



(A Company Limited by Guarantee)

Registered Charity Number: 1147615

Company Number: 7672809

Report and Financial Statements

For the year ended 31st March 2022

FINANCIAL STATEMENTS

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LEGAL AND ADMINISTRATIVE DETAILS

Legal Structure

The Charity is a company limited by guarantee incorporated in England and Wales.

Patron: Roger Osborne

Trustees / Directors

R Couldridge (resigned 18th November 2021)
M Ledger
C Bate
M James (Resigned 4th August 2022)
P Bruce (Resigned 16th June 2022)
G Yates
R Scott (Chairman)
D Billson

Chief Executive

J Stokes

Company Number: 7672809

Registered Charity Number: 1147615

Registered Office

Brightspace
160 Hadleigh Road
Ipswich
Suffolk
England
IP2 0HH

Bankers

National Westminster Bank Plc
2 Tavern Street
Ipswich
Suffolk
IP1 3BD

**THE REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2022**

The Board presents its report and financial statements for the year ended 31 March 2022.

In setting objectives, developing strategies and undertaking activities, the Trustees have given careful consideration to the Charity Commission's guidance on public benefit.

The information on page 2 forms part of this report.

The objectives of the charity

Our Objectives:

To promote and maintain the physical and mental health of individuals, families, carers and communities through the provision of support services, activities, health promotion, respite, education, training and practical advice, particularly focusing in areas of deprivation and on people mainly aged 45 years and over.

Chair of Trustees report – Rachael Scott

Over the last year I have been very lucky to be able to attend so many of the activities and services ActivLives has to offer, which was something I was unable to do when I first started as a Trustee during the ongoing pandemic but have been very much looking forward too. From these visits I have been able to meet so many wonderful members, learn about your lives and the impact the organisation has on your world. Hearing how valued ActivLives is and the impact the staff and volunteers has on our members really puts into perspective the need for our organisation and why it's so important as a board of trustees that we commit our time and effort to developing and sustaining our position as an organisation in the local area.

I was able to see first-hand the great work the staff and volunteers of ActivLives do each and every day; it's been an absolute pleasure to spend time with each and every one of you, hear your stories, thoughts and ideas, and get involved in your activities, conversations and cake eating! - I hope to be able to attend many more events in the year to come.

Over the last year the board of Trustees has continued to focus on ensuring the sustainability of ActivLives and looking at how we can maintain our position in an ever changing environment after the initial impact of the coronavirus pandemic. We took time to review our strategy and refresh this for the next two years, in this document we outline our plans to sustain our services, continue to develop our resources, refresh our communication and marketing strategy and ensure we provide high quality services to the local community. Continuing to explore new ways of working and generating income to ensure we are able to sustain the ever changing context in the not for profit sector.

Over the next year we wish to continue developing our business plan, exploring new ways to resource the organisation to secure our income streams as pressures develop in the sector and look at the future sustainability of ActivLives over the next three to five years. We will also be recruiting new trustees to the board, looking for skills and abilities that can support the organisation in achieving the aims and objectives of our strategy.

In this last year we said goodbye to a longstanding trustee and supporter of ActivLives, who started with ActivLives in the earlier years of the Town and Bridge project in 2006 when he joined the initial steering group at the start of the journey – Mr Richard Couldridge. Richard contributed his time, skills and passion to the organisation for many years, helping shape ActivLives into the organisation it is today. Such as helping the organisation secure funding from the People's Lottery Award so we could develop the People's Community Garden and contributing support for health, safety and safeguarding topics since joining as a trustee of the board in 2012. Richard stepped down from his trustee role in November 2021 and he will be very much missed. We are truly grateful for his help and support over the years, we hope you enjoy your next chapter and please don't be a stranger!

The Trustees and I want to take this opportunity to celebrate all of the staff, freelance staff and volunteers for their commitment to and passion for ActivLives. ActivLives has achieved so much in the last 12 months and none of our successes would be possible without you, we value the skills, passion and abilities you bring to the organisation and your commitment to ensuring all our members receive quality services delivered by kind and caring individuals. Well done and thank you so much for all you do! And finally thank you to our members, for continuing to attend ActivLives, valuing the services we provide and for being a part of the wonderful community that has been created.

I look forward to seeing you soon and working together over the next year.

Many Thanks

Rachael Scott - Chair of Trustees

Chief Executive Officers Report – Julie Stokes

My previous report from April 2020 – March 2021, was entitled our 'Lockdown Journey'. We did, unfortunately, have to continue on that journey for a couple of months, following the Government's Covid-19 Road Map. In May 2021, we were able to put up the 'We are Open' sign again and start face to face sessions and continue our various health projects. It was a slow process and we still had to adapt some of our activities, with our ActivSinging Groups in Ipswich and Woodbridge, having to continue with zoom sessions and singing outdoors in parks and people's back gardens.

We also worked in partnership with other organisations, such as, Suffolk Family Carers and joined their Carer zoom socials, demonstrating seated exercise, gardening - hints and tips and promoting our activities.

Covid-19 and the lockdowns had a devastating impact on people's mental and physical health, through loneliness, loss of social contact and routine, anxiety and lack of physical activity. Our main focus during 2021 - 2022 was to get as many of our activities up and running, as quickly as possible, and support our members and volunteers to return. Some venues had to be changed, as others remained closed, some members were anxious about using public transport, so we worked with Cab Smart Taxis to organise transport to enable our more frail and anxious members to attend their activities.

In May we welcomed our first visit to the People's Community Garden. The new High Sheriff – Edward Creasy - and his wife came down to meet staff, volunteers and service users and awarded the organisation an Award for Outstanding Service to the Community in Suffolk, during the Covid-19 Pandemic. I also received an Award which I am very proud of and wear it with pride. The two gardens in Ipswich continued to operate all through the lockdowns and a big thank you goes to the staff and volunteers who worked tirelessly in their 'bubbles' to maintain the sites, grow fresh vegetables for the local community, deliver our lovely plants to people's homes with our on-line sales initiative, to cheer people up and keep them active in their gardens. ActivSheds was also able to open again, enabling the shedders to return on Fridays, with supported sessions starting on Thursdays.

In July the Mayor of Ipswich Councillor Elizabeth Hughes, Ipswich Borough Councillors, Trustees, Staff and volunteers attended Chantry Walled Garden's 10th Anniversary and it was lovely to see people coming together again, to enjoy the beautiful garden and site.

The Step by Step (Falls Prevention) Programme funded by Ipswich and East Suffolk Clinical Commissioning group (now the Integrated Care System - ICS) jumped into action to get the face to face sessions started again, so that for those members who couldn't join us on zoom, we were able to start working on their confidence, strength, balance and co-ordination to try and prevent falls and fractures after people had been in lockdown or shielding for so long. In June we were pleased to start two new groups for men and women, working in partnership with the Bangladeshi Support Centre – Multicultural Services and their Carers group, as part of the Step by Step Programme. Thank you to the staff, freelance staff and volunteers for getting the sessions organised so quickly and finding new venues. In particular, the Kingfisher Public House in Chantry for opening their doors to us, until we could return to Goldcrest Sheltered Housing Scheme.

By July our Specialist Hubs, Friday Friends Dementia Café in NW Ipswich and Elderflower Carers Hub in Maidenhall were welcoming back members and volunteers, ActivSport sessions across Ipswich and Felixstowe were starting to re-open, as the Out and About Project funded by Active Suffolk wound down and new projects like the Men's Breakfast Hub, were being established.

In August we were awarded funding from Realising Ambitions East, through Suffolk Community Foundation, to continue our successful Bridging the Gap2 project working with Norfolk and Suffolk Foundation Trust and the Woodlands Unit at Ipswich Hospital, to support their service users in accessing community services during their stay on the wards and after discharge. This included in-reach ActivSport, Boccia sessions, ActivGardens table top gardening and outreach sessions at ActivGardens. Although this project has been impacted greatly by Covid-19, both organisations have endeavoured to keep the project going and a valuable partnership between the two organisations has been established. Feedback from service users has been very positive and that the sessions and information has really helped them on their recovery journey.

Funding from Mrs L.D. Rope Charitable Trust has enabled us to develop a new Green Care Support Worker post, to work with and support service users from the Woodlands Unit and other people with mental ill health to connect with nature, build their confidence, learn / share skills and improve their physical and mental health.

In March 2022 we had some fantastic news, that we had been shortlisted for a High Sheriff Award, which we later went on to jointly win with Suffolk Libraries. The High Sheriff – Edward Creasy - visited the gardens to present ActivLives with the award and a certificate.

Our action plan for next year is to:

- 1. Continue to develop our Strategy and Business Plan to ensure that ActivLives can continue to expand and provide value for money and high-quality services to people living in Suffolk.**
- 2. Secure funding, commissions and to generate income, to ensure the organisation becomes sustainable, is financially sound and reserves increase as required by the Charity Commission.**
- 3. Continue to develop our preventative and inclusive services to reach and engage more people to help them improve their health and well-being, reduce loneliness and social isolation, remain independent and build stronger more resilient communities.**

Susannah Robirosa, Cynthia Glinos, Alison Pearson and I continue to seek funding that will help develop new and existing projects and ensure that our services are sustainable, can attract commissions and generate income.

You can see from our list of funders and supporters, who invested in our activities and services over the year. A big thank you goes to every one of them, as their funds enabled us to support many people living in Suffolk. I would particularly like to thank Suffolk Community Foundation and the National Lottery for their on-going support and Suffolk Family Carers who fund our Elderflower Hub, located at the CRESS Pavilion and initiatives that support carers and the North West Ipswich Big Local Trust for supporting Friday Friends Dementia Café.

A big thank you also goes to our members, their families and supporters who generously donate funds to ActivLives including £391 in memory of Mike Spalding; £400 from Clarke and Simpson; Archant tokens collection - £155; ASDA Foundation - £900; £2,039 from Ipswich & District Stroke Club; £1,000 - Felixstowe Port Users Association; £1,000 from the Murphy-Neumann Charity and Perrywoods – account card for £1,000.

This year we have had to say goodbye to a number of staff, including Beverly Baker and Lesley Hartley from ActivGardens and Clare Macdonald from the Step by Step Programme. We wish them every success in their new posts.

However, we are very pleased to welcome Ben Willmott - Marketing and Communications Officer, Ian Hirst - ActivGardens Operations Officer, Haidee Stephens - Sudbury Project Co-ordinator, Sam Grainger-Cowles – Green Care Support Worker and Jemma Prentice – Step by Step Co-ordinator to the ActivLives Team.

Although this year has given us a lot of challenges, it has been fantastic to see our members and volunteers returning and enjoying their activities again and getting back to some 'normality'. We are not out of the woods yet, and our thoughts go to those members we have lost over the year and their families. We look forward to welcoming lots of new members to ActivLives over the next year and seeing them grow and benefit from ActivLives services and activities.

A big thank you to all the staff, freelance staff, volunteers and Trustees for your support, dedication and commitment to ActivLives and not forgetting the Main Office team Cynthia, Ben and Jean who keep us all in order.

All I can say is watch this space.....

Julie Stokes
CEO

Structure, Governance and Management

Governing document

The organisation is a charitable company limited by guarantee, incorporated on 16th June 2011 and registered as a charity on 8th June 2012. The company was established under a Memorandum of Association, which sets out the objects and powers of the charitable company and is governed by its Articles of Association. In the event of the company being wound up, members are required to contribute an amount as may be required, not exceeding £10.00.

Recruitment and Appointment of Trustees

The directors of the company are also charity trustees for the purposes of charity law and under the company's Articles are known as the Board of Trustees.

The charity is working to ensure that a wide range of business skills are represented on the board.

Trustee induction and training

All new Trustees complete an application form and provide two references. Where appropriate, prospective Trustees are interviewed by representatives of the Trustee Board and the Chief Executive Officer (CEO) regarding their experience and what skills they can bring to the organisation. Trustees receive information about their roles and are inducted into the organisation by the CEO and Office Manager. All Trustees are DBS checked and undergo mandatory training such as Safeguarding Children and Young People / Vulnerable Adults.

Away days are held as required to review the development of the organisation and agree its Business Plan and Strategies. Trustees are invited to take the lead for certain areas of

development such as Finance & Fundraising, Marketing & Communication, Operations and Services.

Organisation

The management of the charity is vested in the Board of Trustees ("the Board") consisting of a minimum of 4 members with no maximum number. The Board meets at least 6 times per year to determine the policy and organisational structure and to review and monitor the management of the charity.

Julie Stokes, CEO, is appointed by the Trustees to manage the day to day operations of the charity. To facilitate effective operations, the CEO, has delegated authority, within the terms of delegation approved by the Trustees, for operational matters including finance and employment.

The ActivLives staff team consists of one full time member of staff, and 11 part time employees, and is the key resource of the charity.

Risk Management

The Board has, where appropriate, established systems and procedures to mitigate the risks the charity faces. Funding levels are under continual review to ensure the ongoing operation of the charity. Procedures are in place to ensure compliance with statutory health and safety obligations in respect of staff, volunteers, clients, and visitors.

Relationships with other groups, charities, and individuals

ActivLives works in partnership with many different individuals, groups and other organisations to bring expertise, knowledge and funding to meet the aims of the organisation, to support and promote other local initiatives, share best practice and reduce duplication of services.

Reserves Policy

The Trustees policy is that unrestricted funds held by the company should exceed 3 months budgeted expenditure. In the longer term the intention would be to increase reserves and lengthen this period but given current economic conditions and competition for funding the current policy is considered sensible and achievable, and is regularly reviewed.

Investment Policy

At the present time the company's available cash is required to be available to meet its working capital requirements and there are no funds available for longer term investment. The company's funds are therefore held in instant access or short notice bank accounts. This policy is regularly reviewed by the Trustees, considering budgeted income and expenditure and available funds.

Treasurer's Financial Review – Mark Ledger

Funders for 2021-22

As we reported last year we received various Covid related grants that provided cover for loss of income and has provided us with a foundation for 2021/22 and into 2022/23. Activities gradually started to come back to pre Covid times although with a few more restrictions.

As I reported last year, due to the exceptional circumstances of the last 2 years and the longer time period for lockdown than was anticipated when we received Covid related support funding, we created a special restricted reserve fund called "Covid Recovery Fund" in order to spread the income from these grants over the period for which lockdown was effective. This funding has now been released into unrestricted reserves in 2021/22 to help fund events during that year and 2022/23. At the start of this current year we have less grants confirmed than the same time last year so, as usual, there is the ongoing challenge to apply for grants as they become available in the year to fill the shortfall.

We are continuously grateful to our funders in supporting the valuable work we do. The organisations that helped provide this key funding in the current year were;

- ✓ National Lottery Community Fund
- ✓ Ipswich Borough Council
- ✓ Suffolk County Council
- ✓ East Suffolk Council
- ✓ Babergh District Council
- ✓ Suffolk Community Foundation – Frank Jackson Foundation Fund; RJB Fund; David and Jill Simpson Fund; Realising Ambitions East; Pargiter Trust Fund; Port Community Fund; I Will Grant; Martineau fund; Davies Family Fund; East Suffolk Community Fund; Suffolk Carers Fund; Coronavirus Community Fund; Suffolk Sports Fund; Connect for Health; Anglian Water Fund; Birketts Fund; J A Private Fund; George Earl Fund; Men's Mental Health Fund; Co-op Community Fund; High Sherriff's Award.
- ✓ Groundwork UK/Tesco
- ✓ I&ES CCG
- ✓ Sport England
- ✓ East Coast College
- ✓ North West Ipswich Big Local Trust
- ✓ Mrs L D Rope Third Charitable Settlement
- ✓ Special Olympics Suffolk
- ✓ Masonic Charitable Foundation
- ✓ Lift Community Grant
- ✓ Leading Lives Community Benefit Fund
- ✓ Suffolk Family Carers
- ✓ Lord Belstead Charitable Trust
- ✓ Perrywood Garden Centre
- ✓ Cheshire Community Foundation
- ✓ Garfield Weston
- ✓ Ransomes Jacobsen
- ✓ Sanctuary Housing

In addition to this there has been hard work from all the staff within the organisation, looking after the gardens and promoting the cause of ActivLives, for which all the Trustees are very appreciative.

Going Concern

The charity is in a strong position and considers there to be no going concern issues.

THE REPORT OF THE TRUSTEES

FOR THE YEAR ENDED 31 MARCH 2022

The Trustees are responsible for preparing the Trustees Report and the accounts in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Practice).

Company law requires the Trustees to prepare accounts for each financial year which give a true and fair view of the state of affairs of ActivLives and of the incoming resources and application of resources, including the income and expenditure, of the Charity for that year. In preparing those financial statements, Trustees are required to

- Select suitable accounting policies and then apply them consistently,
- Observe the methods and principles in the Charities SORP,
- Make judgements and estimates that are reasonable and prudent, and
- Prepare financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in operation.

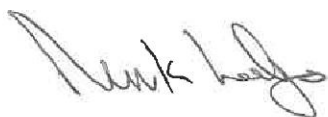
The Trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of ActivLives and which enable them to ensure the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets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

This report has been prepared in accordance with the Statement of Recommended Practice Accounting and Reporting by Charities (issued in March 2005) and in accordance with the provisions of Part 15 of the Companies Act 2006 relating to small entities.

In preparing this report the Trustees have reviewed the financial position of the Charity which is identified in pages 8 & 9 in relation to the Reserves Policy and Going Concern statement.

15th September
Approved by the Board of Trustees on

2022 and signed on its behalf by



NAME: Mark Lacey
Trustee



NAME: Rachael Scott
Trustee

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
ACTIVLIVES
CHARITY NO: 1147615

I report on the accounts for the year ended 31 March 2022.

Respective responsibilities of Trustees and Examiner

The trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act)) and that an independent examination is needed.

It is my responsibility to:

- Examine the accounts under section 145 of the 2011 Act
- To follow the procedures laid down in the General Directions given by the Charity Commissioners under section 145(5)(b) of the 2011 Act, and to state whether particular matters have come to my attention.

Basis of independent Examiner's Report

My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent Examiner's statement

In the course of my examination, no matter has come to my attention which gives me reasonable cause to believe that in any material respect the requirements:

- to keep accounting records in accordance with section 130 of the 2011 Act; and
- to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act
- to prepare accounts in accordance with the methods and principles set out in the Charities SORP

have not been met; or

to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed:



Dated: 23 August 2022

C L Bartram MAAT

FINANCIAL STATEMENTS

Statement of Financial Activities for the year ended 31 March 2022

	Note	Unrestricted Funds	Restricted Covid Recovery Funds	Restricted Funds	Total Funds 2022	Total Funds 2021
Incoming Resources						
Grants & Donations	2	£9,311	-	£289,333	£298,644	£348,273
From Covid Restricted Funds		£64,464			£64,464	
Generated Income	2 & 3	£66,614	-	-	£66,614	£25,724
Investment Income	6	£8	-	-	£8	£1
Total Incoming Resources		£140,397	-	£289,333	£429,730	£373,998
Resources Expended						
Charitable Activities		(£24,922)	(£64,464)	(£288,611)	(£377,997)	(£247,772)
Costs of Generated Income		(£16,615)			(£16,615)	(£17,700)
Governance Costs		-			-	(£150)
Total Resources Expended	4	(£41,537)	(£64,464)	(£288,611)	(£394,612)	(£265,622)
Net Incoming / (Outgoing) Resources		£98,860	(£64,464)	£722	£35,118	£108,376
Net Movement of Funds in Year		£98,860	(£64,464)	£722	£35,118	£108,376
Reconciliation of Funds						
Total Funds brought forward		£103,895	£64,464	£132,089	£300,448	£192,072
Total Funds carried forward		£202,755	-	£132,811	£335,566	£300,448

The statement of financial activities includes all gains & losses recognised in the year. All incoming resources & resources expended derive from continuing activities.

The notes on pages 14 to 18 form part of these accounts

Balance Sheet
As at 31st March 2022

	Note	2022	2021
FIXED ASSETS			
Tangible Assets	9	£9,251	£12,336
CURRENT ASSETS			
Debtors	10	£2,648	£2,102
Cash at Bank and in hand		<u>£323,667</u>	<u>£286,010</u>
		<u>£326,315</u>	<u>£288,112</u>
CREDITORS: Amounts falling due within one year	11	-	-
NET CURRENT ASSETS		<u>£326,315</u>	<u>£288,112</u>
NET ASSETS		<u>£335,566</u>	<u>£300,448</u>
CAPITAL & RESERVES			
Restricted Funds	2	£132,811	£132,089
Restricted Covid Recovery Fund	2	-	£64,464
Total Restricted Funds		<u>£132,811</u>	<u>£196,553</u>
Unrestricted Funds	2	£202,755	£103,895
TOTAL CHARITY FUNDS	2	<u>£335,566</u>	<u>£300,448</u>

The notes on pages 14 to 18 form part of these accounts

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2022

1 ACCOUNTING POLICIES

The principal accounting policies are summarised below. The accounting policies have been applied consistently throughout the year.

Basis of Accounting

The financial statements have been prepared under the historical cost convention and in accordance with the Financial Standard for Smaller Entities (effective April 2008). The financial statements have been prepared in accordance with the Statement of Recommended Practice – Accounting and Reporting by Charities (SORP 2005) issued in March 2005, applicable UK Accounting Standards and the Companies Act 2006.

Fund Accounting

General funds are unrestricted funds available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Restricted funds are subject to restrictions on their expenditure imposed by the donor.

Incoming Resources

All incoming resources are included in the statement of financial activities when the charity is entitled to the income and the amount can be quantified with reasonable accuracy. The following specific policies are applied to particular categories of income.

- Voluntary income is received by way of grants, donations and gifts and is included in full in the Statement of Financial Activities when receivable. Grants, where entitlement is conditional on the delivery of a specific performance by the charity, are recognised when the charity becomes unconditionally entitled to the grant.
- Donated service and facilities are included at the value to the charity where this can be quantified. The value of services provided by volunteers has not been included in these accounts.
- Investment income is included when receivable.
- Incoming resources from charitable activities are accounted for when earned.
- Incoming resources from grants which are related to performance and specific deliverables are accounted for in the year the charity receives the grant but are then deferred until the period the charity earns the right to consideration by its performance.
- Incoming resources from trading activities are accounted for when earned.

Resources Expended

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates:

- Costs of generating funds comprise the costs incurred in generating voluntary income and fundraising generating costs.
- 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 cost of an indirect nature necessary to support them.
- Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include costs linked to the strategic management of the charity.
- All costs are allocated between the expenditure categories of the SoFA on a basis designed to reflect the use of the resource. Costs relating to a particular activity are allocated directly, others are apportioned on an appropriate basis, eg estimated usage as set out in Note 4.

Fixed assets and depreciation

Tangible fixed assets are stated at cost less accumulated depreciation. Depreciation has been provided for at 25% per annum on all assets, designed to write off the assets over their expected useful life, which in all cases is estimated as 4 years.

2. MOVEMENTS IN FUNDS

Restricted Funds

Ipswich Borough Council

- Cash Grants	-	£10,500	£10,500	£10,500	-
- Area Committees	-	£1,866	£1,866	£1,866	-
- Local Restrictions Grant	£19,907	£8,000	£27,907	£27,907	-

Suffolk County Council

- Councillors Locality Funding	£2,250	£3,300	£5,550	£5,550	-
East Suffolk Council	-	£360	£360	£360	-

Babergh District Council

Ipswich and East Suffolk CCG	£2,500	-	£2,500	£2,500	-
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National Lottery Community Fund	£45,000	£55,000	£55,000	£55,000	£45,000
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Masonic Charitable Foundation	£25,000	£55,000	£52,500	£52,500	£27,500
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North West Ipswich Big Local Trust	-	£5,000	£5,000	£5,000	-
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Suffolk Community Foundation	£11,535	£11,535	£11,535		-
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Suffolk Family Carers	£28,876	£78,643	£58,208	£58,208	£49,311
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Groundwork UK/Tesco	£10,400	£10,400	£10,400		-
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Mrs L D Rope Third Charitable Settlement	£1,500	-	£1,500	£1,500	-
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Lift Community Grant	-	£11,000	-		£11,000
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East Coast College	£18,146	£18,146	£18,146		-
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Leading Lives Community Benefit fund	£1,243	£1,243	£1,243		-
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Sport England	£750	-	£750	£750	-
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Cheshire Community Fund	£6,120	£6,120	£6,120		-
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Garfield Weston	£3,520	-	£3,520	£3,520	-
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Lord Belstead Charitable Trust	£10,000	£10,000	£10,000		-
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Special Olympics Suffolk	£2,000	-	£2,000	£2,000	-
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Perrywood Garden Centre	£536	-	£536	£536	-
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Ransomes Jacobsen	£250	-	£250	£250	-
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Sanctuary Housing	-	£2,500	£2,500	£2,500	-
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	-	£720	£720	£720	-
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Total Restricted Funds	£132,089	£289,333	£288,611	£288,611	£132,811
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Allocated to Restricted Funds

Allocated to Restricted Covid Recovery Funds	£289,333				
	£64,464	-	£64,464	£64,464	-
	<u>£289,333</u>				

Unrestricted Funds

Grants & Donations	£9,311		£24,922		
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Generated Income	£66,614		£16,615		
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Allocated from Restricted Covid Recovery Funds	£64,464				
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Investment Income	£8		-		
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Unrestricted Funds	£103,895	£140,397	-	£41,537	£202,755
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Total Funds

	<u>£300,448</u>	<u>£429,730</u>	<u>£353,075</u>	<u>£394,612</u>	<u>£335,566</u>
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3. INCOMING RESOURCES - ACTIVITIES FOR GENERATING FUNDS

	Unrestricted	Restricted	2022	Total 2021
Produce & Plant Sales	£7,198		£7,198	£14,922
Placement & Training Services	£7,375		£7,375	£3,150
ActivHub Sessions	£48,748		£48,748	£7,032
Other	£3,293		£3,293	£620
Total	£66,614	-	£66,614	£25,724

4. TOTAL RESOURCING EXPENDED

	GENERATE D INCOME	CHARITABLE ACTIVITIES	GOVERNANC E COSTS	TOTAL 2022	TOTAL 2021
Costs directly allocated to activities					
Staff Costs	£24,497	£107,859		£132,356	£109,254
Freelance costs		£34,124		£34,124	£16,090
Staff Travel & Expenses		£5,093		£5,093	£2,510
Volunteer Expenses		£1,153		£1,153	£1,112
Project Expenses	£8,766	£14,374		£23,140	£21,690
Venue Costs & Expense		£19,709		£19,709	£4,128
Support Costs allocated to activities					
Staff Costs	£8,274	£74,463		£82,737	£86,648
Office Expenses		£26,341		£26,341	£17,925
Travel					-
Communications		£2,409		£2,409	£2,004
Legal & Professional			-	-	£150
Depreciation		£3,085		£3,085	£4,112
Total Resources Expended	£41,537	£288,611	-	£330,147	£265,623

5. NET (OUTGOING) / INCOMING RESOURCES

	Total 2022	Total 2021
This is stated after charging:		
Depreciation	£3,085	£4,112
Pension contributions	£6,916	£10,559

6. INVESTMENT INCOME

	Total 2022	Total 2021
Interest receivable	£8	£1

7. STAFF COSTS AND NUMBERS

	Total 2022	Total 2021
Gross Salaries	£197,074	£179,361
Employer's National Insurance	£11,103	£5,982
Pension Contributions	£6,916	£10,559
	£215,093	£195,902

Number of full time employees or full time equivalents "FTE":

The average number of FTE, excluding trustees & directors =	6.8	6.8
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There were no fees or other remuneration paid to any trustee.

There were no employees with emoluments over £60,000 per annum.

8. TAXATION

As a charity, ActivLives is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988

9. TANGIBLE FIXED ASSETS

	CABIN	POLYTUNNEL	EQUIPMENT	Total
COST				
At 31 March 2021	£14,422	£2,650	£25,716	£42,788
Additions	-	-	-	-
Disposals	-	-	-	-
At 31 March 2022	£14,422	£2,650	£25,716	£42,788
DEPRECIATION				
At 31 March 2021	£12,236	£2,650	£15,566	£30,452
Charge for the year	£547	-	£2,538	£3,085
Disposals	-	-	-	-
At 31 March 2022	£12,783	£2,650	£18,104	£33,537
NET BOOK VALUE				
At 31 March 2022	£1,639	-	£7,612	£9,251
At 31 March 2021	£2,186	-	£10,150	£12,336

10. DEBTORS

	Total 2022	Total 2021
Trade Debtors	£2,648	£2,102

11. CREDITORS

	Total 2022	Total 2021
Trade Creditors	-	-
Deferred Income		
Ipswich Borough Council - Local Restrictions	-	£19,907
National Lottery Community Fund	£27,500	£25,000
Suffolk Community Foundation	£49,311	£28,876
SCC Councillors Locality Funding	-	£2,250
Babergh District Council	-	£2,500
Groundworks/Tesco	-	£1,500
Leading Lives Benefit Fund	-	£750
Cheshire Community Fund	-	£3,520
Lord Belstead Trust	-	£2,000
Special Olympics	-	£536
Perrywood Garden Centre	-	£250
Mrs D L Rope Third Charitable Settlement	£11,000	-
Ipswich and East Suffolk CCG	£45,000	£45,000
	£132,811	£132,089
Total Creditors	£132,811	£132,089

