



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	Total 2022	Total 2021
	Ageing Well	Others	Funds	(12 months)	(17 months)
	£	£	£	£	£
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	Total 2022	Total 2021
	Ageing Well	Others	Funds	(12 months)	(17 months)
	£	£	£	£	£
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
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Transfers between funds

-	-	-
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Net movement in funds

19,990	37,275	57,265
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Reconciliation of funds

Total funds brought forward

68,253	83,932	152,185
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Total funds carried forward

88,243	121,207	209,450
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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
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Funds

Restricted income funds	88,243	-	88,243
Unrestricted income funds	-	121,207	121,207

Total charity funds

88,243	121,207	209,450
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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