

ActivLives

(A Company Limited by Guarantee)

Registered Charity Number: 1147615

Company Number: 7672809

Report and Financial Statements

For the year ended 31st March 2025

FINANCIAL STATEMENTS

Contents

LEGAL AND ADMINISTRATIVE DETAILS	2
THE REPORT OF THE TRUSTEES	3
INDEPENDENT EXAMINER'S REPORT	13
FINANCIAL STATEMENTS	14
NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2025.....	16

ActivLives
(A Company Limited by Guarantee)

LEGAL AND ADMINISTRATIVE DETAILS

Legal Structure

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

Trustees / Directors

Mark Ledger (Resigned 11th August 2025)
Rachel Scott
Daniel Billson (Chairman)
Clare Lucas
Kerry Overton
Louise Kenlock
Karen Stacey (appointed 2nd January 2025)
Linda Hughes (appointed 17th October 2024 and resigned 8 December 2025)

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 2025

The Board presents its report and financial statements for the year ended 31 March 2025.

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.

Message from the Chair of Trustees

This is my first year taking on the role as chair of Trustees, and it's been another eventful one at ActivLives. The board of Trustees and I are delighted to see how our services, activities and projects continue to reach and impact on so many lives across Ipswich, Sudbury and East Suffolk.

Our services have continued to support, amongst others, local NHS 'Living Well' health strategies and delivery plans, particularly under the Stay Well and Age Well programmes, including mental health, people living with dementia, carers, increasing physical activity, falls prevention, hypertension and reducing health inequalities.

I have heard from a number of our members throughout the year about how ActivLives has a positive impact on their lives, and it has often struck me how crucial, in particular, in the current economic climate, charities like ours are to people by ensuring that they continue to have access to the necessary care, attention and effective social and fitness activities whilst the capacity of the NHS and the affordability and availability of health and social care are put under strain.

It amazes me how a charity of this size can offer so much variety in its initiatives to its members, including through sport and exercise, social hubs, gardening, woodwork and singing; all of which provide our members with valuable skills, exercise, confidence and opportunities to socialise. We currently run 51 weekly sessions, 3 fortnightly sessions plus all the garden activities. Whilst we have such variety in our initiatives, over the past year I have been impressed with how our staff and volunteers are able to provide a 'joined up' approach to ensure that members can get the most out of what ActivLives offers.

ActivLives has received recognition over the past year through various awards nominations and wins.

These included:

- Receiving a 'Bronze Quality Standard' at the Get Set UK 'Good Health at Work' Awards;
- Julie Stokes, CEO, receiving the 'Everyone Active Activity Champion of the Year' award at the Active Suffolk Awards 2024;
- Our BreatheFit sessions, run by Frazier Seager, ActivAgeing Development Officer, was shortlisted and runner up for the 'Innovative Project of the Year' award at the Active Suffolk Awards 2024; and
- Being 'highly commended' in the 'Healthier Lives Award' category at the ICS 'Can Do' Health and Care Awards 2024.

All of this is testament to the hard work of our staff and volunteers, without whom this would not be possible. For that, I would like to thank you on behalf of all the Trustees.

The Trustee board meets every other month to ensure that:

- ActivLives is meeting our strategic aims and objectives
- Our existing services continue to develop, and that we consider appropriate new projects
- We are engaging and supporting the people we need to reach
- We have the resources and skills we need to deliver our services and
- We have the funding we need to ensure that we can continue to offer our services in a sustainable way.

One of the Trustee board's main current focuses is to diversify our income generation. As a charity, we have historically relied mainly on grant funding, which has been supplemented by the income generated from some of the services we offer and products we sell. However, in the current economic climate, where grant funding is becoming less available and more restrictive in how it can be used, we have placed focus on raising awareness of the charity with local people and businesses, and to increase the proportion of our income which derives from fundraising and charitable giving. In addition to spreading our income across different sources, the benefit of income which comes from fundraising is that it's often unrestricted, so ActivLives has autonomy in how the funds are used.

One of the recent investments we have made in this regard is to appoint Colin Baldwin as our Partnership and Fundraising Officer. This is a newly formed role in which Colin, with his experience in this sector, is working to develop relationships with individuals and the local business community, and to create engaging events and initiatives which can raise important funds for ActivLives. Watch this space...

Notwithstanding the above, ActivLives continues to actively search out and apply for appropriate funding. Notably, we have applied for Sizewell C funding through the Suffolk Community Foundation to enable us to reach and support more people in Leiston, Saxmundham, Aldeburgh, Yoxford and Wickham Market with inclusive activity and to support our existing sessions which are held in Leiston and Saxmundham.

Whilst the uncertain economic landscape shifts, ActivLives continues to focus on developing services that achieve its principal aims, to: improve people's health and well-being; reduce loneliness and social isolation and provide opportunities for people to learn skills and volunteer, at the same time, being prepared to adapt to ensure our long-term financial sustainability, increase awareness of the charity, and to build positive partnerships and support within the community.

Finally, I would like to say a big thank you to all the staff, volunteers, members, fellow Trustees, our funders and supporters, and everyone who helps make ActivLives what it is today.

I feel an immense pride being a small part of this wonderful charity, and I hope that everyone who contributes to, as well as benefits from, its services feels the same way too.

Daniel Billson - *Chair of Trustees*

Chief Executive Officers Report – Julie Stokes

I always have to start my report by thanking our dedicated and amazing staff, volunteers and Trustees for their hard work, commitment, passion, empathy and support that they give to everyone at ActivLives. The support you give involves so much more than just the activity you deliver and often involves not only the member but their carers, families, friends, neighbours, health & social care professionals. You can read all about the fantastic work that our staff and volunteers do across the organisation in the Annual Report, including the people we reach, support, the feedback we receive and the impact, that being involved with ActivLives, has on their lives.

Last year I mentioned that it had been a year of change and well, 2024 – 2025 was no different. We have had to face more challenges, such as the competitive marketplace for funding, shortage of volunteers, increases in the cost of living, rising costs generally and now we are hearing that many Trusts and Foundations are closing down their funding streams.

So again, I have to thank Susannah Robirosa - ActivGardens Development Manager, Cynthia Glinos - Finance Manager, and Alison Pearson, Engagement Officer for supporting me in raising just over £310,000 through grant applications to keep all our in-house and on-going activities running and developing new projects where there is a local need. This involves writing funding applications, looking at different ways to generate income, linking with the Corporate and Business Sector, local Borough, District and County Councils and Councillors and working closely with our health and social care colleagues to try and secure local, regional and national funding for ActivLives.

Funding is always one of our top priorities and so a big thank you goes out to all of our funders, supporters, members and their families who generously donate, fundraise and invest in ActivLives, and help us support nearly 2,000 people each year, these include -

£717 raised through sponsorship for the Mile a Day Challenge in May; £500 which our lovely Trustee Clare Lucas raised at a Ducks in a Row event; £1030 from Ipswich Wanderers FC and £2150 from Lodge of Perfect Friendship, both as their charity of the year; £150 donation from Hitcham Hoes Gardening Group and £200 donation from the parents of a gardens volunteer; a total of £466 raised from two East of England Co-op local giving campaigns; donations of £1000 from Heartbeat East Suffolk, £1500 from the Murphy-Neumann Charity and £2000 from John Lewis Ipswich; donations in memory of former members and volunteers – £124 for Scott Morgans, £552 for John Collins and £1673 for Barrie Powell.

Promotion, marketing and communication are also key to ensure people know about the services we provide and how people can support what we do. Jomel Gutierrez, Marketing and Communications Officer has certainly done an amazing job in making people aware of ActivLives on our social media platforms, Linked-in, Instagram, Facebook etc, linking us with lots of other platforms, designing a new website, posters and flyers and creating some amazing videos of our members and volunteer stories. A big thank you to Councillor Mark Jepson, also Suffolk Sounds Radio presenter for

giving us a regular slot on his show and Hospital Radio – Ipswich for inviting us on to inform patients and others about our services.

We also raise awareness in other ways, apart from all the activities we deliver in-house, ActivLives also delivers additional sessions, talks and presentations to many other organisations in Ipswich and East Suffolk, to promote what we do, raise funds, develop partnerships and very importantly, widen our reach out in the community. Many of these groups include faith groups, WI's, Guilds, Schools, interest groups, health and social care colleagues and groups that support people with specific health conditions such as Fibromyalgia, Stroke and Parkinson's Disease. A few of the groups / organisations we have worked with during 2024 – 2025 are the Bangladeshi Support Centre Multicultural Services – Women's Carers group; McCarthy Stone – Thomas Wolsey Place; Oddfellows; Britannia Ladies, Priory Park; Avenues East; Papworth Trust; Indigo Opportunities, Felixstowe Mencap, LEAPS Suffolk, IBC Summer Holiday Programme, Leading Lives Stowmarket, the Lavender Trust Day Centre, St Peter's Church and Top Up Shop, the Job Centre to name but a few. Mike McCarthy – ActivSport Development Officer delivered 70 additional ActivSport sessions during the year, plus 6 inclusive Badminton and Boccia tournaments and competitions, some of these in partnership with Special Olympics Suffolk.

The 12-week Strength and Balance Programme that ActivLives have been developing in partnership with East Suffolk and Babergh District Councils has been very successful and has supported over 100 people who have had a fall or who are high risk of falling. We run 6 sessions now, 4 in East Suffolk and 2 in Babergh District. Thank you to the Step-by-Step team Jemma Tilley, Laura Lopez, Del Keeble and Frazier Seager, the freelance staff and volunteers for your hard work in promoting and growing these sessions and a thank you to the council staff who have supported us in developing this new Strength & Balance programme. We also deliver another 27 ongoing better balance sessions to build strength, confidence and improve balance and co-ordination including ActivSteps (which includes dance steps, particularly Salsa) with freelance instructor Claire Kynaston and our new Love to Move programme, led by Laura to help people with Parkinson's Disease, people living with Dementia and people with poor cognitive function to improve their balance, gait and mobility.

Frazier has also continued to develop the increasing the number of BreatheFit sessions, which are now in Leiston, Felixstowe, Stowmarket and Ipswich. These sessions have really helped participants with COPD, heart and lung disease and asthma, to build their fitness, strength and improve their breathing.

Together, Frazier and Mike have also continued to lead/oversee the ActivSports ongoing sessions including New Age Kurling, bowls, badminton, short tennis, boccia, yoga and walking football.

The three ActivGardens sites continue to grow and flourish, with lots of free courses for people to learn about growing vegetables, wildlife, bee keeping, construction, the environment and de-stressing, surrounded by nature. A thank you to Susannah Robirosa, ActivGardens Fundraising and Development Manager, Ian Hirst, ActivGardens Operations Officer, Phoebe Hyett, Grow Your Future Project Officer and John Bettison, ActivSheds Project Officer, the key volunteers and everyone who helps

to keep all the gardens looking lovely and for the amazing work you do and the impact you have on people's lives.

Barrie Powell or 'Barrie the bee' as he was known, passed earlier this year and John created an amazing Bee Sculpture in memory of Barrie, which can be found in the Sensory Garden at the People's Community Garden. I am so pleased that we were able to present Barrie with his Volunteer Award at last year's AGM and thank him for all the knowledge and experience of bees and bee keeping he has shared with so many people at the gardens.

Unfortunately, during the year we had to said goodbye to Jack Cook at the end of his one-year apprenticeship which was part of the Groundwork UK's New to Nature programme, Samantha Grainger-Cowles following the conclusion of her successful Gardening in Mind Project and Moira Hoogendyk, ActivCommunity Support Officer at the end of the one year funded joint Mental Health NSFT Project. We wish them all the best in their future ventures and employment.

The ICare Connect Project funded by Suffolk Community Foundation – Suffolk Carers Fund, led by Alison Pearson, Engagement Officer supported 24 carers during the first year of the project. A co-production meeting was held in October 2024 with carers to discuss the issues that carers and former carers face and to inform the direction of the project in Year 2. Alison also facilitates the Men's Breakfast Hub and ActivFriends, both of which support existing and former carers. A big thank you again goes out to all the volunteers who help prepare, cook and serve the lovely meals, help with activities or talk to our members. That also goes out to our Lunch Club volunteers and cook as well, both hubs ensure that people have a hot two course meal, time to socialise and a beneficial experience, to help reduce loneliness and social isolation.

This year we also worked closely with the SPILL Festival and were involved in the spectacular 'Posh Club' event held at the Ipswich Corn Exchange. Many of our members and volunteers attended and thoroughly enjoyed the afternoon filled with music, entertainment, dancing and afternoon tea - it certainly was an eye opener and very posh!

Times are hard and I can't deny that it can be very stressful at times for all of us, but we are a flexible, proactive and forward-thinking organisation, we have an amazing team of caring, passionate, enthusiastic and experienced staff and an amazing team of dedicated and loyal volunteers across the organisation and not forgetting our Trustees. So, a big thank goes out to all of you.

A thank you to Cynthia, Jomel, admin support Stella Houlihan and volunteer Jean White in the main office, for keeping us all in order.

2026 will be our 20th Anniversary. We started as the Town & Bridge Project all those years ago on 5th September 2006, hosted by ICVS and based in the Old Post Office building, at No 1 Cornhill, in the centre of Ipswich. So here is to another active year at ActivLives and I look forward to the party.

Julie Stokes *Chief Executive Officer*

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 4 full time member of staff, and 12 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

This year has seen a continuation of the increase in the weekly activities being put on with increased attendances supporting a 15% increase in generated income, on top of the 30% increase last year. Grant income increased by 5% through significant efforts of the fund raisers but this is matched by the 7% increase in project related costs.

We are showing a deficit of £28k which is similar to last year and means our available reserves have reduced to £130k. The charity has employed a dedicated fund raiser in 2025-26 to help address these ongoing deficits.

The current year looks like it will show a similar position to the last 3 years with a deficit around £35k.

Funders for 2024-25

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;

- ✓ Ipswich Borough Council
- ✓ Suffolk County Council
- ✓ East Suffolk Council
- ✓ Mid Suffolk District Council
- ✓ Babergh District Council
- ✓ Stowmarket Town Council
- ✓ Norfolk & Suffolk Foundation Trust
- ✓ Suffolk Community Foundation – Equity in Mind; Suffolk Carers Fund; Private Fund JA; Suffolk Sports Fubn; Suffolk Cancer Screening Awareness Fund; Suffolk PCC Fund; Pargiter Trust Fund; Langlands Grantmaking Fund; E&J Legacy Fund; Co-op Community Carers Fund; Food & Drink Fund; Scrutton Bland Fund; Kemball Family Fund
- ✓ Suffolk Family Carers
- ✓ Mrs L D Rope Third Charitable Trust
- ✓ Garfield Weston Foundation
- ✓ Henry Smith Charity
- ✓ New to Nature Groundwork
- ✓ Postcode Places Trust
- ✓ Special Olympics Suffolk
- ✓ ASDA Foundation
- ✓ Rotary Club Ipswich
- ✓ North West Ipswich Big Local Trust
- ✓ The Belstead Ganzoni Charitable Settlement
- ✓ The Leslie Mary Carter Charitable Trust
- ✓ The Annie Tranmer Charitable Trust

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

Obtaining funding for the Charity's work is increasingly difficult and the current cashflow forecast for the financial year shows a cash deficit of £35,500 based on committed funding to date. The accounts have been prepared on the Going Concern basis on the grounds that the Trustees have a reasonable degree of expectation that the Charity will be able to generate

sufficient income to reduce the forecast cash deficit, based on submitted grant applications for which the outcome is not currently known, applications that are due to be submitted, other fund raising expectations and increased earned income, to a manageable level which will allow the Charity to meet its obligations as they fall due. The Trustees review the financial position bi-monthly at Trustee meetings (and are currently receiving financial updates on a weekly basis and meeting monthly) and understand that if the expected funding streams do not materialise actions to scale down the organisation will have to be implemented

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.

Approved by the Board of Trustees on 18th December 2025 and signed on its behalf by



NAME: Clare Lucas
Trustee



NAME: Dan Billson
Trustee

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF ACTIVLIVES CHARITY NO: 1147615

Independent Examiner's Report to the Trustees of ACTIVLIVES Ltd

I report to the charity trustees on my examination of the accounts of the company for the year ended 31st March 2025 which are set out on pages 14 to 20

Responsibilities and basis of report

As the charity 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 company'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 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 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.



J. J. Oakley FCA
Beatons Limited
Chartered Accounts
7 Three Rivers Business Park
Felixstowe Road
Foxhall, Ipswich
IP10 0BF

18th December 2025

FINANCIAL STATEMENTS

Statement of Financial Activities including Income and Expenditure account for the year ended 31 March 2025

	Note	Unrestricted Funds	Restricted Funds	Total Funds 2025	Total Funds 2024
Incoming Resources					
Grants & Donations	2	£19,656	£310,246	£329,902	£314,429
Generated Income	2 & 3	£153,202	-	£153,202	£133,856
Investment Income	6	£2,868	-	£2,868	£2,609
Total Incoming Resources		£175,726	£310,246	£485,972	£450,894
Resources Expended					
Expenditure on charitable activities	4	(£146,838)	(£310,779)	(£457,617)	(£426,255)
Cost of raising funds		(£55,376)		(£55,376)	(£54,141)
Governance Costs		(£1,200)		(£1,200)	(£1,560)
Total Resources Expended		(£203,414)	(£310,779)	(£514,193)	(£481,956)
Net Incoming / (Outgoing) Resources		(£27,688)	(£533)	(£28,221)	(£31,062)
Net Movement of Funds in Year		(£27,688)	(£533)	(£28,221)	(£31,062)
Reconciliation of Funds					
Total Funds brought forward		£157,679	£115,438	£273,117	£304,180
Total Funds carried forward		£129,991	£114,905	£244,896	£273,118

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 16 to 20 form part of these accounts

Balance Sheet
As at 31st March 2025

	Note	2025	2024
FIXED ASSETS			
Tangible Assets	9	£7,441	£8,043
CURRENT ASSETS			
Debtors	10	£1,950	£1,070
Cash at Bank and in hand		<u>£237,006</u>	<u>£265,504</u>
		<u>£238,956</u>	<u>£266,574</u>
CREDITORS: Amounts falling due within one year	11	£1,500	£1,500
NET CURRENT ASSETS		<u>£237,456</u>	<u>£265,074</u>
NET ASSETS		<u><u>£244,896</u></u>	<u><u>£273,117</u></u>
CAPITAL & RESERVES			
Restricted Funds	2	£114,905	£115,438
Unrestricted Funds	2	£129,991	£157,679
TOTAL CHARITY FUNDS	2	<u><u>£244,896</u></u>	<u><u>£273,117</u></u>

For the financial 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.

Directors responsibilities:

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

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

These financial statements were approved by the Directors and Management Board on 18 December 2025 and are signed on their behalf by:



Daniel Billson
Director
Company registration Number: 07672809

The notes on pages 16 to 20 form part of these accounts

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2025

1 ACCOUNTING POLICIES

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

Basis of Accounting

The Charity is a Company limited by guarantee and has no share capital. The Charity is incorporated in England and Wales. The address of the registered office is Brightspace 160 Hadleigh Road Ipswich Suffolk IP2 0HH. The company number is 07672809.

The charity constitutes a public benefit entity as defined by FRS 102. 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 issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011, Companies Act 2006 and UK Generally Accepted Accounting Practice.

The disclosure requirements of section 1A of FRS 102 have been applied other than where additional disclosure is required to show a true and fair view.

The financial statements are prepared on a going concern basis under the historical cost convention, modified to include certain items at fair value. The financial statements are in the functional currency of the charity and rounded to the nearest £.

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

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.

Pension Costs

The company operated a defined contribution scheme for the benefit of its employees. The costs of contributions are written off against profits in the year they are payable.

Cash and cash equivalents

Cash and cash equivalents are basic financial assets and included cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

2. MOVEMENTS IN FUNDS

Restricted Funds

Ipswich Borough Council

- Cash Grants	-	£10,000	£10,000	£10,000	-
- Strength and Balancing Funding	£6,350	-	£6,350	£6,350	-
- Southwest area committees	-	£5,245	£5,245	£5,245	-
- Sustainable Good Food		£4,985	-	-	£4,985

Suffolk County Council

- Councillors Locality Funding	-	£1,820	£1,600	£1,600	£220
- Refugees and Asylum seeker fund	£12,000		£12,000	£12,000	-
- Health inequality fund		£24,900	£24,900	£24,900	-
- Ipswich West Health & Wellbeing	£10,640		£10,640	£10,640	-

East Suffolk Council

- Strength and Balancing Funding	£6,460	£64,780	£38,040	£38,040	£33,200
- Enabling communities		£2,353	£2,353	£2,353	-

Mid Suffolk District Council

- Strength and Balancing Funding	£8,000		£8,000	£8,000	-
- Locality Award		£250	£250	£250	-
- Community Development Grant		£9,700	-		£9,700

Babergh District Council

- Annual Agreement	-	£10,000	£10,000	£10,000	-
- Strength and Balancing Funding		£2,948	£2,948	£2,948	-
- Grant underspend		£4,800	-		£4,800

Stowmarket Town Council

	£200		£200	£200	-
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Norfolk & Suffolk Foundation Trust

	-	£40,950	£40,950	£40,950	-
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Suffolk Community Foundation

	£49,288	£34,380	£52,668	£52,668	£31,000
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Suffolk Family Carers

	-	£10,000	£10,000	£10,000	-
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Mrs L D Rope Third Charitable Settlement

	-	£16,100	£1,100	£1,100	£15,000
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Garfield Weston Foundation

	£7,500	£15,000	£15,000	£15,000	£7,500
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Henry Smith Charity

		£31,300	£31,300	£31,300	-
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New To Nature Groundwork

		£8,127	£8,127	£8,127	-
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Postcode Places Trust

	£15,000		£15,000	£15,000	-
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ADSA Foundation

		£960	£960	£960	-
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Rotary Club of Ipswich

		£1,878	£1,878	£1,878	-
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North West Ipswich Big Local Trust

		£160	£160	£160	-
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The Belstead Ganzoni Charitable Settlement

		£2,000	-		£2,000
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The Leslie Mary Carter Charitable Trust

		£5,000	-		£5,000
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The Annie Tranmer Charitable Trust

		£1,500	-		£1,500
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Special Olympics Suffolk

		£1,110	£1,110	£1,110	-
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Total Restricted Funds

	£115,438	£310,246	£310,779	£310,779	£114,905
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Unrestricted Funds

Grants & Donations		£19,656		£146,838	
Generated Income		£153,202		£56,576	
Investment Income		£2,868		-	

Unrestricted Funds

	£157,679	£175,726	-	£203,414	£129,991
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3. INCOMING RESOURCES - ACTIVITIES FOR GENERATING FUNDS

	Unrestricted	Restricted	2025	Total 2024
Produce & Plant Sales	£7,982		£7,982	£9,637
Placement & Training Services	£4,474		£4,474	£7,888
ActivHub Sessions	£133,710		£133,710	£110,128
Other	£7,035		£7,035	£6,203
Total	£153,202	-	£153,202	£133,856

4. TOTAL RESOURCING EXPENDED

	CHARITABLE ACTIVITIES	GOVERNANCE COSTS	TOTAL 2025	TOTAL 2024
Costs directly allocated to activities				
Staff Costs	£228,086		£228,086	£198,655
Freelance costs	£27,546		£27,546	£43,868
Staff Travel & Expenses	£13,436		£13,436	£9,751
Volunteer Expenses	£1,367		£1,367	£1,933
Project Expenses	£46,051		£46,051	£43,482
Venue Costs & Expense	£44,674		£44,674	£40,747
Support Costs allocated to activities				
Staff Costs	£52,628		£52,628	£46,733
Office Expenses	£38,392		£38,392	£35,660
Travel				-
Communications	£2,956		£2,956	£2,745
Depreciation	£2,480		£2,480	£2,681
Total Resources Expended	-	£457,617	-	£426,255

5. NET (OUTGOING) / INCOMING RESOURCES

	Total 2025	Total 2024
This is stated after charging:		
Depreciation	£2,480	£2,681
Pension contributions	£9,634	£8,323

6. INVESTMENT INCOME

	Total 2025	Total 2024
Interest receivable	£2,868	£2,609

7. STAFF COSTS AND NUMBERS

	Total 2025	Total 2024
Gross Salaries	£305,956	£275,873
Employer's National Insurance	£19,029	£15,333
Pension Contributions	£9,634	£8,323
	£334,619	£299,529

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

The average number of FTE, excluding trustees & directors =	11.2	9.2
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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 or s256 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects. No tax charges have arisen in the Charity

9. TANGIBLE FIXED ASSETS

	CABIN	POLYTUNNEL	EQUIPMENT	Total
COST				
At 31 March 2024	£16,874	£2,650	£27,050	£46,574
Additions	-		£1,878	£1,878
Disposals				-
At 31 March 2025	£16,874	£2,650	£28,928	£48,452
DEPRECIATION				
At 31 March 2024	£14,113	£2,650	£21,768	£38,531
Charge for the year	£690	-	£1,790	£2,480
Disposals				-
At 31 March 2025	£14,803	£2,650	£23,558	£41,011
NET BOOK VALUE				
At 31 March 2025	£2,071	-	£5,370	£7,441
At 31 March 2024	£2,761	-	£5,282	£8,043

10. DEBTORS

	Total 2025	Total 2024
Trade Debtors	£1,950	£1,070

11. CREDITORS

	Total 2025	Total 2024
Accruals	£1,500	£1,500

12. INDEPENDENT EXAMINERS REMUNERATION

	2025 £	2024 £
The independent examiners remuneration amounts to an independent examination fee of	£1,200	£1,620

13. RELATED PARTY TRANSACTIONS

	2025 £	2024 £
The remuneration of key management personnel is as follows:	£74,646	£72,829

There are no other related party transactions during the year Nil (2024: Nil)