

**ALIVE ACTIVITIES LIMITED**  
**FINANCIAL STATEMENTS**  
**31 MARCH 2025**

**Company Registration Number 06989308**  
**Charity Number 1132708**

**ALIVE ACTIVITIES LIMITED**  
**FINANCIAL STATEMENTS**  
**YEAR ENDED 31 MARCH 2025**

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# **ALIVE ACTIVITIES LIMITED**

## **TRUSTEES' ANNUAL REPORT**

### **YEAR ENDED 31 MARCH 2025**

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

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

## **Aims and Objectives**

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

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

## **Thank you....**

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

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

# **ALIVE ACTIVITIES LIMITED**

## **TRUSTEES' ANNUAL REPORT**

### **YEAR ENDED 31 MARCH 2025**

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

## **Vision and Values**

### **Our vision**

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

### **Our mission**

To prioritise wellbeing into later life.

### **Our values**

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

### **Our impact**

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

# **ALIVE ACTIVITIES LIMITED**

## **TRUSTEES' ANNUAL REPORT**

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## **Overview**

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

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

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

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

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

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

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

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

# **ALIVE ACTIVITIES LIMITED**

## **TRUSTEES' ANNUAL REPORT**

### **YEAR ENDED 31 MARCH 2025**

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## **Achievements and Performance**

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

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

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

### **Care Home Activity Sessions**

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

### **Training and support for carers**

During 2024-25 Alive:

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

### **Community engagement, intergenerational, and partnership projects**

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

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

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

# **ALIVE ACTIVITIES LIMITED**

## **TRUSTEES' ANNUAL REPORT**

### **YEAR ENDED 31 MARCH 2025**

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

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

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

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

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

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

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

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

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#### **Dementia Meeting Centres**

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

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

#### **Elders Groups**

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

#### **Volunteers**

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

#### **Speaking up for older people and their rights**

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

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

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

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



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## **TRUSTEES' ANNUAL REPORT**

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

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

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

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

### **Future Plans**

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

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

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

# **ALIVE ACTIVITIES LIMITED**

## **TRUSTEES' ANNUAL REPORT**

### **YEAR ENDED 31 MARCH 2025**

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

#### **Financial Review**

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

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

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

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

#### **Reserves**

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

# **ALIVE ACTIVITIES LIMITED**

## **TRUSTEES' ANNUAL REPORT**

### **YEAR ENDED 31 MARCH 2025**

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#### **Fundraising disclosures**

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

## **Structure, Governance and Management**

#### **Governing Document**

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

#### **Appointment of Trustees**

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

#### **Organisational Structure**

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

# **ALIVE ACTIVITIES LIMITED**

## **TRUSTEES' ANNUAL REPORT**

### **YEAR ENDED 31 MARCH 2025**

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#### **Risk Management**

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

#### **Public Benefit**

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

#### **Senior Management Remuneration**

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

#### **Related Parties**

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

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**YEAR ENDED 31 MARCH 2025**

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**Statement of Trustees' responsibilities**

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

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

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

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

Approved by the Trustees and signed on their behalf by:

*Kevin Woodrow*

Kevin Woodrow  
Chair of Trustees

Date: 4 August 2025

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

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

# **ALIVE ACTIVITIES LIMITED**

## **INDEPENDENT EXAMINER'S REPORT**

### **YEAR ENDED 31 MARCH 2025**

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

I report to the Charity Trustees on my examination of the accounts of the Company for the year ended 31 March 2025.

#### **Responsibilities and basis of report**

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

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

#### **Independent examiner's statement**

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

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

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

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

*Joshua Kingston*

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

Date: 4 August 2025

# ALIVE ACTIVITIES LTD

## STATEMENT OF FINANCIAL ACTIVITIES (INCLUDING INCOME AND EXPENDITURE ACCOUNT)

YEAR ENDED 31 MARCH 2025

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

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

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

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



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

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

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

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

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

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

*Kevin Woodrow*

Kevin Woodrow  
Chair of Trustees

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

**ALIVE ACTIVITIES LTD**  
**CASH FLOW STATEMENT**  
**YEAR ENDED 31 MARCH 2025**

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

**Cashflow Restrictions**

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

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

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

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**1 Accounting policies**

**Accounting convention**

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

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

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

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

**Income**

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

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

Investment income is accounted for on the accruals basis.

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

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

**Expenditure**

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

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

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

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

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

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

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**1 Accounting policies (*continued*)**

**Debtors**

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

**Cash at bank and in hand**

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

**Creditors**

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

**Pensions**

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

**Leases**

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

**Fund Accounting**

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

Restricted funds can only be used for particular restricted purposes within the objects of the charity.

Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

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

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

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

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**2 Income from: Donations**

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

**3 Income from: Charitable activities**

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

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

**4 Expenditure on:**

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

**5 Support costs**

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

**Current year**

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

**Prior year**

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

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

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**6 Net income/(expenditure) for the year**

This is stated after charging:

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

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

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

**7 Staff costs and numbers**

The aggregate payroll costs were:

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

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

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

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

**8 Taxation**

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

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

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**9 Statement of Financial Activities comparative figures**

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



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

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**10 Debtors**

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

**11 Creditors: amounts falling due within one year**

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

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

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

**13 Analysis of changes in cash during the year**

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

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

**14 Movement in funds**

**For the year ended 31 March 2025**

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

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

**14 Movement in funds (continued)**

For the year ended 31 March 2024

	At 1 April 2023 £	Income £	Expenditure £	Transfers £	At 31 March 2024 £
<b>Restricted funds</b>					
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>
<b>Unrestricted funds</b>					
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>
<b>Total funds</b>	<u>385,504</u>	<u>772,071</u>	<u>(836,368)</u>	<u>-</u>	<u>321,207</u>

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

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**14 Movement in funds (continued)**

**Restricted funds**

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

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

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**14 Movement in funds (*continued*)**

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

**Endowment funds**

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

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

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

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

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

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**15 Analysis of net assets between funds**

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

**16 Related party transactions**

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

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