212
	352,323	417,091

No employees were paid in excess of £60,000 in the year or the prior period. Included within salaries and wages are payments for redundancy and termination of contracts totalling £nil (2021: £9,847).

7. Key management personnel

The key management personnel of the charity comprise the Trustees and the Chief Executive. The total employee benefits of the key management personnel were £42,452 for the year (2021: £48,067 for seventeen months)

8. Trustee remuneration, expenses and donations

The trustees were not paid or received any other benefits from employment with the charity in the period (2021: £nil) or received payment for professional or other services supplied to the charity (2021: £nil). There were no directly incurred trustee expenses borne by the charity in the period (2021: Nil). The total amount of donations received from trustees without conditions was £nil (2021: nil).

9. Tangible fixed assets - Fixtures and Fittings

Fixtures and Fittings purchased in previous periods at a cost of £13,771 have all been fully depreciated in those previous periods. There were no fixed asset additions or disposals during the year (2021: nil).

10. Debtors

	Restricted Funds £	Unrestricted Funds £	Total 2022 £	Total 2021 £
Trade debtors	11,894	7,190	19,084	8,633
Prepayments & accrued income	-	3,536	3,536	3,275
	11,894	10,726	22,620	11,908

Notes to the Financial Statements (continued)

11. Creditors falling due within one period

	Restricted Funds	Unrestricted Funds	Total 2022	Total 2021
Trade creditors	8,396	-	8,396	5,508
Payroll creditors	-	2,096	2,096	1,216
Tax and social security	-	6,719	6,719	4,502
Other creditors and accruals	-	2,720	2,720	2,730
Deferred Income: NHS Ageing Well Care Home support	116,185	-	116,185	-
	124,581	11,535	136,116	13,956

12. Restricted funds

Project	Lead Funder	Opening Balance 01-Apr-21	Income in year	Expenditure in year	Closing Balance 31-Mar-22
A) Ageing Well projects					
Meeting Centres	NHS	-	224,658	(43,015)	181,643
Meeting Centres	Quartet Comm Found.	-	39,517	(17,027)	22,490
		-	264,175	(60,042)	204,133
B) Other Projects					
Alive Clubs and Meeting Centres	Shaw Foundation	22,938	87,795	(62,606)	48,127
BME Elders projects	Bristol City Council	-	77,071	(17,861)	59,210
Alive on Demand	CAF	(1,722)	65,161	(63,439)	-
One Good Turn'	Sovereign HA	-	21,150	(11,358)	9,792
Brentry Allotment	Various	12,528	20,746	(20,952)	12,322
'I will'	Dunhill Medical Trust	4,806	20,541	(15,269)	10,078
Wellspring Garden	Wesport	-	19,000	(1,054)	17,946
Connect thro Culture	Uni of Bristol	-	13,920	(13,920)	-
Gardening Groups	DWS & NHS	5,273	13,608	(12,197)	6,684
Dementia HIT	Bristol Health Partners	-	11,916	(11,916)	-
N Somerset Digital	Quartet Comm Found.	14,329	10,827	(25,156)	-
Salary funding: Volunteer Manager	Medlock Char. Trust	-	10,000	(6,848)	3,152
Access All Ages	NLCF	22,915	(5,935)	(16,980)	-
Small Projects - funding of £5,000 or less		7,176	27,547	(22,273)	12,450
		88,243	393,347	(301,829)	179,761

The prior year fund comparatives have been disclosed in note 19 of the accounts.

Notes to the Financial Statements (continued)

12. Restricted Funds (continued)

Purpose of restricted funds

Restricted funds are generated when the donor stipulates how the income may be expended. In most cases there will be a timing difference between when the income is received and when it is spent, resulting in balances being held on these funds at year-end. The purpose of the various restricted funds is:

Ageing Well Projects

Alive was awarded funding from the Dementia Health Integration Team covering Bristol, North Somerset, and South Gloucestershire (BNSSG). £224,658 is to help fund a series of Meeting Centres from 1 March 2022, with additional funding received from Quartet Community Foundation; a further £116,185 was received to fund Care Home support projects from 1 April 2022, carried forward as deferred income.

Other Significant Projects

- **Alive Clubs and Meeting Centres:** Shaw Foundation – funding for salary and other costs, to enable Alive to develop a network of Clubs and Centres.
- **BME Elders:** Bristol City Council – funding to support our BME Health & Wellbeing project with three elders' groups: Malcolm X, The Golden Agers, and the Evergreens.
- **Alive on Demand:** Charities Aid Foundation - funding to develop an online video activity subscription service for care homes and older people at home
- **One Good Turn:** Sovereign HA, Anchor Society and John James Bristol Foundation - community engagement work to reduce social isolation amongst housing association residents.
- **Brentry Allotment:** various funders - capital grants have enabled us to provide dementia-friendly facilities and revenue grants enable us to fund facilitators to assist with visits to our allotment.
- **'I Will':** Dunhill Medical Trust – to provide inter-generational opportunities for younger and older people to engage in socially responsible activities.
- **Wellspring Garden:** Wesport – funding towards a Community Gardening project in partnership with the Wellspring Settlement.
- **Connect through Culture** – University of Bristol – research project into connecting older people through cultural activities.
- **Gardening Groups - Social and Therapeutic Horticulture Activities:** supporting people with dementia to engage in regular nature-based activities and spend more time outdoors taking part in activities which improve health and wellbeing.
- **Dementia HIT:** Bristol Health Partners – funding towards work with the Dementia Health Integration Team.
- **North Somerset Digital:** Quartet Community Foundation – to develop a pilot project to investigate how to support older people to better access technology.
- **Salary Funding:** Medlock Charitable Trust – funding towards our Volunteer Coordinator post.
- **Access All Ages:** National Lottery Community Fund (Building Connections Fund) – building links in the community by partnering care settings with local schools, and then coordinating and delivering a programme of intergenerational activity and gardening sessions in care homes.
- **Small Projects** - all other restricted funds are included here as they have been deemed to not be material and therefore are unnecessary to disclose separately.

Notes to the Financial Statements (continued)**13. Unrestricted funds**

	Opening Balance 01-Apr-21 £	Income in year £	Expenditure in year £	Transfers £	Closing Balance 31-Mar-22 £
General reserves	121,207	154,161	(159,770)	-	115,598

Unrestricted funds are generated when there is no stipulation from the donor as to how the income may be spent. The prior year fund comparatives have been disclosed in note 19 of the accounts.

14. Legal status of the charity

The charity is a company limited by guarantee and has no share capital. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity.

15. Related parties and related party transactions

Alive Trading Limited is a wholly owned subsidiary of the Charity. It is a company limited by guarantee without share capital. It was set up for the purpose of supporting the Charity in connection with any trading activities which the Charity itself could not lawfully undertake. There have been no such activities and this company is dormant. There were no related party transactions during the year (2021: none).

16. Capital commitments

There were no capital commitments in the current or prior year.

17. Operating lease commitments

The charity had commitments at the year-end under operating leases, as follows:

Expiring within less than one year - Land & Buildings 2022 - £13,564 (2021 £13,564).

18. Taxation

The charity is exempt from corporation tax as all its income is charitable and is applied for charitable purposes

Notes to the Financial Statements (continued)**19. Comparative Figures for period ended 31 March 2021****STATEMENT OF FINANCIAL ACTIVITIES**

	Restricted Funds	Unrestricted Funds	Total 2021 (17 months)
Income from:			
Donations and legacies	239,651	204,804	444,455
Charitable activities	48,530	63,448	111,978
Investments: Bank interest	-	1,192	1,192
Total income	288,181	269,444	557,625
Expenditure			
Cost of raising funds	-	76,256	76,256
Costs of charitable activities	268,191	155,913	424,104
Total Expenditure	268,191	232,169	500,360
Net income/(expenditure)	19,990	37,275	57,265
Transfers between funds	-	-	-
Net movement in funds	19,990	37,275	57,265
<u>Reconciliation of funds</u>			
Total funds brought forward	68,253	83,932	152,185
Total funds carried forward	88,243	121,207	209,450
BALANCE SHEET AT 31 MARCH 2021			
	Restricted Funds	Unrestricted Funds	Total
Fixed Assets	-	-	-
Current assets			
Debtors	8,336	3,572	11,908
Cash at bank and in hand	79,907	131,591	211,498
Total Current Assets	88,243	135,163	223,406
Creditors falling due within one period	-	(13,956)	(13,956)
Net current assets and Net assets	88,243	121,207	209,450
Funds			
Restricted income funds	88,243	-	88,243
Unrestricted income funds	-	121,207	121,207
Total charity funds	88,243	121,207	209,450

Notes to the Financial Statements (continued)

19. Comparative Figures for period ended 31 March 2021 (continued)

	Restricted Funds £	Unrestricted Funds £	Total £
Donations and fundraising			
Charitable Trusts & Foundations	232,849	171,175	404,024
Individuals	2,034	10,079	12,113
Corporate	-	21,772	21,772
Community Groups	4,768	1,778	6,546
Total	239,651	204,804	444,455

Charitable activities - income

Activity sessions	1,480	43,633	45,113
Contracts and Service Level Agreements	47,050	9,800	56,850
Training & coaching income	-	10,015	10,015
Total	48,530	63,448	111,978

Expenditure

	Delivery costs £	Direct staff costs £	Support costs £	Total £
Raising Funds:				
Supporter fundraising	6,006	45,558	24,692	76,256
Charitable activities:				
Activities, training & coaching	48,523	270,787	98,769	418,079
Business Development & Marketing	6,025	-	-	6,025
	54,548	270,787	98,769	424,104
Total Expenditure	60,554	316,345	123,461	500,360

Split between:	Restricted Funds	268,191
	Unrestricted Funds	232,169
		500,360

The main components of support costs are: £

Administration and support salaries	76,212
Office costs	44,769
Governance costs	2,480
Total	123,461

Split	Raising Funds	20%	24,692
	Charitable activities	80%	98,769

Notes to the Financial Statements (continued)

19. Comparative Figures for period ended 31 March 2021 (continued)

Restricted funds

Project	Funder	Opening Balance 01-Nov-19 £	Income in period £	Expenditure in period £	Closing Balance 31-Mar-21 £
Access All Ages	NLCF	9,913	37,154	(24,152)	22,915
Alive Clubs and Meeting Centres	Shaw Foundation	-	65,960	(43,022)	22,938
Alive on Demand	CAF	-	43,230	(44,952)	(1,722)
Allotment (Capital)	Various	-	9,134	(3,538)	5,596
Allotment (Revenue)	Various	-	9,500	(2,568)	6,932
CAST/Catalyst	CAST/Catalyst	-	9,559	(12,519)	(2,960)
Dancing through the Ages	WOMAD	-	2,363	(2,675)	(312)
Gardening Groups	DWS & NHS	10,142	8,748	(13,617)	5,273
'I will'	Dunhill Medical Trust	-	15,481	(10,675)	4,806
Making Pals	Henry Smith	48,198	-	(48,198)	-
Meaningful Engage. Training	Quartet Comm Found.	-	2,000	(2,000)	-
N Somerset Digital	Quartet Comm Found.	-	19,999	(5,670)	14,329
Salary funding: Services Manager	Newby Trust	-	10,000	(10,000)	-
Staff Wellbeing	Tudor Trust	-	2,000	(50)	1,950
Subsidised coaching	Rayne Found	-	15,000	(15,000)	-
Teleconferencing	Tudor Trust	-	2,000	(2,000)	-
Teleconferencing	John James Bristol	-	2,600	(1,064)	1,536
Teleconferencing	Quartet Comm Found.	-	4,899	(4,899)	-
Teleconferencing	Bristol CC	-	8,336	(8,336)	-
Virtual Hub sessions	St Monica Trust	-	20,218	(13,256)	6,962
		68,253	288,181	(268,191)	88,243

Unrestricted funds

	Opening Balance 01-Nov-19 £	Income in period £	Expenditure in period £	Closing Balance 31-Mar-21 £
General reserves	83,932	269,444	(232,169)	121,207

ALIVE ACTIVITIES LIMITED

England & Wales - Charity number 1132708

Accounts



ALIVE ACTIVITIES LIMITED

ANNUAL REPORT AND ACCOUNTS
FOR THE SEVENTEEN MONTHS
ENDED 31 MARCH 2021

Charity No. 1132708

Company No. 06989308

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Report of the Trustees

The Trustees are pleased to present their annual report together with the financial statements of the charity for the seventeen months ended 31 March 2021 which are also prepared to meet the requirements for a directors' report and accounts for Companies Act purposes. The Trustees decided in September 2020 to extend the company's accounting period by five months to 31 March, so that in future this aligns with the accounting period adopted by the majority of the charity's funders.

The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and 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 2015).

Aims and Objectives

Alive is the UK's leading charity enriching the lives of older people in care and training their carers. We do this in four ways, by:

Engaging older people creatively through meaningful activity sessions.

We provide a wide range of high quality, person-centred activity sessions in a range of care settings, which combat loneliness, anxiety, and depression, and strengthen older people's personal identities by connecting with their individual life stories, passions and interests.

Training and supporting care staff to enhance older people's wellbeing and deliver outstanding care at every opportunity

We use our specialist knowledge and experience to train social care staff, which builds their capacity and confidence to develop more meaningful activities and relationships with older people as part of their everyday work.

Reducing older people's social isolation by connecting them to their local communities

We help develop sustainable relationships between care settings and their local communities, to reduce social isolation among residents.

Speaking up for the rights of older people in care to those with the power to improve their lives

We advocate and campaign for improved quality of life for older people in care settings, working with partners in the voluntary, public, private and academic sectors to raise awareness, change attitudes and behaviour.

Thank you....

Alive depends on charitable donations to deliver its work - thank you to the many trusts and foundations, individuals and corporate supporters who enabled us to enrich the lives of so many older people this period. We are dependent on your support and without it our work simply would not be possible.

Staff and Volunteers - the Trustees recognise the huge and ongoing contribution made by Alive staff to the lives of older people in care and to their carers. We extend our gratitude to them all and acknowledge their energetic commitment to Alive's mission, values, and work. This year, we want to acknowledge they have gone above and beyond to keep Alive going and to support older people when they needed it the most. Thank you.

Vision and Values

Our vision

A world where older people live lives full of value, meaning and connection.

Our mission

To prioritise health and wellbeing into later life.

Alive:

- Engages older people creatively through meaningful activity
- Trains and supports carers to enrich the lives of older people
- Reduces older people's social isolation by connecting them to their local communities
- Speaks up for the rights of older people to those with the power to improve their lives

Our values

User-led - We strive to ensure our work meets the needs and aspirations of the older people we serve. We consult regularly with older people and develop and deliver projects and activity in line with their wishes and views.

Dedicated - We deliver, we train, we connect, we influence. We are a group of people who never give up and are fully committed to improving the quality of life of older people.

Adventurous - We are a charity who likes to try and test new approaches, new partnerships, new ways of working and aren't afraid of making mistakes and taking risks.

Community focused - We fully understand the value of belonging and work hard to connect older people to their communities – wherever that may be. We value our own community and strive to create an inclusive and supportive environment amongst our staff, volunteers, and colleagues.

Adaptable - We constantly review, evaluate, and adapt our work to ensure it is meeting the needs of those we serve. We are quick to change and find new ways of working when needed.

Compassionate - We love what we do and who we work with. We are passionate about improving the quality of life of older people in whatever way we can.

Collaborative - We believe in working with others. We make more of an impact when we work together.

Our impact

Alive's work has a positive impact on older people's wellbeing and increases social interaction increases social interaction for isolated older people and supports their carers. This, in turn, enriches their lives, improves relationships between older people, care staff and carers, and creates a greater sense of community.

Full details of Alive's activities and achievements in 2019 - 21 are set out in the annual Impact Report, available on the Alive Activities website www.aliveactivities.org

Overview

As for everyone, 2020 was a year of extraordinary uncertainty and challenge for Alive due to the COVID-19 pandemic. When care homes closed to visitors in March, we were unable to deliver our face-to-face activities, training or coaching and our earned income stopped overnight. Alive responded quickly; furloughing 85% of staff, temporarily reducing the working hours/days of others and cutting back on all other expenditure to help alleviate the pressure on finances.

We were awarded several COVID-19 emergency response grants, re-purposed two existing project grants and paused/postponed several others. Our funders were incredibly loyal and supported us to innovate and provide the support older people so desperately needed. Our financial position is now looking much healthier than we had first anticipated; we have successfully secured two large unrestricted grants and have also developed new income streams going forward which will allow us to weather the financial storm.

At the start of the coronavirus pandemic, we successfully adapted our training and support services to digital/telephone delivery to continue to support older people, reduce their social isolation and train their carers. We have maintained this work throughout on a digital platform and are continuing to innovate and look for new ways of reaching older people. We are embarking on a period of change and new developments, which have been borne out of the adaptations we have made during this challenging time.

Achievements and Performance

During 2019 -21, we faced the challenges of a pandemic; we continued to support the wellbeing of older people through the development and scope of Alive's activity sessions, training, and community engagement projects. We forged dynamic partnerships with organisations in the voluntary, public, private and academic sectors, who share our passionate commitment to improving the quality of life for older people.

We measure the effectiveness of our work using an evaluation framework, developed in 2015 in consultation with Willis Newson, the UK's leading arts and health consultancy, and the University of the West of England. The framework utilises a number of tools including Arts Observational Scale surveys and in-depth interviews of care home staff, enabling us to evidence the impact of our work for older people. The framework provides us with the tools to measure progress on the following outcomes:

- Improving older people's mental health and emotional wellbeing
- Building capacity of care staff to deliver meaningful activity
- Fostering improved relationships throughout the care setting
- Shifting the culture towards person-centred care in each setting.

Face To Face Activity Sessions

We were able to deliver our engaging activity sessions in Care Homes from November 2019 – March 2020. We delivered 655 sessions, worked with 195 homes, and supported 2340 older people. We delivered a mix of intergenerational, gardening, variety hour and reminiscence sessions.

Zoom Sessions in Care Homes

When the pandemic hit, we were no longer able to deliver face to face. Not only were we not able to physically support the older people we cared for, but our earned income stream also stopped overnight. We worked very quickly to provide an online activity service through Zoom to care homes. Poetry, storytelling, yoga, reminiscence were all highly successful sessions when care homes were able to engage with technology. Staff were amazed at how well the sessions worked in providing person centred activity and we were able to connect on a 1-2-1 basis with those with advanced dementia. During March 2020 – March 2021 we delivered 113 sessions, supporting 678 older people.

All this was not without its challenges. Many care homes were battling with managing outbreaks and found online activity too difficult. Others had technical and WIFI issues that prevented them from enjoying the sessions and many just didn't have a budget for activities.

Community Teleconference Support

As part of the Bristol Support Hub, we developed the idea of using teleconference software to keep older people together who couldn't meet face to face and weren't able to access digital groups on Zoom. We supported 12 different groups over the year, maintaining the social support for 86 older people isolating in their own homes on a weekly basis and ran a total of 267 calls, with 1528 attendances. Using existing conference software, older people were able to use familiar technology to access group sessions on a weekly basis. The calls were a mixture of chat, reminiscence, storytelling and general laughter and support.

Virtual activity hub

Working in partnership with local exercise providers, we supported many community classes to switch from a face-to-face delivery model to online. We were able to keep groups running over the last 12 months, ensuring many older people were able to maintain not only their physical fitness, but their social and emotional support too. Groups included Tai-Chi, Gi-Jong, Yoga, Singing, Zumba, and gentle exercise. We ran 228 classes and had 2,508 attendances, reaching 94 older people.

Training and support for carers

During 2019 - 21:

- Alive delivered a total of 33 training and coaching courses for care staff, online and face to face, boosting the skills and confidence of 213 care staff and embedding best practice where they work.
- We have worked with other local charities to deliver webinars on different aspects of dementia reaching 161 people, both care staff, professional and family members.
- We worked with Bristol Dementia Wellbeing Service to run 8 Activity Cupboards online, to provide activity and dementia training to 80 care staff in Bristol and the surrounding areas.
- We supported 25 carers and families of loved ones to learn how to understand dementia better through our Engaging with Dementia Course online.

Community engagement, intergenerational, and partnership projects

Despite the challenges of the pandemic, our intergenerational work has continued in two projects: Access All Ages and #Iwill. Despite care homes being closed, we have managed to keep school and care home partnerships still going using zoom and online platforms such as seesaw, and through traditional methods such as letter writing and exchanging art, or jam jars of treasure.

Speaking up for older people in care

We continue to take every opportunity to advocate for older people, particularly those living with dementia, whether living in care or in the community. We aim to bring about a step change in the culture of care that recognises the importance of meaningful activity, choice, and interaction for older people and prioritises those things alongside their physical care needs. We do this by:

- Working directly with those organisations with power and influence in the sector
- Speaking at local, regional, and national conferences
- Leading through example. By demonstrating best practice in all our work, we aim to inspire care home managers and staff to develop and improve their practice.

We were a founding member of the Bristol Support Hub, a partnership of local older people's charities established as a one stop shop for support and we have also formed a new network, the Bristol Dementia Charities Network, comprising Alive, the Bristol Dementia Action Alliance and BRACE, Bristol's dementia research charity. Our Chief Executive, Isobel Jones, is now Co-Director on the Bristol Dementia Health Integration Team (HIT). She has also presented at numerous national and regional conferences and events over the last year, including the 2020 UK Dementia Congress, and National Activity Providers Association (NAPA) Tea and Chat sessions.

Future Plans

Given the challenges of the current climate and the change of focus for Alive to support older people living in the community as well as in care homes, for the next few years we intend to focus on developing our services to reach more older people living in the community, consolidating our digital services, and developing new and diverse earned income streams to help secure the longer-term sustainability of the charity.

In 2021-2022 we plan to:

- Return to face-to-face service delivery, including our activity sessions, training, and coaching and our community engagement and intergenerational work
- Grow our community gardening activities, launching our dementia-friendly allotment in Brentry, re-opening our Lawrence Weston Community Gardening Group and working in partnership to develop new community gardens in North and Central Bristol
- Launch dementia Meeting Centres, at least one in Bristol or North Somerset
- Grow and develop innovative training, to both care homes and the community
- Deliver new Care Home audits
- Launch our new Alive on Demand activity subscription service

Financial Review

Alive has always held the view that care homes, day centres and other care settings will be more invested in activities that they pay for – an important factor in achieving our long-term goal of culture change. However, most care settings have very limited budgets for this type of service so historically we asked homes to contribute around 60% of the cost of activity sessions, the remaining costs being met by funds raised from our supporters. Training and coaching are recognised as hugely beneficial to care settings and so pricing is set to cover the costs of provision. However, before the pandemic we were moving towards a different model of working, with fewer activity sessions taking place, being replaced by innovative new ways of engaging and this change has been accelerated so that direct income from activity sessions fell from £149,600 in the previous year to just £45,100 in the current period.

Alive's total income for the period amounted to £557,600, a decrease of £63,000 or just over 10% on the previous year. The reduced income from activity sessions and other charitable activities, which amounted in total to a reduction of £151,000, was partially offset by income generated as grants from trusts and foundations, which amounted to £404,000, an increase of £110,800 (or 38%).

Total expenditure for the period also fell, by £142,000 to £500,000.

- Expenditure on fundraising fell by £41,000 to £76,200, following the decisions taken in the previous year to reduce the fundraising team from 1 November 2019 and concentrate on generating income from trusts and foundations.
- Expenditure on charitable activities has fallen by £101,000 or 20% to £424,000, because of the reduced level of activities and the furloughing of most of the staff team for several months as a result of the pandemic.

Reserves

In previous years there have been deficits in unrestricted funds, amounting to £178,000 in 2017-18 and £2,500 in 2018-19. In the current period this trend has been reversed, resulting in an unrestricted surplus of £37,300. This has been added to unrestricted reserves brought forward so that, at the closing balance sheet date, these stood at £121,200.

Restricted reserves rose by £20,000 to finish at £88,300, giving total reserves of £209,500, an overall increase of £57,300 during the period.

The Trustees' policy is to maintain unrestricted reserves at three months of anticipated unrestricted expenditure. With budgeted unrestricted expenditure for 2020/21 of £350k, unrestricted reserves are now in line with this target.

The Trustees are satisfied that the Charity is currently operating with sufficient reserves; it continues to monitor performance against budget and key metrics monthly. Business plans for the next three periods are directed at achieving modest surpluses to build free reserves, allowing for future expansion.

Structure, Governance and Management

Patrons

Rev Richard Pendlebury MBE
Professor Dawn Brooker PhD C Psychol Clin

Sir Tony Robinson

Trustees

Philip May (Chair)
Catherine Smith
Andrew Wood (Finance Trustee)
Richard Crocker (appointed 27 March 2020)
Kenneth Dolbear (retired 28 September 2020)

Philip Hughes MBE
Suzy Webster
Dr Michael Cohen (appointed 27 March 2020)
Patricia Barlow (appointed 27 March 2020)
Elizabeth Hughes (retired 28 September 2020)

Senior Management

Registered office and Principal Office address

Bankers

Independent Examiner

Isobel Jones - Chief Executive
The Create Centre, Smeaton Road, Bristol BS1 6XN
Triodos Bank, Deanery Road, Bristol, BS1 5AS
Joshua Kingdon BSc ACA, Burton Sweet Limited, 5
Farleigh Court, Old Weston Road, Flax Bourton,
Bristol BS48 1UR

Governing Document

The Charity is a company limited by guarantee incorporated on 12 August 2009 under the provisions of the Companies Act 2006 (registered number 06989308) and registered as a charity on 16 November 2009 (number 1132708). During the period the Trustees reviewed the governing document of the Charity, as a result of which amended Memorandum and Articles of Association were adopted on 21 December 2020.

Appointment of Trustees

The Trustees, who are also the Company Directors, are appointed by resolution of the board; a number have previous experience of acting as trustees and directors. They are provided with access to the Charity Commission's publication entitled "The essential trustee: what you need to know, what you need to do (CC3)" and receive guidance and support from the Chair of Trustees, an experienced solicitor.

Organisational Structure

Alive is governed by a Board of Trustees who bring with them a broad range of skills, knowledge and professional experience in law, medicine, health and safety, occupational therapy, accountancy, human resources, care home management and dementia care. All the Trustees give their time and skills voluntarily and share a passionate commitment to improving the quality of life of older people in care. The Trustees meet quarterly and receive written activity, finance and other reports detailing the Charity's work in advance of all meetings.

The Chief Executive is responsible for the day-to-day activities of the Charity and for overseeing the management of employed staff, sessional workers, and volunteers. The Chief Executive is subject to the supervision of the Trustees, attending all Trustees' meetings, providing detailed written reports in advance of meetings and meeting regularly with the Chair of Trustees for ongoing supervision and support.

Risk Management

Annually, the Board of Trustees conducts an annual review of the major risks to which the charity is exposed, and this is logged in the risk management register. Where appropriate, systems or procedures are established to mitigate the risks the charity faces. Significant external risks to funding have led to the development of fundraising and unrestricted income generation strategies which will allow for the diversification of funding and activities. Internal control risks are minimised by the implementation of procedures for authorisation of all transactions and projects. Procedures are in place to ensure compliance with Health and Safety by staff, volunteers, and clients. These procedures are periodically reviewed to ensure that they continue to meet the needs of the charity.

Public Benefit

The Trustees are mindful of their duties under the Charities Act 2011 to have regard for the public benefit guidance issued by the Charity Commission. All our charitable activities focus on improving the quality of life of older people and are undertaken to further our charitable purposes for public benefit. Alive delivered 1263 activity sessions benefitting 3198 older people. Our work also touched the lives of countless relatives of older people in care, many of whom expressed their heartfelt appreciation for the joy and stimulation Alive sessions brought to their loved ones. Our training reached 479 people, professional carers, non-paid carers, and families and helped those living with dementia to receive more person centred and tailored care. Through our speaking engagements, communications, research partnerships and network of volunteers and supporters, Alive also increased public awareness of the importance of meaningful engagement for older people in care.

Senior Management Remuneration

The remuneration package of the Chief Executive is reviewed annually, being benchmarked against that position in charities of comparable size, location, and field of work.

Related Parties

Alive Trading Limited is a wholly owned subsidiary of the Charity. It was set up for the purpose of supporting the Charity in connection with any trading activities which the Charity itself could not lawfully undertake. There have been no such activities and this company is currently dormant.

Statement of Trustees' Responsibilities

The Trustees (who are also directors of Alive Activities Limited for the purposes of company law) are responsible for preparing the Trustees' Report (incorporating the strategic report and directors' report) and the financial statements in accordance with applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102: The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial period which give a true and fair view of the state of affairs of the charitable company and of the income and expenditure, of the charitable company for that period. In preparing these financial statements, the Trustees are required to:

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

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

In so far as the trustees are aware, there is no relevant audit information of which the charitable company's independent examiner is unaware; and the trustees have taken all steps that they ought to make themselves aware of that information.

Philip May
Chair of Trustees

19 August 2021

Independent Examiner's Report to the Trustees of Alive Activities Limited ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the seventeen month period ended 31 March 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

Since the Company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I 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.

Joshua Kingston BSc ACA
Burton Sweet Limited, Chartered Accountants
The Clock Tower, 5 Farleigh Court
Old Weston Road, Flax Bourton Bristol BS48 1UR

19 August 2021

Statement of Financial Activities (Incorporating an Income and Expenditure Account)

	Notes	Restricted Funds	Unrestricted Funds	Total 2021 (17 months) £	Total 2019 (12 months) £
Income from:		£	£	£	£
Donations and legacies	2	239,651	204,804	444,455	355,278
Charitable activities	3	48,530	63,448	111,978	263,280
Investments: Bank interest		-	1,192	1,192	151
Other income		-	-	-	1,900
Total income		288,181	269,444	557,625	620,609
Expenditure					
Cost of raising funds	4	-	76,256	76,256	117,235
Costs of charitable activities	4	268,191	155,913	424,104	525,239
Total Expenditure	4	268,191	232,169	500,360	642,474
Net income/(expenditure)		19,990	37,275	57,265	(21,865)
Transfers between funds	12/13	-	-	-	-
Net movement in funds	5	19,990	37,275	57,265	(21,865)
<u>Reconciliation of funds</u>					
Total funds brought forward	12/13	68,253	83,932	152,185	174,050
Total funds carried forward	12/13	88,243	121,207	209,450	152,185

All the above results are derived from continuing activities.

There were no other recognised gains or losses other than those stated above

The prior year fund comparatives have been disclosed in note 19 of the accounts.

The notes on pages 13 to 23 form part of these financial statements.

Balance Sheet as at 31 March 2021

Company number: 03779545

	Notes	Restricted Funds	Unrestricted Funds	Total at 31 March 2021	Total at 31 October 2019
		£	£	£	£
Fixed assets					
Tangible assets	9	-	-	-	-
Current assets					
Debtors	10	8,336	3,572	11,908	23,473
Cash at bank and in hand		79,907	131,591	211,498	168,546
Total Current Assets		88,243	135,163	223,406	192,019
Creditors falling due within one period	11	-	(13,956)	(13,956)	(39,834)
Net current assets		88,243	121,207	209,450	152,185
Net assets		88,243	121,207	209,450	152,185
Funds					
Restricted income funds	12	88,243	-	88,243	68,253
Unrestricted income funds	13	-	121,207	121,207	83,932
Total charity funds		88,243	121,207	209,450	152,185

For the seventeen-month period to 31 March 2021, the charitable company was entitled to exemption from audit under sec.477 of the Companies Act 2006 relating to small companies. The members have not required the charitable company to obtain an audit of its accounts for the period in question in accordance with sec.476 of the Act.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

The accounts are prepared in accordance with section 398 of the Companies Act 2006, section 138 of the Charities Act 2011, and with the special provisions of Part 15 of the Companies Act relating to small companies. They constitute the annual accounts required by the Companies Act 2006 and are for circulation to members of the company.

Approved and authorised for issue by the Board of Trustees on 19 August 2021 and signed on their behalf.

Philip May – Chair of Trustees

The prior year fund comparatives have been disclosed in note 19 of the accounts.

The notes on pages 13 to 23 form part of these financial statements.

Statement of Cash Flows

	Total 2021 (17 months) £	Total 2019 (12 months) £
Cash flows from operating activities		
Net expenditure for the reporting period	57,265	(21,865)
Depreciation charge	-	1,846
Investment income	(1,192)	(151)
Decrease in debtors	11,565	74,085
(Decrease) in creditors	(25,878)	(44,588)
Net cash provided by operating activities	41,760	9,327
Cash flows from investing activities		
Investment income – interest received	1,192	151
Net cash provided by investing activities	1,192	151
Increase in cash and cash equivalents in the period	42,952	9,478
Cash and cash equivalents at the beginning of the period	168,546	159,068
Total cash and cash equivalents at the end of the period	211,498	168,546
Analysis of cash and cash equivalents		
	Total at 31 March 2021 £	Total at 31 October 2019 £
Cash at bank and in hand	211,498	168,546
Total cash and cash equivalents	211,498	168,546

Notes to the Financial Statements

1. PRINCIPAL ACCOUNTING POLICIES

- a. **Basis of preparation** The financial statements have been prepared in accordance with 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) issued on 16 July 2014 (effective 1 January 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102), the Charities Act 2011, the Companies Act 2006 and UK Generally Accepted Accounting Practice as it applies from 1 January 2015.

Alive Activities Ltd meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value in accordance with applicable accounting standards unless otherwise stated in the relevant accounting policy note(s).

After making enquiries, the Trustees have a reasonable expectation that the charity has adequate reserves to continue its activities for the foreseeable future. Accordingly, they continue to adopt the going concern basis in preparing the financial statements as outlined in the Statement of Trustees' Responsibilities on page 8.

The Trustees have determined that there are no material uncertainties over the charitable company's ability to continue as a going concern.

- b. **Company information** The charity is a company limited by guarantee (company no 06989308) and a registered charity in England and Wales (charity no 1132708), which is incorporated and domiciled in the UK. The address of the principal and registered office is The Create Centre, Smeaton Road, Bristol BS1 6XN.

- c. **Fund accounting** The charity maintains two main types of fund as follows:

- i Restricted funds which are to be used for specific purposes as laid down by the donor. Expenditure which meets these criteria is charged to the fund.
- ii Unrestricted funds representing income that is expendable at the discretion of the trustees in the furtherance of the objects of the charity.

The fund comparatives are shown in note 18 of the financial statements

- d. **Income recognition** Voluntary income is received by way of donations and gifts and is included in full in the statement of financial activities when receivable. The value of time kindly contributed by volunteers is not included in the financial statements.

Legacy income is recognised in the accounts when it is received, unless there is sufficient evidence in advance to allow Alive to be sufficiently certain that the income will be received, and to be able to estimate the value of the legacy with reasonable certainty.

Revenue grants are credited to the statement of financial activities when received or receivable, whichever is earlier, unless they relate to a specific future period, in which case they are deferred. Grants for the purchase of fixed assets are credited to restricted incoming resources when receivable. Depreciation of fixed assets purchased with such grants is charged against the restricted fund.

Income from Gift Aid tax reclaims is recognised for all donations made prior to the period end, where a valid Gift Aid declaration is held.

Investment income is accounted for on the accruals basis.

- e. **Earned income** Fees receivable and charges for services are accounted for in the period in which the service is provided.
- f. **Gifts in kind** The value of donated goods and services recognised in the financial statements is the price the charity estimates it would pay in the open market for a service or facility of equivalent value to the charity.

Notes to the Financial Statements (continued)

1. PRINCIPAL ACCOUNTING POLICIES (continued)

- g. **Expenditure and basis of allocation of costs** Expenditure is recognised in the period in which it is incurred and includes attributable VAT which cannot be recovered. Expenditure is analysed into the following activities:

- i. **Raising funds** - This includes the salaries, direct expenditure and support costs of staff engaged in fundraising activities
- ii. **Charitable activities** - This includes the salaries, direct expenditure and support costs of staff engaged in charitable activities. The cost of activities is recognised in the period in which it is incurred.
- iii. **Governance costs** - These are the costs associated with the governance arrangements of the charity. These costs are associated with the constitutional and statutory requirements and include any costs associated with the strategic management of the charity's activities.

Resources expended are allocated to a particular activity where the cost relates directly to that activity. In addition, support costs are incurred which are necessary to facilitate the above activities. These are back-office costs, including the costs of budgetary and financial control, information technology, human resources, and payroll, and are apportioned to activities based on the proportion of staff time spent on each activity as follows: Raising Funds 20%, Charitable activities 80%

- h. **Tangible fixed assets and depreciation** Depreciation is calculated to write off the cost of tangible fixed assets by equal annual instalments over their estimated useful lives at the following rate:

Office Furniture & Equipment: 33¹/₃ %

Items of equipment are capitalised where the purchase price exceeds £500. Depreciation costs are allocated to activities on a basis which is an estimate, based on staff time, of the amount attributable to each activity. Assets are reviewed for impairment if circumstances indicate their carrying value may exceed their net realisable value and value in use.

- i. **Debtors** Debtors are stated at the lower of cost and net realisable value.
- j. **Cash at bank and in hand** Cash at bank and in hand comprise cash deposits with notice less than 3 months, and petty cash balances held.
- k. **Creditors** Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably.
- l. **Pensions** The charity offers a defined contribution pension scheme to employees. The assets of the scheme are held in independently administered funds. Pension costs charged in the Statement of Financial Activities represent the contributions payable by the charity during the period. The liability and expense are apportioned to activities and between restricted and unrestricted funds based on the proportion of staff time spent on each activity.
- m. **Leases** Rentals payable under operating leases, where substantially all the risks and rewards of ownership remain with the lessor, are charged to the statement of financial activities in the period in which they fall due.
- n. **Financial Instruments** The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments, these being debtors, cash at bank, short term investments and creditors). Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

Notes to the Financial Statements (continued)

2. Donations and legacies	Restricted Funds	Unrestricted Funds	Total 2021 (17 months)	Total 2019 (12 months)
	£	£	£	£
Charitable Trusts & Foundations	232,849	171,175	404,024	293,214
Individuals	2,034	10,079	12,113	52,011
Corporate	-	21,772	21,772	4,811
Community Groups	4,768	1,778	6,546	5,242
Total	239,651	204,804	444,455	355,278

Alive would like to acknowledge the following significant (more than £7,500) grants and donations, and all our other generous donors, some of whom have wished to remain anonymous:

Bristol Care Homes	-	30,000
Tudor Trust	-	30,000
Independent Age	-	14,850
Headley Trust	-	10,000
Newby Trust	10,000	10,000
Leathersellers Company	-	10,000
Edward Gostlin CT	-	8,000
Charities Aid Foundation	43,230	7,500
Quartet Comm. Foundation	19,999	-
Dunhill Trust	15,481	-
Rayne Foundation	15,000	-
St Monica Trust	20,218	-
Shaw Trust	65,960	-
Donations of £7,500 or less	42,961	50,825
	232,849	171,175

The prior year fund comparatives have been disclosed in note 19 of the accounts.

3. Charitable activities - income	Restricted Funds	Unrestricted Funds	Total 2021 (17 months)	Total 2019 (12 months)
	£	£	£	£
Activity sessions	1,480	43,633	45,113	149,610
Contracts and Service Level Agreements	47,050	9,800	56,850	74,576
Training and coaching	-	10,015	10,015	37,215
Other income from charitable activities	-	-	-	1,879
Total	48,530	63,448	111,978	263,280

Nat. Lottery Comm. Fund (Awards for All)	35,834	
Bristol City Council - via Age UK Bristol	8,336	
Other Contracts & Service Level Agreements	2,880	9,800
	47,050	9,800

The prior year fund comparatives have been disclosed in note 19 of the accounts.

Notes to the Financial Statements (continued)

4. Expenditure	Delivery costs	Direct staff costs	Support costs	Total 2021 (17 months) £	Total 2019 (12 months) £
	£	£	£	£	£
Raising Funds:					
Supporter fundraising	6,006	45,558	24,692	76,256	117,235
Charitable activities:					
Activities, training & coaching	48,523	270,787	98,769	418,079	454,258
Business Development & Marketing	6,025	-	-	6,025	70,981
	54,548	270,787	98,769	424,104	525,239
Total Expenditure	60,554	316,345	123,461	500,360	642,474
Split between:	Restricted Funds			268,191	243,852
	Unrestricted Funds			232,169	398,622
				500,360	642,474

The main components of support costs are:

	Total 2021 (17 months) £	Total 2019 (12 months) £
Administration and support salaries	76,212	81,623
Office costs	44,769	36,341
Depreciation	-	1,846
Governance costs	2,480	1,660
Total	123,461	121,470
Split		
Raising Funds	20%	24,294
Charitable activities	80%	97,176

The prior year fund comparatives have been disclosed in note 19 of the accounts.

5. Net Movement in Funds

This is stated after charging:

	Total 2021 (17 months)	Total 2019 (12 months)
Independent Examiner's fee: Independent examination	2,480	1,596
Depreciation	-	1,846
Operating lease rentals - Property	18,940	18,143

Notes to the Financial Statements (continued)

6. Employee and staff costs

The average monthly head count fell from 33 at the start of the period to 12 at the end, following the decision to make the facilitators redundant at 30 June 2020. The cost of employing these staff was:

	Total 2021 (17 months) £	Total 2019 (12 months) £
Salaries and wages	384,034	474,655
Social security costs	22,522	34,773
Pension costs	10,535	10,457
Total	417,091	519,885

No employees were paid in excess of £60,000 in the period or the prior period. Included within salaries and wages are payments for redundancy and termination of contracts totalling £9,847 (2019: £6,144).

7. Key management personnel

The key management personnel of the charity comprise the Trustees and the Chief Executive. The total employee benefits of the key management personnel were £48,067 for the seventeen month period (2019: £48,900 for twelve months)

8. Trustee remuneration, expenses and donations

The trustees were not paid or received any other benefits from employment with the charity in the period (2019: £nil) or received payment for professional or other services supplied to the charity (2019: £nil). There were no directly incurred trustee expenses borne by the charity in the period (2019: Nil). The total amount of donations received from trustees without conditions was £nil (2019: £4,170).

9. Tangible fixed assets - Fixtures and Fittings

Fixtures and Fittings purchased in previous periods at a cost of £13,771 have all been fully depreciated in those previous periods

10. Debtors

	Total at 31 March 2021 £	Total at 31 October 2019 £
Trade debtors: Restricted	8,336	-
Unrestricted	297	23,024
Prepayments & accrued income	3,275	449
	11,908	23,473

Notes to the Financial Statements (continued)

11. Creditors falling due within one period

	Total at 31 March 2021	Total at 31 October 2019
	£	£
Trade creditors	5,508	1,676
Payroll creditors	-	16,180
Tax and social security	5,718	15,809
Other creditors and accruals	2,730	4,569
Deferred income	-	1,600
	13,956	39,834

All creditors are in respect of Unrestricted funds

12. Restricted funds

Project	Funder	Opening Balance 01-Nov-19 £	Income in period £	Expenditure in period £	Closing Balance 31-Mar-21 £
Access All Ages	NLCF	9,913	37,154	(24,152)	22,915
Alive Clubs and Meeting Centres	Shaw Found.	-	65,960	(43,022)	22,938
Alive on Demand	CAF	-	43,230	(44,952)	(1,722)
Allotment (Capital)	Various	-	9,134	(3,538)	5,596
Allotment (Revenue)	Various	-	9,500	(2,568)	6,932
CAST/Catalyst	CAST/Catalyst	-	9,559	(12,519)	(2,960)
Dancing through the Ages	WOMAD	-	2,363	(2,675)	(312)
Gardening Groups	DWS & NHS	10,142	8,748	(13,617)	5,273
'I will'	Dunhill Trust	-	15,481	(10,675)	4,806
Making Pals	Henry Smith	48,198	-	(48,198)	-
Meaningful Engage. Training	Quartet	-	2,000	(2,000)	-
N Somerset Digital	Quartet	-	19,999	(5,670)	14,329
Salary funding: Services Manager	Newby Trust	-	10,000	(10,000)	-
Staff Wellbeing	Tudor Trust	-	2,000	(50)	1,950
Subsidised coaching	Rayne Found	-	15,000	(15,000)	-
Teleconferencing	Tudor Trust	-	2,000	(2,000)	-
Teleconferencing	John James	-	2,600	(1,064)	1,536
Teleconferencing	Quartet	-	4,899	(4,899)	-
Teleconferencing	Bristol CC	-	8,336	(8,336)	-
Virtual Hub sessions	St Monica Tr't	-	20,218	(13,256)	6,962
		68,253	288,181	(268,191)	88,243

The prior year fund comparatives have been disclosed in note 19 of the accounts.

Notes to the Financial Statements (continued)

12. Restricted Funds (continued)

Purpose of restricted funds

Restricted funds are generated when the donor stipulates how the income may be expended. In most cases there will be a timing difference between when the income is received and when it is spent, resulting in balances being held on these funds at year-end. The purpose of the various restricted funds is:

- **Access All Ages:** National Lottery Community Fund (Building Connections) – building links in the community by partnering care settings with local schools, and then coordinating and delivering a programme of intergenerational activity and gardening sessions in care homes.
- **Alive Clubs and Meeting Centres:** Shaw Foundation – funding for salary and other costs, to enable Alive to develop a network of Clubs and Centres.
- **Alive on Demand:** Charities Aid Foundation – funding to develop an online video activity subscription service for care homes and older people at home.
- **Allotment:** various funders – Alive has taken on an allotment in North Bristol, capital grants have enabled us to provide dementia-friendly facilities and revenue grants enable us to fund facilitators to assist with visits.
- **CAST/Catalyst:** further development to deliver more accessible teleconferencing activities.
- **Dancing through the Ages:** WOMAD Foundation – programme of dance related activity.
- **Gardening Groups – Social and Therapeutic Horticulture Activities:** supporting people with dementia to engage in regular nature-based activities and spend more time outdoors taking part in activities which improve health and wellbeing.
- **! Will:** Dunhill Trust – to provide inter-generational opportunities for younger and older people to engage in socially responsible activities.
- **Making Pals:** The Henry Smith Charity – a three-year project, connecting care home residents with their local communities, helping them to build long-lasting and meaningful relationships by encouraging the public to engage with care homes and by empowering care home residents and staff.
- **Meaningful Engagement Training:** Quartet Foundation – to pilot training for loved ones and family members of people living with dementia.
- **North Somerset Digital:** Quartet Foundation – to develop a pilot project to investigate how to support older people to better access technology.
- **Salary Funding:** Newby Trust – funding for specific staff posts.
- **Staff Wellbeing:** Tudor Trust: funding to enable Alive to support staff during the period of the pandemic.
- **Subsidised Coaching:** Rayne Foundation – three-year funding to deliver on-the-job training in developing meaningful activities and relationships with residents. The pandemic meant that we were unable to deliver this programme so with the agreement of the funder, this was used to fund core salary costs.
- **Teleconferencing:** various funders – to provide teleconferencing groups to older people in Bristol and the surrounding areas.
- **Virtual Hub sessions:** St Monica's Trust – provision of online physical activity sessions.

Notes to the Financial Statements (continued)**13. Unrestricted funds**

	Opening Balance 01-Nov-19 £	Income in period £	Expenditure in period £	Transfers £	Closing Balance 31-Mar-21 £
General reserves	83,932	269,444	(232,169)	-	121,207

Unrestricted funds are generated when there is no stipulation from the donor as to how the income may be spent. The prior year fund comparatives have been disclosed in note 19 of the accounts.

14. Legal status of the charity

The charity is a company limited by guarantee and has no share capital. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity.

15. Related parties and related party transactions

Alive Trading Limited is a wholly owned subsidiary of the Charity. It is a company limited by guarantee without share capital. It was set up for the purpose of supporting the Charity in connection with any trading activities which the Charity itself could not lawfully undertake. There have been no such activities and this company is currently dormant. There were no related party transactions during the period (2019: none).

16. Capital commitments

There were no capital commitments in the current or prior period.

17. Operating lease commitments

The charity had commitments at the year-end under operating leases, as follows:
Expiring within less than one year - Land & Buildings 2021 - £13,564 (2019 £5,412).

18. Taxation

The charity is exempt from corporation tax as all its income is charitable and is applied for charitable purposes

Notes to the Financial Statements (continued)

19. Comparative Figures for year ended 31 October 2019

STATEMENT OF FINANCIAL ACTIVITIES	Restricted Funds	Unrestricted Funds	Total
Income from:			
Donations and legacies	146,899	208,379	355,278
Charitable activities	77,525	185,755	263,280
Investments: Bank interest	-	151	151
Other income	-	1,900	1,900
Total income	224,424	396,185	620,609
Expenditure			
Cost of raising funds	-	117,235	117,235
Costs of charitable activities	243,852	281,387	525,239
Total Expenditure	243,852	398,622	642,474
Net income/(expenditure)	(19,428)	(2,437)	(21,865)
Transfers between funds	-	-	-
Net movement in funds	(19,428)	(2,437)	(21,865)
Reconciliation of funds			
Total funds brought forward	87,681	86,369	174,050
Total funds carried forward	68,253	83,932	152,185
BALANCE SHEET AT 31 OCTOBER 2019			
	Restricted Funds	Unrestricted Funds	Total
Fixed Assets	-	-	-
Current assets			
Debtors	-	23,473	23,473
Cash at bank and in hand	68,253	100,293	168,546
Total Current Assets	68,253	123,766	192,019
Creditors falling due within one period	-	(39,834)	(39,834)
Net current assets	68,253	83,932	152,185
Net assets	68,253	83,932	152,185
Funds			
Restricted income funds	68,253	-	68,253
Unrestricted income funds		83,932	83,932
Total charity funds	68,253	83,932	152,185

Notes to the Financial Statements (continued)

19. Comparative Figures for year ended 31 October 2019 (continued)

	Restricted Funds £	Unrestricted Funds £	Total £
Donations and legacies			
Charitable Trusts & Foundations	123,374	169,840	293,214
Individuals	19,793	32,218	52,011
Corporate	-	4,811	4,811
Community Groups	3,732	1,510	5,242
Total	146,899	208,379	355,278

Charitable activities - income

Activity sessions	2,640	146,970	149,610
Contracts and Service Level Agreements	74,576	-	74,576
Training & coaching income	-	37,215	37,215
Other income	309	1,570	1,879
Total	77,525	185,755	263,280

Expenditure

	Delivery costs £	Direct staff costs £	Support costs £	Total £
Raising Funds:				
Supporter fundraising	15,180	77,761	24,294	117,235
Charitable activities:				
Activities, training & coaching	78,343	291,871	84,044	454,258
Business Development & Marketing	6,837	51,012	13,132	70,981
	85,180	342,883	97,176	525,239
Total Expenditure	100,360	420,644	121,470	642,474

Split between:	Restricted Funds	243,852
	Unrestricted Funds	398,622
		642,474

The main components of support costs are:

Administration and support salaries	81,623
Office costs	36,341
Depreciation	1,846
Governance costs	1,660
Total	121,470

Split	Raising Funds	20%	24,294
	Charitable activities	80%	97,176

Alive Activities Ltd

Trustees' Annual Report and Accounts

For the Seventeen Months Ended 31 March 2021

19. Comparative Figures for year ended 31 October 2019 (continued)

	Opening Balance 01-Nov-18 £	Income in period £	Expenditure in period £	Transfers £	Closing Balance 31-Oct-19 £
Restricted funds					
Continuing					
Access All Ages	-	43,159	(33,246)	-	9,913
Coaching Programme	-	15,000	(15,000)	-	-
Lawrence Weston Comm Garden	-	9,995	(1,561)	-	8,434
Making Pals	43,340	57,900	(54,215)	-	47,025
Making Pals S. Glos Daytrips	-	3,145	(1,972)	-	1,173
Social & Therapeutic Hort. Activities	8,000	2,597	(8,889)	-	1,708
Projects completed during year					
Activity sessions	6,334	5,638	(11,972)	-	-
BBC Radio Bristol Alive Appeal	9,720	23,025	(32,745)	-	-
Bristol Impact Fund	730	4,509	(5,239)	-	-
Communities of Interest	19,557	12,641	(32,198)	-	-
Intergenerational gardening	-	21,815	(21,815)	-	-
Salary funding	-	25,000	(25,000)	-	-
	87,681	224,424	(243,852)	-	68,253

Projects completed during year comprised:

Activity Sessions: funding from a variety of trusts and charities – to provide a range of person-centred activity sessions in residential homes and day centres.

BBC Radio Bristol Alive Appeal: to fully fund activity sessions and memory boxes for the benefit of older people residing in the Greater Bristol Area.

Bristol Impact Fund: A community led project to improve the green spaces in and around Lawrence Weston, open to everyone from the local community.

Communities of Interest: funded by Age UK Bristol, under the Bristol Ageing Better initiative, this is a two-year community development project connecting care homes to their local communities. The project aims to combat loneliness and isolation.

Intergenerational gardening: Quartet Community Foundation and St John's Foundation – an intergenerational initiative linking local schools with care homes in the North Somerset and Bath & North East Somerset areas, and organising gardening activities.

Core funding – CEO's salary: an anonymous contribution towards the Chief Executive's salary.

Unrestricted funds

	Opening Balance 01-Nov-18 £	Income in period £	Expenditure in period £	Transfers £	Closing Balance 31-Oct-19 £
Designated funds: Fixed asset reserve	1,846	-		(1,846)	-
General reserves	84,523	396,185	(398,622)	1,846	83,932
Total unrestricted funds	86,369	396,185	(398,622)	-	83,932