

Company registration number: 05986266

Charity registration number: 1146094

# Improving Lives Notts Ltd

(A company limited by guarantee)

Annual Report and Financial Statements

for the Year Ended 28 February 2025

# **Improving Lives Notts Ltd**

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## **Improving Lives Notts Ltd**

### **Reference and Administrative Details**

<b>Trustees</b>	Dr Michael Harris, Chair
	Ruth Hawkins
	Dr Ola Junaid
	Laura Pinkney
	Norman Jacobs
	Ruth Ashburner
	Holly Sexton
	Georgina Charles
	Kayleigh Brown
<b>Charity Registration Number</b>	1146094
<b>Company Registration Number</b>	05986266
<b>Registered Office</b>	61b Mansfield Road Nottingham NG1 3FN
<b>Accountants</b>	Community Accounting Plus Units 1 & 2 North West 41 Talbot Street Nottingham NG1 5GL

# **Improving Lives Notts Ltd**

## **Trustees' Report**

The trustees, who are directors for the purposes of company law, present the annual report together with the financial statements of the charitable company for the year ended 28 February 2025.

### **Trustees and officers**

The trustees and officers serving during the year and since the year end were as follows:

Trustees:	Dr Michael Harris, Chair
	Ruth Hawkins
	Dr Ola Junaid
	Laura Pinkney
	Norman Jacobs
	Ruth Ashburner
	Holly Sexton (appointed 27 January 2025)
	Georgina Charles (appointed 2 December 2024)
	Kayleigh Brown (appointed 22 April 2024)
	Ben Staples (resigned 31 October 2024)
	Susan Kernahan (resigned 19 August 2024)

### **Foreword By Chair of Trustees, Mike Harris**

The past year has been disappointing for people with mental health problems and complex social difficulties. The years of austerity under the previous administrations appears to have continued with the new government with cuts in local authority spending, cuts to the winter fuel allowance and no remission to the 2-child policy of child benefit. We have also seen new secretaries of state belittling and denying the problems of people with mental illness, neurodiversity, substance misuse, dementia or intellectual difficulties all as part of a campaign to reduce benefits.

Also there has been a real reduction in the funding of statutory services with this inevitably impacting most on the services for the very people we serve.

However, it has been really heartening to see how the team at Improving Lives have done their very best to provide care and support and counter many of the negatives that people have experienced in other areas of their lives.

Over the past year Improving Lives has continued to work hard to provide excellent and supportive services to the people we serve especially people with complex needs and problems.

Improving Lives has been there for people who have required those longer term care needs and we have provided these through our incredible staff team and our dedicated volunteers.

Improving Lives continues to provide a staff and volunteer team who remain with you to solve the problem, not just signposting you to the next barrier.

We couldn't do what we do without the incredible professional leadership of our CEO Kerry Devine, our business manager (who is so much more) Josh Wood who moved on to do the work for which he has been preparing becoming a funeral celebrant and Tina Bowen who has become our new operations manager who jointly with our CEO, Kerry has picked up the work undertaken by Josh as well as supporting the clinical team.

# **Improving Lives Notts Ltd**

## **Trustees' Report**

All of this is underpinned by our team of hard-working trustees who provide us with expertise in finance, law, HR and professional care. In the year we were sorry to lose 2 of our trustees, Sue Kernahan and Ben Staples. They both provided fantastic service to the charity as workers, volunteers and trustees, they will be missed. We have also been joined by 3 new trustees, Kayleigh Brown, Georgina Charles and Holly Sexton all of whom are really welcome and will be a new source of enthusiasm and energy. Unfortunately, Kayleigh who has already given us a lot of support in her role as our legal trustee, and run the Robin Hood marathon to raise funds for IL, has had to stand down because of pressure of work, she will very definitely be missed.

Finally, I must thank all of our funders large and small, without whom of course we could do none of this work.

Thanks to all of them as we look forward to another year of helping and supporting our client group.

### **Foreword By CEO, Kerry Devine**

It is difficult to know what to say about the past year without sounding frustrated and disappointed. The change of government has not brought about a change of heart towards the financial situation in Nottingham and we are now beginning to see the cuts in services that will impact the people in Nottingham with the most needs. In an effort to reduce costs adult social care is aiming to cut care packages and also planned to cut the funding for beds in supported housing. A more short-sighted move it would be difficult to envisage as people with mental health issues and other multiple disadvantages face a reduction in care and support, the stress of which can lead to hospital readmission or relapse into substance misuse and crime as they try to find ways to cope. The human cost is incalculable and there will be the added financial burden to society, including the cost of hospital admissions. This together with global issues, changes in the DWP benefit system, the cost of living still biting, and the concerns about local mental health care can challenge even the most optimistic of us.

So, what keeps us motivated? More than any previous year in the history of Improving Lives I have been struck by the resilience and positivity of the people who use our service and the people who volunteer with us. This year we have seen that a number of those people are one and the same, as people want to give back to others in thanks for the support they have received. Our social groups have multiplied and there is a sense of safety and friendship that's heartwarming.

I'd like to thank the National Lottery for continuing to recognise the value of the service we provide and granting us funding for a further 3yrs. I'd also like to thank the staff team for all their amazing work and going the extra mile and our volunteers for giving their valuable time to support others. Most of all I'd like to thank the people who use our service for reminding me of the strength and power of community.

### **Structure, governance and management**

#### ***Nature of governing document***

The charity is a company limited by guarantee and registered charity. It is operated under the rules of its memorandum and articles of association dated 23/02/2012 and most recently amended 27/01/2020. It has no share capital and the liability of each member in the event of winding-up is limited to £10.

#### ***Recruitment and appointment of trustees***

The Trustees of the Charity are also Directors of the Company. They give their time voluntarily and receive no benefits. In order to maintain a broad diversity of skills when a trustee wishes to retire, new members will be recruited according to the skills gap via an open recruitment process. There are currently seven trustees who meet every six to eight weeks and are in communication between official meetings.

# **Improving Lives Notts Ltd**

## **Trustees' Report**

### ***Organisational structure***

The Chief Executive Officer reports directly to the Chair of the Board and the Business/ Operations Manager has regular meetings with the Treasurer to ensure sound financial oversight.

The Chief Executive Officer is Kerry Devine and, following the resignation of the Business Manager, Josh Wood in December 2024, the Operations Manager is Tina Bowen. There are a total of 16 members of staff working to benefit the wider community by providing people experiencing multiple disadvantage an individualised service to enable them to manage the challenges they face and believe that life can change for the better.

### **The Team**

**Kerry Devine** (f/t CEO)

**Josh Wood** (f/t Business Manager until December 2024)

**Tina Bowen** (f/t Support Worker until November 2024, Operations Manager from December 2024)

**Paul Ainger** (f/t Community Recovery Worker)

**Guy Askadsky** (p/t Support Worker for J Care Project)

**Jennie Birch** (p/t Fundraising and Communications Officer)

**Claudia Moses** (p/t Support Worker)

**Judith Fairbairn** (f/t Support Worker for J Care Project)

**Rosie Allen** (p/t Support Worker)

**Mariani Jasmin** (p/t Support Worker)

**Charlotte Jones** (p/t Administrator until July 2024)

**Poly Bradford** (p/t Administrator from August 2024)

**Stuart McAdam** (f/t Support Worker for J Care Project)

**Christina Perkins** (p/t Volunteer Co-ordinator)

**Sade Gayle** (f/t Support Worker)

**Mihaela Palmer** (f/t Community Recovery Worker)

**Alice Norrie** (from April 2024 p/t Community Companion)

**Finley Watson-Smith** (from June 2024 p/t Community Companion)

### **Objectives and activities**

#### ***Objects and aims***

Improving Lives Company Articles state that the Company's objects are:

"The relief of those in need in particular but not limited to providing one-to-one support services to adults with complex health and social needs in Nottingham City and Nottinghamshire and nationwide advice."

We do this by providing one to one support (for up to 12 months), social support groups and a volunteer befriending service. People who remain in contact with the service can also access our safety net support for ad hoc help.

Our support is aimed at helping people address the social stressors that are a barrier to them remaining well and thereby reducing the risk of people having a mental health crisis.

# **Improving Lives Notts Ltd**

## **Trustees' Report**

### ***Public benefit***

#### **Emotional Support**

A place to talk and feel heard, particularly in relation to sensitive issues such as coping with loss or caring responsibilities for family members.

#### **Benefit and debt issues**

Checking benefit entitlements and completing application forms or supporting letters for PIP, helping with the transfer from ESA to UC; contacting the DWP to reschedule appointments; attending assessments and work coach appointments; completing financial statements and obtaining debt management plans.

#### **Promoting engagement in statutory services**

Helping people to access GP, Dentist, mental health services and hospital appointments; accessing housing providers and the Job Centre; attending Social Care assessments; accessing an Occupational Therapist; and applying for care packages.

#### **Cost of living issues**

Applying for reductions in rent or mortgage payments and Council Tax charges; contacting utilities companies and seeking warmer homes discounts and reductions in gas or water bills; obtaining payment plans; accessing small grants for household items; and providing help to improve budgeting and money management skills.

#### **Advocacy Support**

In relation to a wide range of services and issues, including navigating 'the system' and gaining access to the right person or support service; addressing issues with medication; raising issues on the beneficiary's behalf and acting as intermediary.

The trustees confirm that they have complied with the requirements of section 17 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission for England and Wales.

# Improving Lives Notts Ltd

## Trustees' Report

### Our Achievements

**445** people have received support

**2,802** Face to face meetings

**3,108** Phone calls with people

A total of **75** volunteers have supported the service:

36 volunteers have befriended 52 people and provided 462 face to face sessions and 318 supportive phone calls.

33 volunteers have supported groups and helped with the Vinted online shop.

11 people who use the service have volunteered leading and supporting groups.

**121** different people have attended social groups.

Maximised income to a total of **£59,933**.

We've supported people to attend **140** Health appointments including: Hospital, GP Appts, Mental Health Appts, Podiatry, Substance Misuse Appts.

### Who Benefited

In the last year 100% of the people referred to the service had mental health problems alongside a combination of other issues: 28% of people had experienced domestic abuse, 34% housing issues, 35% had physical health issues, 32% had alcohol or substance misuse problems, 16% identified having debt problems, 21% needed support with benefits, 16% had an offending history, 16% were struggling to manage their correspondence and 86% were referred as being social isolated.

### Partnership Working

What a positive year it's been for working in partnership. MHR graduate interns have continued to support us; including raising over £1000 by running the Robin Hood Half Marathon. They also organised a clothing collection in December 2024 which stocked our Vinted store for the foreseeable future.

We are fortunate to have Jaimey Dawson, a Nottingham Trent Uni student, with us for a year on a work placement and other students have prepared a video for us to promote volunteering.

In April 2024 we hosted two Occupational Therapy students from Lincolnshire University on a placement with us for 6 weeks. One of them, Holly Sexton, enjoyed her time with us so much she has just joined our board as a Trustee.

The people who use the service have been more involved than ever in getting involved, with the support of Tina Perkins, our Volunteer Co-ordinator. We have people leading groups, befriending others, running our Vinted online shop, participating in board meetings, writing articles for our newsletters and being involved in making the video. People have also gone on to be part of the coproduction group for the Integrated Care Board.

### Groups

The group offer has continued to develop this year. The main groups: art, craft, café and pool have continued. We also have monthly music appreciation and women's only jewellery groups both led by people who have used our service. The monthly crochet group is led by a volunteer and we have people who use the service stepping in from time to time to run art and craft. There were also 12 sessions of Pilates and more recently we have started monthly wellbeing - chair yoga sessions. In addition we've had two mental health awareness week events, a festive gathering and 20 people went to see Jack and the Beanstalk at the Playhouse! 121 different people attended our groups.

### Volunteering

This year we've had 75 people volunteering. 33 have supported the social groups and 36 have provided befriending to 52 people. We've also had people volunteering with our Vinted online shop, which is going from strength to strength. 11 people who use the service have also volunteered!



# **Improving Lives Notts Ltd**

## **Trustees' Report**

### **Safety Net Support**

The one-to-one support we offer can be available for up to 12 months. After that, if people remain in groups, or befriending, we are able to provide a safety net for them of ad hoc support. That might be anything ranging from attending a DWP appointment, organising a food bank voucher to helping to organise a funeral.

### **Your Journey**

We have now completed the final year The National Lottery Community Fund (TNLCF) funded project, Your Journey. The aim was to work with people with mental health issues who are experiencing multiple disadvantage, to enable them to manage the challenges they face more effectively, live as independently as possible and avoid readmission to hospital. A total of 275 service users were supported on a one-to-one basis this year, far in excess of the target of 140. This included 179 service users engaging in intensive support, made up of 110 newly referred service users and 69 service users continuing their intensive support phase from the previous project year. Beyond this, 136 service users, who had completed their intensive support phase, engaged in one-off support under the 'safety net' service.

### **Trust Project / Community Rehabilitation Multi-disciplinary Working**

Nottinghamshire Healthcare NHS Foundation Trust funded two posts in our main service until October 2024. Thereafter the staff transitioned into working with the Trust's Community Rehabilitation Team. This is a multi-disciplinary team. The support workers have worked with 15 people, providing intensive support.

### **J Care**

Nottingham J Care is a charity that works in partnership with Improving Lives to provide a service to people from or connected with the Jewish Community in Nottingham city and Nottinghamshire.

The service is open to anyone over the age of 18yrs, but the majority of the people supported on the project are aged over 65yrs.

The one-to-one support offered is individualised and ranges from emotional support to helping people to arrange complex care packages. The team regularly offers information to carers and a range of practical support is offered to the people who use the service. That might include supporting people to attend hospital and GP appointments or emergency shopping or prescription collections.

During the year people received support from the service: people received face to face appointments and people were supported by phone calls. There have also been 11 social events during the year which members of the community enjoy attending, particularly when it involves homemade food and the opportunity to socialise.

### **Your Own Journey**

This was a very small project and during the year we offered support to 6 people who were being supported in primary care services. As with our larger projects this included one to one support and access to groups, followed by the safety net support.

### **Counselling Service**

Our counselling service is coming to an end. We haven't received many referrals and our counsellors are moving on to new projects. During the year 4 people received counselling, totalling 36 hours.

### **Vinted Online Shop**

We now have volunteering opportunities to run our online shop.

# **Improving Lives Notts Ltd**

## **Trustees' Report**

### **Financial review**

#### **Our Funding**

The National Lottery Community Fund - Your Journey: For those in secondary mental health services, to prevent crises, readmissions and support long term management of their mental health. Coming to an end February 2025. A new Lottery funded project begins in March 2025.

Garfield Weston: Generously giving two, year long, grants towards core costs for the years 2023 and 2024.

Nottinghamshire Healthcare NHS Foundation Trust: Trust project ongoing from December 2022.

J Care: We have a contract with another charity to provide support to people connected to the Jewish community in Nottinghamshire.

Thomas Farr and The Jones 1986: Funding for our safety net service.

Our thanks go to Mansfield Building Society, Skipton Building Society, Jessie Spencer Trust, Asda Foundation and all the many generous organisations and individuals who have made our work possible this year, several of whom wish to remain anonymous.

### ***Policy on reserves***

The Board of Trustees have set a reserve policy of 3 to 6 month running costs. At the end of the year the reserves exceeded this but due to anticipated funding shortfalls in the 26-27, this is likely to reduce.

Our full Reserves Policy can be found at [www.improvinglivesnotts.org.uk/policies](http://www.improvinglivesnotts.org.uk/policies).

### ***Major risks and management of those risks***

The board conducts a review of major risks to the charity at every meeting. Policies and procedures are reviewed regularly to keep up to date with current legislation.

Each year a face to face strategy meeting is held to ensure we focus on developing the service in line with our charitable aims.

### **Trustee Involvement**

During the year, two of our Trustees resigned. Sue Kernahan became a volunteer befriender with Improving Lives in April 2017 before becoming a Trustee for the Charity in October 2019. Sue is very positive in her outlook and always approachable. She always kept the needs of the people using the service at the forefront of her mind when making decisions as a Trustee and we were very sorry to see her leave. Ben Staples was a volunteer whilst at University in Nottingham, he then joined us as a Support Worker before pursuing his career in HR. He became a Trustee in December 2017 and provided excellent HR advice and support throughout his time on the board; including helping with recruitment and keeping us up to date on any changes in legislation. He will be sorely missed.

We are very pleased to have two new Trustees join the board: Georgina Charles and Holly Sexton. Their knowledge and skills will be greatly appreciated.

Board meetings take place every 6-8 weeks and in between the Trustees work with the CEO and Operations Manager, providing advice and support within their range of expertise including, financial governance, risk management and the quality of the service.

# **Improving Lives Notts Ltd**

## **Trustees' Report**

### **Plans for future periods**

#### *Aims and key objectives for future periods*

Our new project, Your Journey Forward began in March 2025.

We are fortunate to have been chosen to work with the Partners In Mind, the Mental Health Experts By Experience Group, providing a part time Coproduction Facilitator.

We will continue to work in partnership, for a further year, with the Trust as part of the Community Rehabilitation Team.

# Improving Lives Notts Ltd

## Trustees' Report

### Statement of Responsibilities

The trustees (who are also the directors of Improving Lives Notts Ltd for the purposes of company law) are responsible for preparing the trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice), including FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland". The report and accounts have been prepared in accordance with the provisions in the Companies Act 2006 relating to small companies.

Company law requires the trustees to prepare financial statements for each financial year. Under company law the trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including its 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 apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards, comprising FRS 102 have been followed, subject to any material departures disclosed and explained in the financial statements; and
- 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 can 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.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

### Small companies provision statement

This report has been prepared in accordance with the small companies regime under the Companies Act 2006.

The annual report was approved by the trustees of the charity on 30 June 2025 and signed on its behalf by:



.....

Dr Michael Harris  
Trustee

## **Improving Lives Notts Ltd**

### **Independent Examiner's Report to the trustees of Improving Lives Notts Ltd ('the Company')**

#### **Independent examiner's report to the trustees of Improving Lives Notts Ltd ('the Company')**

I report to the charity trustees on my examination of the accounts of the company for the year ended 28 February 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.

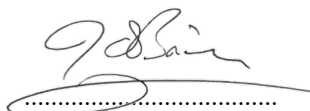
#### **Independent examiner's statement**

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 and Fellow of the Association of Charity Independent Examiners, 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 that in any material respect:

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

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



John O'Brien MSc, FAIA, FCIE, employee of Community Accounting Plus  
Fellow of the Association of Charity Independent Examiners

Date:.....02/07/25.....

## Improving Lives Notts Ltd

### Statement of Financial Activities for the Year Ended 28 February 2025 (Including Income and Expenditure Account and Statement of Total Recognised Gains and Losses)

	Note	Unrestricted funds £	Restricted funds £	Total 2025 £	Total 2024 £
<b>Income and Endowments from:</b>					
Donations and legacies	2	34,835	-	34,835	34,194
Charitable activities	3	4,171	410,180	414,351	408,410
Investment income	5	8,908	-	8,908	6,685
Total income		<u>47,914</u>	<u>410,180</u>	<u>458,094</u>	<u>449,289</u>
<b>Expenditure on:</b>					
Charitable activities	6	<u>(11,812)</u>	<u>(401,389)</u>	<u>(413,201)</u>	<u>(407,893)</u>
Total expenditure		<u>(11,812)</u>	<u>(401,389)</u>	<u>(413,201)</u>	<u>(407,893)</u>
Net income		36,102	8,791	44,893	41,396
Transfers between funds		<u>12,400</u>	<u>(12,400)</u>	<u>-</u>	<u>-</u>
Net movement in funds		48,502	(3,609)	44,893	41,396
<b>Reconciliation of funds</b>					
Total funds brought forward		<u>238,339</u>	<u>62,687</u>	<u>301,026</u>	<u>259,630</u>
Total funds carried forward	19	<u><u>286,841</u></u>	<u><u>59,078</u></u>	<u><u>345,919</u></u>	<u><u>301,026</u></u>

All of the charity's activities derive from continuing operations during the above two periods.

The funds breakdown for the period is shown in note 19.

The notes on pages 15 to 24 form an integral part of these financial statements.

## Improving Lives Notts Ltd

### Statement of Financial Activities for the Year Ended 28 February 2025 (Including Income and Expenditure Account and Statement of Total Recognised Gains and Losses)

These are the figures for the previous accounting period and are included for comparative purposes

	Note	Unrestricted funds £	Restricted funds £	Total 2024 £
<b>Income and Endowments from:</b>				
Donations and legacies	2	34,194	-	34,194
Charitable activities	3	3,645	404,765	408,410
Investment income	5	6,685	-	6,685
Total income		<u>44,524</u>	<u>404,765</u>	<u>449,289</u>
<b>Expenditure on:</b>				
Charitable activities	6	<u>(33,863)</u>	<u>(374,030)</u>	<u>(407,893)</u>
Total expenditure		<u>(33,863)</u>	<u>(374,030)</u>	<u>(407,893)</u>
Net income		10,661	30,735	41,396
Transfers between funds		<u>9,107</u>	<u>(9,107)</u>	<u>-</u>
Net movement in funds		19,768	21,628	41,396
<b>Reconciliation of funds</b>				
Total funds brought forward		<u>218,571</u>	<u>41,059</u>	<u>259,630</u>
Total funds carried forward	19	<u><u>238,339</u></u>	<u><u>62,687</u></u>	<u><u>301,026</u></u>

The notes on pages 15 to 24 form an integral part of these financial statements.

**Improving Lives Notts Ltd**  
**(Registration number: 05986266)**  
**Balance Sheet as at 28 February 2025**

	Note	2025 £	2024 £
<b>Current assets</b>			
Debtors	9	345	12,707
Cash at bank and in hand	10	<u>354,683</u>	<u>297,470</u>
		355,028	310,177
<b>Creditors: Amounts falling due within one year</b>	11	<u>(9,109)</u>	<u>(9,151)</u>
<b>Net assets</b>		<u>345,919</u>	<u>301,026</u>
<b>Funds of the charity:</b>			
<b>Restricted income funds</b>			
Restricted funds	19	59,078	62,687
<b>Unrestricted income funds</b>			
Unrestricted funds		<u>286,841</u>	<u>238,339</u>
<b>Total funds</b>	19	<u>345,919</u>	<u>301,026</u>

For the financial year ending 28 February 2025 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the charity to obtain an audit of its accounts for the year in question in accordance with section 476; and
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These financial statements have been prepared in accordance with the special provisions relating to companies subject to the small companies regime within Part 15 of the Companies Act 2006.

The financial statements on pages 12 to 24 were approved by the trustees, and authorised for issue on 30 June 2025 and signed on their behalf by:



.....  
Dr Michael Harris  
Trustee

The notes on pages 15 to 24 form an integral part of these financial statements.



# **Improving Lives Notts Ltd**

## **Notes to the Financial Statements for the Year Ended 28 February 2025**

### **1 Accounting policies**

#### **Summary of significant accounting policies and key accounting estimates**

The principal accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all the years presented, unless otherwise stated.

#### **Statement of compliance**

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)) (issued in October 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

#### **Basis of preparation**

Improving Lives Notts Ltd meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

#### **Going concern**

The financial statements have been prepared on a going concern basis.

The trustees assess whether the use of going concern is appropriate i.e. whether there are any material uncertainties related to events or conditions that may cast significant doubt on the ability of the charity to continue as a going concern. The trustees make this assessment in respect of a period of one year from the date of approval of the financial statements.

#### **Exemption from preparing a cash flow statement**

Under the exemption available to smaller charities the Board of Trustees has chosen not to include a Statement of Cash Flows within the financial statements.

#### **Income and endowments**

Voluntary income including donations, gifts, legacies and grants that provide core funding or are of a general nature is recognised when the charity has entitlement to the income, it is probable that the income will be received and the amount can be measured with sufficient reliability.

#### ***Donations and legacies***

Donations are recognised when the charity has been notified in writing of both the amount and settlement date. In the event that a donation is subject to conditions that require a level of performance by the charity before the charity is entitled to the funds, the income is deferred and not recognised until either those conditions are fully met, or the fulfilment of those conditions is wholly within the control of the charity and it is probable that these conditions will be fulfilled in the reporting period.

## **Improving Lives Notts Ltd**

### **Notes to the Financial Statements for the Year Ended 28 February 2025**

#### **Expenditure**

All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use. Other support costs are allocated based on the spread of staff costs.

#### **Charitable activities**

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

#### **Taxation**

The charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

#### **Tangible fixed assets**

Individual fixed assets costing £500.00 or more are initially recorded at cost, less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

#### **Depreciation and amortisation**

Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

<b>Asset class</b>	<b>Depreciation method and rate</b>
Computer equipment	25% reducing balance basis

#### **Trade debtors**

Trade debtors are amounts due from customers for merchandise sold or services performed in the ordinary course of business.

Trade debtors are recognised initially at the transaction price. They are subsequently measured at amortised cost using the effective interest method, less provision for impairment. A provision for the impairment of trade debtors is established when there is objective evidence that the charity will not be able to collect all amounts due according to the original terms of the receivables.

#### **Cash and cash equivalents**

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

#### **Fund structure**

Unrestricted income funds are general funds that are available for use at the trustees' discretion in furtherance of the objectives of the charity.

# Improving Lives Notts Ltd

## Notes to the Financial Statements for the Year Ended 28 February 2025

Restricted income funds are those grants for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

### Pensions and other post retirement obligations

The charity operates a defined contribution pension scheme which is a pension plan under which fixed contributions are paid into a pension fund and the charity has no legal or constructive obligation to pay further contributions even if the fund does not hold sufficient assets to pay all employees the benefits relating to employee service in the current and prior periods.

Contributions to defined contribution plans are recognised in the Statement of Financial Activities when they are due. If contribution payments exceed the contribution due for service, the excess is recognised as a prepayment.

### 2 Income from donations and legacies

	Unrestricted funds General £	Total 2025 £	Total 2024 £
Donations and legacies;			
Donations from companies, trusts and similar proceeds	31,582	31,582	33,133
Gift aid reclaimed	3,253	3,253	1,061
	<u>34,835</u>	<u>34,835</u>	<u>34,194</u>

### 3 Income from charitable activities

	Unrestricted funds General £	Restricted funds £	Total 2025 £	Total 2024 £
Grants & donations	-	406,398	406,398	402,161
Reimbursements	-	3,782	3,782	2,728
Services/fees	4,171	-	4,171	3,512
Miscellaneous income	-	-	-	9
	<u>4,171</u>	<u>410,180</u>	<u>414,351</u>	<u>408,410</u>

## Improving Lives Notts Ltd

### Notes to the Financial Statements for the Year Ended 28 February 2025

#### 4 Grants & donations

	Unrestricted funds £	Restricted funds £	Total £
Sport England	-	2,220	2,220
Nottingham J Care	-	113,866	113,866
The Thomas Farr Charity	-	4,993	4,993
Notts HC Trust	-	78,693	78,693
National Lottery Community Fund	-	167,226	167,226
Mansfield Building Society	-	500	500
Asda	-	400	400
Garfield Weston Foundation	-	25,000	25,000
Skipton Building Society	-	500	500
Brian Treffery & Joan Oliver	-	500	500
HMRC Gift Aid	3,253	-	3,253
Northern Trains Limited	-	2,500	2,500
Corporate donations	894	-	894
Anonymous grants & donations	12,000	-	12,000
Sundry donations	9,296	-	9,296
The Jones 1986 Charitable Trust	-	10,000	10,000
Community fundraising donations	9,392	-	9,392
	34,835	406,398	441,233

#### 5 Investment income

	Unrestricted funds General £	Total 2025 £	Total 2024 £
Interest receivable and similar income;			
Interest receivable on bank deposits	8,908	8,908	6,685

## Improving Lives Notts Ltd

### Notes to the Financial Statements for the Year Ended 28 February 2025

#### 6 Expenditure on charitable activities

	Unrestricted General funds	Restricted funds	Total 2025	Total 2024
	£	£	£	£
Advertising & promotion	-	949	949	1,018
Dues & subscriptions	-	62	62	83
Mobile phone	-	1,961	1,961	1,263
Printing, postage & stationery	121	1,564	1,685	2,157
Software expenses & IT support	-	3,982	3,982	2,779
Training costs	10	2,963	2,973	4,248
Evaluation fees	-	450	450	3,550
Legal & professional	260	2,110	2,370	1,848
Liability & business insurance	-	2,253	2,253	2,023
Payroll fees	26	1,471	1,497	1,009
Recruitment costs	-	250	250	433
Bank charges	-	217	217	189
Rent & room hire	668	9,437	10,105	8,928
Equipment, repairs & renewals	54	2,510	2,564	4,740
Travel & subsistence	702	7,573	8,275	8,064
Wages & salaries	9,940	357,710	367,650	361,849
Volunteer costs	31	5,927	5,958	3,712
	<u>11,812</u>	<u>401,389</u>	<u>413,201</u>	<u>407,893</u>

## Improving Lives Notts Ltd

### Notes to the Financial Statements for the Year Ended 28 February 2025

#### 7 Staff costs

The aggregate payroll costs were as follows:

	2025 £	2024 £
<b>Staff costs during the year were:</b>		
Wages and salaries	333,870	329,907
Social security costs	22,012	21,005
Pension costs	11,768	10,937
	<u>367,650</u>	<u>361,849</u>

The monthly average number of persons (including senior management team) employed by the charity during the year was as follows:

	2025 No	2024 No
Average number of employees	<u>17</u>	<u>16</u>

13 (2024 - 13) of the above employees participated in the Defined Contribution Pension Schemes.

Contributions to the employee pension schemes for the year totalled £11,768 (2024 - £10,937).

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

The total employee benefits of the key management personnel of the charity were £93,538 (2024 - £85,686).

#### 8 Tangible fixed assets

	Computer equipment £	Total £
<b>Cost</b>		
At 1 March 2024	<u>2,224</u>	<u>2,224</u>
At 28 February 2025	<u>2,224</u>	<u>2,224</u>
<b>Depreciation</b>		
At 1 March 2024	<u>2,224</u>	<u>2,224</u>
At 28 February 2025	<u>2,224</u>	<u>2,224</u>
<b>Net book value</b>		
At 28 February 2025	<u>-</u>	<u>-</u>
At 29 February 2024	<u>-</u>	<u>-</u>

## Improving Lives Notts Ltd

### Notes to the Financial Statements for the Year Ended 28 February 2025

#### 9 Debtors

	2025 £	2024 £
Prepayments	345	307
Other debtors	-	12,400
	<u>345</u>	<u>12,707</u>

#### 10 Cash and cash equivalents

	2025 £	2024 £
Cash on hand	408	576
Cash at bank	<u>354,275</u>	<u>296,894</u>
	<u>354,683</u>	<u>297,470</u>

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

	2025 £	2024 £
Other taxation and social security	5,324	5,485
Accruals	<u>3,785</u>	<u>3,666</u>
	<u>9,109</u>	<u>9,151</u>

#### 12 Charity status

The charity is a company limited by guarantee and consequently does not have share capital. Each of the trustees is liable to contribute an amount not exceeding £10 towards the assets of the charity in the event of liquidation.

#### 13 Taxation

The charity is a registered charity and is therefore exempt from taxation.

#### 14 Fees payable to independent examiner

During the period, the fees payable (excluding VAT) to the charity's independent examiner are analysed as follows:

	2025 £	2024 £
Independent examination	1,375	1,320
	<u>1,375</u>	<u>1,320</u>

## Improving Lives Notts Ltd

### Notes to the Financial Statements for the Year Ended 28 February 2025

#### 15 Trustees remuneration and expenses

No trustees, nor any persons connected with them, have received any remuneration from the charity during the year.

No trustees have received any reimbursed expenses or any other benefits from the charity during the year.

#### 16 Related party transactions

There were no related party transactions in the year.

#### 17 Analysis of net assets between funds

	Unrestricted		2025
	General £	Restricted £	Total funds £
Current assets	286,841	68,187	355,028
Current liabilities	-	(9,109)	(9,109)
Total net assets	286,841	59,078	345,919
	Unrestricted		2024
	General £	Restricted £	Total funds £
Current assets	238,339	71,838	310,177
Current liabilities	-	(9,151)	(9,151)
Total net assets	238,339	62,687	301,026

#### 18 3rd party funds

	Opening balances £	Incoming resources £	(Resources expended) £	Total £
J Care	149	2,489	(2,396)	242
	149	2,489	(2,396)	242



## Improving Lives Notts Ltd

### Notes to the Financial Statements for the Year Ended 28 February 2025

#### 19 Funds

	Balance at 1 March 2024 £	Incoming resources £	Resources expended £	Transfers £	Balance at 28 February 2025 £
<b>Unrestricted funds</b>					
<i>General</i>					
General fund	238,339	47,914	(11,812)	12,400	286,841
<b>Restricted funds</b>					
J Care	8,464	117,648	(114,329)	-	11,783
Two Trees Project (Lottery funding)	1,035	167,226	(166,461)	-	1,800
Asda	-	400	(400)	-	-
Art Group (B Treffery & J Oliver)	237	500	(246)	-	491
Salaries (Garfield Weston)	25,000	25,000	(25,000)	-	25,000
Your Own Journey (Lady Hind)	3,000	-	(3,000)	-	-
Trust Project	24,800	78,693	(87,180)	(12,400)	3,913
Cost of living (Thomas Farr)	151	4,993	(146)	-	4,998
Mansfield Building Society	-	500	-	-	500
Northern Trains	-	2,500	(2,109)	-	391
Skipton Building Society	-	500	(298)	-	202
Sport England	-	2,220	(2,220)	-	-
The Jones 1986	-	10,000	-	-	10,000
<b>Total restricted funds</b>	<u>62,687</u>	<u>410,180</u>	<u>(401,389)</u>	<u>(12,400)</u>	<u>59,078</u>
<b>Total funds</b>	<u><u>301,026</u></u>	<u><u>458,094</u></u>	<u><u>(413,201)</u></u>	<u><u>-</u></u>	<u><u>345,919</u></u>

The transfer from the Trust Project fund to the General fund represents an amount which was incorrectly transferred from General fund in prior period.

The specific purposes for which the funds are to be applied are as follows:

J Care - to provide support to people connected to the Jewish community in Nottinghamshire.

Two Trees project (Lottery funding) - for those leaving mental health services, to prevent crises readmissions and support long term management of their mental health.

Trust Project - offering a service to people who are in or leaving secondary mental health services.

Art Group (B Treffery & J Oliver) - funding to cover any costs relating to our Art Group.

Salaries (Garfield Weston) - funding to cover core salary costs.

Your Own Journey (Lady Hind) - funding for Your Own Journey Project one-to-one support for people experiencing multiple disadvantage referred from primary care.

Cost of living (Thomas Farr) - funding to purchase energy-efficient equipment to help people we support with reducing their bills during the cost-of-living crisis.

## Improving Lives Notts Ltd

### Notes to the Financial Statements for the Year Ended 28 February 2025

Asda - funding for Festive party.

Sport England - pilates group.

Northern Trains - all aspects of our Vinted project (including volunteer training & equipment).

Skipton Building Society - art supplies and Art group refreshments.

Mansfield Building Society - refreshments for walking group.

The Jones 1986 - funding for our safety net service.

**These are the figures for the previous accounting period and are included for comparative purposes**

	Balance at 1 March 2023 £	Incoming resources £	Resources expended £	Transfers £	Balance at 29 February 2024 £
<b>Unrestricted funds</b>					
<i>General</i>					
General fund	218,571	44,524	(33,863)	9,107	238,339
<b>Restricted</b>					
Opportunity and Change Project (ESF funding)	2,593	12,312	(14,905)	-	-
J Care	9,087	111,073	(111,696)	-	8,464
Two Trees Project (Lottery funding)	3,775	147,350	(150,090)	-	1,035
Lloyds Foundation	20,438	-	(20,438)	-	-
Notts Victim Care	700	-	(700)	-	-
Asda	-	600	(600)	-	-
J F Mortimer Techmate	1,133	-	(1,133)	-	-
Your Own Journey (The Jones 1986)	3,333	-	(3,333)	-	-
Art Group (B Treffery & J Oliver)	-	500	(263)	-	237
Salaries (Garfield Weston)	-	25,000	-	-	25,000
Your Own Journey (Lady Hind)	-	3,000	-	-	3,000
Cost of Living (Leeds Building Society)	-	960	(960)	-	-
Trust Project	-	99,200	(65,293)	(9,107)	24,800
Cost of living (Thomas Farr)	-	4,770	(4,619)	-	151
<b>Total restricted funds</b>	<u>41,059</u>	<u>404,765</u>	<u>(374,030)</u>	<u>(9,107)</u>	<u>62,687</u>
<b>Total funds</b>	<u><u>259,630</u></u>	<u><u>449,289</u></u>	<u><u>(407,893)</u></u>	<u><u>-</u></u>	<u><u>301,026</u></u>