

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.

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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.

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TRUSTEES' ANNUAL REPORT

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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.

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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.

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TRUSTEES' ANNUAL REPORT

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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

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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;

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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

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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.

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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

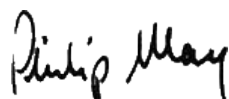
The Trustees (who are also directors of Alive Activities Limited for the purposes of company law) are responsible for preparing the Trustees' Report (incorporating the directors' report) and the financial statements in accordance with applicable law and United Kingdom Accounting Standards, including 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.

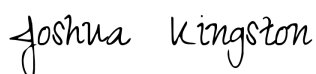
Independent examiner's statement

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>

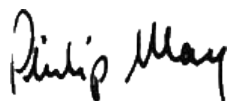
For the year ended 31 March 2023 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

- 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.

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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
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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
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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
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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
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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.