

ALIVE ACTIVITIES LIMITED
FINANCIAL STATEMENTS
31 MARCH 2024

Company Registration Number 06989308
Charity Number 1132708

ALIVE ACTIVITIES LIMITED
FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2024

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ALIVE ACTIVITIES LIMITED

TRUSTEES' ANNUAL REPORT

YEAR ENDED 31 MARCH 2024

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

The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

Aims and Objectives

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

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

Thank you....

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

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

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

Vision and Values

Our vision

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

Our mission

To prioritise wellbeing into later life.

Our values

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

Our impact

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

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Overview

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

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

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

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

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

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

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

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

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Achievements and Performance

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

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

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

Face To Face Activity Sessions

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

Training and support for carers

During 2023-24 Alive:

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

Community engagement, intergenerational, and partnership projects

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

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

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

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

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

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

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

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

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

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Dementia Meeting Centres

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

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

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

Alive on Demand

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

Tea and Try It

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

Elders Groups

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

Speaking up for older people and their rights

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

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

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

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

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

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

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

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

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

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

Future Plans

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

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

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

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

Financial Review

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

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

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

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

Reserves

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

Fundraising disclosures

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

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

Structure, Governance and Management

Governing Document

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

Appointment of Trustees

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

Organisational Structure

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

Risk Management

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

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Public Benefit

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

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

Senior Management Remuneration

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

Related Parties

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

Statement of Trustees' responsibilities

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

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

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

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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:

A handwritten signature in black ink, appearing to read 'Philip May', written in a cursive style.

Philip May
Chair of Trustees

Date: 8 August 2024

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

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

ALIVE ACTIVITIES LIMITED

INDEPENDENT EXAMINER'S REPORT

YEAR ENDED 31 MARCH 2024

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

I report to the Charity Trustees on my examination of the accounts of the Company for the year ended 31 March 2024.

Responsibilities and basis of report

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

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

Independent examiner's statement

Since the Company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

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

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

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

Joshua Kingston

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

Date: 8 August 2024

ALIVE ACTIVITIES LTD

STATEMENT OF FINANCIAL ACTIVITIES (INCLUDING INCOME AND EXPENDITURE ACCOUNT)

YEAR ENDED 31 MARCH 2024

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

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

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

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

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

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

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

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

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

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



Philip May
Chair of Trustees

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

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CASH FLOW STATEMENT
YEAR ENDED 31 MARCH 2024

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

Cashflow Restrictions

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

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

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

1 Accounting policies

Accounting convention

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

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

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

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

Income

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

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

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

Investment income is accounted for on the accruals basis.

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

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

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

Expenditure

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

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

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

1 Accounting policies (*continued*)

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

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

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

Tangible fixed assets

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

Office Furniture & Equipment - over 3 years; straight line

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

Debtors

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

Cash at bank and in hand

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

Creditors

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

Pensions

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

Leases

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

Financial Instruments

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

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

2 Income from: Donations and legacies

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

3 Income from: Charitable activities

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

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

4 Expenditure on:

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

5 Support costs

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

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

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

6 Net income/(expenditure) for the year

This is stated after charging:

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

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

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

7 Staff costs and numbers

The aggregate payroll costs were:

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

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

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

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

8 Taxation

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

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

9 Statement of Financial Activities comparative figures

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

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

10 Debtors

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

11 Creditors: amounts falling due within one year

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

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

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

13 Analysis of changes in cash during the year

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

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

14 Movement in funds

For the year ended 31 March 2024

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

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

14 Movement in funds (continued)

For the year ended 31 March 2023

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

Redistribution of Small Grants Carried Forward Balance

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

Restricted funds

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

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

14 Movement in funds (*continued*)

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

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

15 Analysis of net assets between funds

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

16 Related party transactions

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

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