

Restored Lives

Charity

Trustees' Report and

Financial Statements

For the year ended 31 December 2023

Restored Lives

REFERENCE AND ADMINISTRATIVE INFORMATION

Trustees	Catherine Butcher Erik Castenskiold Helen Adam
Charity Number	1152381
Trust Registered Office	Postern Park Postern Park Lane Tonbridge TN11 0QR
Bankers	LLOYDS BANK 125 Balham High Road London SW12 9AT

Restored Lives

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Restored Lives

Trustees' Report

For the year ended 31 December 2023

The trustees present their report together with the financial statements for the year ended 31 December 2023 which are prepared in accordance with the Statement of Recommended Practice "Accounting and Reporting by Charities" Charities SORP (FRS 102), the Companies Act 2006 and applicable UK accounting standards in preparing the annual report and financial statements of the charity.

Our Aims and objectives

The aim of Restored Lives is to help people successfully recover from relationship breakdown by providing easily accessible and cost effective resources primarily through facilitated group programmes. These resources include the eight-session Restored Lives course for adults; Your Direction, a five-session workshop for teenagers and young adults whose parents have separated; online workshops and other specific resources such as support for people separating from abusive partners. We also offer associated material in the form of the Restored Lives book, workbooks and free downloadable how-to guides. We promote and support the delivery of the course and workshop across the world to reach as many people as possible.

Review of 2023 Activities

The online version of both courses continue to work well. Attendance at the Restored Lives adults central online course is encouraging with around 170 people joining, often from countries outside the UK. The face to face courses were closed down by Covid and we are now seeing people re-starting these local courses, although this has been a slow process as people regain confidence for in person courses.

The biggest activity in 2023 was the start of rolling out the Your Direction workshop for children of separated parents. The need is very significant as family breakdown is the single biggest factor affecting teenage mental health with 1.4m children impacted in the UK by this over the last 5 years. Sadly there is currently no specific support, other than general counselling, which is not accessible for many people, and so our resources are greatly needed.

We created a Theory of Change paper which highlighted that with additional resources we could directly impact the lives of 1,000 children as well as release online and social media resources to support over 20,000 children. We have been hugely encouraged by the response to this paper and new funding has enabled us to employ two new roles enhancing our website and social media platform and a partnerships executive to build and develop partners to run the workshop and linking people to the online workshop.

Feedback from guests continues to be hugely encouraging with well being scores increasing significantly and qualitative responses showing remarkable changes and improvements in participants lives.

Brand awareness is growing as a result of our marketing efforts with circa 300% increase in website traffic. We have grown a combined Instagram audience of 947 followers. We are now increasing activity on LinkedIn targeting potential partners in education, the legal and charitable sectors.

Looking ahead to 2024

In 2024 we are focused on expanding the number of people attending our courses and the impact of our resources on people's lives. We are particularly concentrating on increasing the number of people on the central online Your Direction workshop and building partners to run the Your Direction workshop in their local communities.

As we talk to interested parties it is becoming very apparent that there is very little information, understanding or discussion in the UK of the impact on children of their parents' separation. Although the research is clear and the change immense, few people understand the child's perspective nor the issues arising for them such as stress, anxiety, feelings of abandonment, increased responsibilities, shame and new relationships with step parents & children which deeply affect a child's wellbeing. These issues change the foundation of a child's life and affect their future relationships which is why we are so excited by the impact of the workshop of enabling participants to navigate their life changes as well as empowering them with good relationship skills to enhance their future relationships.

**Restored Lives
Trustees' Report
For the year ended 31 December 2023**

Structure, Governance and Management

The organisation is a charity, registered on 11 June 2013.

The Board of Trustees

All trustees give their time voluntarily and receive no benefits from the charity. The trustees have complied with the duty in Section 17 of the Charities' Act 2011 to have due regard to Public Benefit guidance published by the Charity Commission.

Risk Management

The board of trustees has considered the major risks to which the charity is exposed and our response to those risks. A review of major risks is conducted at least annually.

Related parties

Details of related parties are given in note 13 of the financial statements.

Financial Review

Policy on Reserves

The policy of the board of trustees is not to build up general reserves beyond the operating needs of the charity. Free reserves at 31 December 2023 were £23,777.

Responsibilities of the Trustees

Charity law requires the trustees under charity law, to prepare financial statements for each financial year which give a true and fair view of the state of the affairs of the charitable company as at the balance sheet date and of its incoming resources and application of resources, including income and expenditure, for the financial year.

In preparing those financial statements, the trustees should follow best practice and:

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- follow applicable accounting standards, subject to any material departure disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is not appropriate to assume that the charity will continue on that basis.

The trustees are responsible for maintaining proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charity Commission Guideline. The trustees 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.

In accordance with charity law, as the charity's trustees, we certify that as the trustees of the charity we have taken all the steps that we ought to have taken in order to make ourselves aware of any relevant information and to establish that the charity complies with the law.

Approved by the board of Restored Lives on 10 June 2024

and signed on its behalf by:



Catherine Butcher
Trustee

Restored Lives
STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2023

	Notes	2023 Unrestricted £	2023 Restricted £	2023 Total £	2022 Total £
Income	2				
Donations and legacies					
Gift Aid Donations		150	-	150	4,063
Donations and Grants		25,975	-	25,975	23,383
Donations and legacies Total		26,125	-	26,125	27,446
Other income		5,274	-	5,274	6,917
Interest		-	-	-	1
Total income		31,399	-	31,399	34,364
Expenditure on charitable activities	3				
Fundraising expenditure		-	-	-	-
Expenditure on charitable activities	3	37,291	-	37,291	33,752
Total expenditure		37,291	-	37,291	33,752
Net income/(expenditure)before fund transfer		(5,892)	-	(5,892)	612
Transfer from restricted to unrestricted funds		-	-	-	-
Net income/(expenditure)		(5,892)	-	(5,892)	612
Fund balances at 1 January		29,669	-	29,669	29,058
Fund balances at 31 December		23,777	-	23,777	29,669

All activities are classed as continuing. The notes on pages 7 to 8 form part of these financial statements. All recognised gains and losses are included in the statement of financial activities. The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

Restored Lives
BALANCE SHEET
FOR THE YEAR ENDED 31 DECEMBER 2023

	Notes	2023 £	2022 £
Fixed assets	7	<u>-</u>	<u>-</u>
Current assets			
Debtors	9	4,445	3,929
Cash at bank and in hand	10	<u>20,166</u>	<u>26,490</u>
Total Assets		24,611	30,419
Liabilities: amounts falling due within one year	11	<u>(834)</u>	<u>(750)</u>
Net current assets		<u>23,777</u>	<u>29,669</u>
Liabilities: amounts falling due > one year	11	<u>-</u>	<u>-</u>
		<u>23,777</u>	<u>29,669</u>
Fund balances			
Unrestricted funds	8	23,777	29,669
Restricted funds	8, 12	-	-
Total funds		<u>23,777</u>	<u>29,669</u>

Approved by the Board on 10 June 2024 and signed on its behalf by



Cathy Butcher
Trustee

The attached notes form part of these financial statements.

Restored Lives**STATEMENT OF CASHFLOWS****FOR THE YEAR ENDED 31 DECEMBER 2023**

	2023	2022
	£	£
Cash generated from Operations (see note below)	(6,324)	(3,465)
Asset disposed / (Assets purchased)	-	-
Net increase (decrease) in cash & cash equivalent after financing	<u>(6,324)</u>	<u>(3,465)</u>
Increase/ (decrease) in cash and cash equivalents	<u>(6,324)</u>	<u>(3,465)</u>

Note to cash flow statement

	2023	2022
	£	£
Cash flow from Operating activities		
Net operating surplus/ (deficit) (per Statement of Financial Activities)	(5,892)	612
Depreciation and amortisation charges	-	-
(Increase) in debtors	(516)	(3,126)
(Decrease)/Increase in creditors due within one year	84	(950)
(Decrease)/ increase in creditors due after more than one year	-	-
Net cash (outflow)/ inflow from operating activities	<u>(6,324)</u>	<u>(3,465)</u>

1. Accounting Policies

Basis of accounting

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) (effective 1 January 2015) - (Charities SORP (FRS 102)) and the Companies Act 2006.

The financial statements have been prepared under the historical cost convention.

Funds

Unrestricted funds represent the funds of the charity that are not subject to any restrictions regarding their use and are available for application on the general purposes of the charity.

Restricted funds represent those received for specific purposes as specified by the donor, or the terms under which the funds were received.

The accounts include all transactions, assets and liabilities for which the charity is responsible in law.

Voluntary income and capital sources

Donations, gifts and other income are recognised as income when they are received.

Donations and grants received for specific purposes are accounted for as restricted funds.

Where appropriate the charity has taken advantage of the Gift Aid scheme.

Income from investments

Interest entitlements on bank accounts are accounted for as they accrue.

Resources expended

Resources expended are accounted for on an accruals basis and recognised when they fall due.

They are analysed according to their nature between the following categories:

- Support costs

- Expenditure on charitable activities (including Governance costs)

- Fundraising

Fixed Assets

Individual items with a purchase price of £1,000 or less are written off in the year of acquisition.

Tangible fixed assets with a cost of over £1000 are capitalised and valued at cost less accumulated depreciation. The assets are depreciated on a straight line basis over their estimated useful economic lives.

Restored LivesNOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2023**2. Incoming resources**

	2023 Unrestricted	2023 Restricted	2023 Total	2022 Total
	£	£	£	£
Gift aid	150	-	150	4,063
Donations and grants				
Donations	25,975	-	25,975	23,383
Grants	-	-	-	-
	25,975	-	25,975	23,383
	26,125	-	26,125	27,446
Incoming resources from charitable activities	5,274	-	5,274	6,917
Other incoming resources				
Bank interest	-	-	-	1
Total incoming resources	31,399	-	31,399	34,364

3. Resources expended

Charitable activities	Direct	Allocated support costs	Depreciation	Total
Charitable activities	36,131	-	-	36,131
Governance	-	1,160	-	1,160
Fundraising	-	-	-	-
Total 2023	36,131	1,160	-	37,291
Total 2022	32,745	1,007	-	33,752

Restored LivesNOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2023**4. Accounting costs and depreciation****2023**
£**2022**
£

Net outgoing resources are stated after charging

Audit & Accountancy fees

1,160

1,007

- prior year over/under-accrual

-

-

1,160**1,007****5. Staff costs****2022**
£**2022**
£

Wages and salaries

-

-

Social security costs

-

-

Trustees' Report and

-

-

-

-

The charity does not employ any staff.

6. Trustees

The trustees received no remuneration or reimbursement of expenses from the charity during either year.

7. Tangible fixed assets

There are no fixed assets

8. Analysis of net assets by fund

	2023	2022
	Total	Total
	£	£

Fixed assets

-

-

-

-

Current assets

-

24,611

24,611

30,419

Current liabilities

-

(834)

(834)

(750)

Long Term liabilities

-

-

-

-

Fund balance

-

23,777**23,777****29,669****9. Debtors****2023**
£**2022**
£

Sundry debtors

4,445

3,929

4,445**3,929****10. Cash at bank and in hand****2023**
£**2022**
£

Bank balances

20,166

26,490

Cash balance

-

-

20,166**26,490****11. Liabilities****2023**
£**2022**
£

Accruals

834

750

834**750****12. Restricted funds**

No restricted funds were received during the year.

13. Related parties

There were no related party transactions during the year.

Restored Lives

Charity

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Approved by the board of Restored Lives on 10 June 2024

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FOR THE YEAR ENDED 31 DECEMBER 2023

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Fundraising expenditure		-	-	-	-
Expenditure on charitable activities	3	37,291	-	37,291	33,752
Total expenditure		37,291	-	37,291	33,752
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Transfer from restricted to unrestricted funds		-	-	-	-
Net income/(expenditure)		(5,892)	-	(5,892)	612
Fund balances at 1 January		29,669	-	29,669	29,058
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Restored Lives
BALANCE SHEET
FOR THE YEAR ENDED 31 DECEMBER 2023

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Cash at bank and in hand	10	20,166	26,490
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Net current assets		23,777	29,669
Liabilities: amounts falling due > one year	11	-	-
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Fund balances			
Unrestricted funds	8	23,777	29,669
Restricted funds	8, 12	-	-
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- Fundraising

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FOR THE YEAR ENDED 31 DECEMBER 2023**2. Incoming resources**

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Fundraising	-	-	-	-
Total 2023	36,131	1,160	-	37,291
Total 2022	32,745	1,007	-	33,752

Restored LivesNOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2023**4. Accounting costs and depreciation****2023**
£**2022**
£

Net outgoing resources are stated after charging

Audit & Accountancy fees

1,160

1,007

- prior year over/under-accrual

-

-

1,160**1,007****5. Staff costs****2022**
£**2022**
£

Wages and salaries

-

-

Social security costs

-

-

Trustees' Report and

-

-

-

-

The charity does not employ any staff.

6. Trustees

The trustees received no remuneration or reimbursement of expenses from the charity during either year.

7. Tangible fixed assets

There are no fixed assets

8. Analysis of net assets by fund

	2023	2022
	Total	Total
	£	£

Fixed assets

-

-

-

-

Current assets

-

24,611

24,611

30,419

Current liabilities

-

(834)

(834)

(750)

Long Term liabilities

-

-

-

-

Fund balance

-

23,777**23,777****29,669****9. Debtors****2023**
£**2022**
£

Sundry debtors

4,445

3,929

4,445**3,929****10. Cash at bank and in hand****2023**
£**2022**
£

Bank balances

20,166

26,490

Cash balance

-

-

20,166**26,490****11. Liabilities****2023**
£**2022**
£

Accruals

834

750

834**750****12. Restricted funds**

No restricted funds were received during the year.

13. Related parties

There were no related party transactions during the year.



Section A

Independent Examiner's Report

Report to the trustees/
members of

Restored Lives

On accounts for the year
ended

31 December 2023

Charity no
(if any)

1152381

Set out on pages

1-8

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31 / 12 / 2023.

Responsibilities and
basis of report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent
examiner's statement

I am qualified to undertake the examination by being a qualified member of the Association of Chartered Certified Accountants (ACCA, UK).

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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.

Signed:

Date:

05 July 2024

Name:

Habtamu Ewnie

Relevant professional
qualification(s) or body
(if any):

Fellow members of the Association of Chartered Certified Accountants (FCCA, UK), MSc in Professional Accountancy, University of London.

Address:	Flat 165 Lambourne House
	Apple Yard
	London, SE20 8FX

Section B	Disclosure
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Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

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