

LIVES
NOT
KNIVES

Engage Educate Empower

TRUSTEE ANNUAL REPORT
MARCH 2024

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Knives

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CEO STATEMENT: ELIZA REBEIRO



Being the CEO of Lives Not Knives is both challenging and rewarding. I am very proud to see the impact my colleagues and our programmes - **engage**, **educate** and **empower** positively effect the lives of the young people and community we support.

Our mission is to offer our youth, in Croydon, more opportunities to grow, connect with positive role models, and discover new experiences that can help shift their outlook on life. Through mentoring, support, and tailored programmes, we guide young people toward safer, more hopeful futures—showing them that they have options beyond violence and fear.

I am profoundly grateful to our dedicated staff, Trustee Board, and supporters, whose passion and commitment make this work possible. Our staff members bring not just expertise, but heart, to everything we do. The guidance of our Trustees ensures we stay focused and accountable, while our supporters—whether through donations, time, or advocacy—are the backbone of our efforts. Together, we form a community working tirelessly to create real, lasting change.

However, the struggles faced by young people affected by knife crime are immense. Many live in communities where violence is normalised, and survival often feels like the only option. These young people need more than just interventions, they need hope, mentorship, and tangible pathways to ensure they believe in their own future.

The work we do is a long-term commitment, and the need for support is ongoing. We can't do it alone. To continue offering these critical services and create lasting change, we need the continued support of our community.

Together, we can help young people build a future free from violence.

TRUSTEE STATEMENT: MONICA BECKLES, CHAIR

Educate, Engage and Empower! Our focus on these key areas is helping young people to make better choices and change the trajectory of their lives.

Youth violence and detrimental family dynamics, such as poverty, neglect, crime and abuse are inextricably linked. These factors, exacerbated by the pandemic and austerity measures, are pushing young people down the wrong path, and creating vulnerabilities to gang recruitment.

The young people we work with are telling us loud and clear about the challenges they are experiencing and the support they need to help manage them. The myriads of studies over recent years also echo these findings and highlight the urgency for interventions as we see youth violence increase year on year, whilst opportunities for funding decrease.

The impact of our team's work through the generosity of our supporters is unequivocal. Our comprehensive approach to **Educating, Engaging** and **Empowering** young people in Croydon gives them hope and the methods to find a better way. Our case study discusses one such heartwarming example from our **Educate** programme, demonstrating the influence that our youth workers and mentors have through their tireless work. Work that is driven by their understanding through experience and their passion and commitment to making a positive difference and helping young people to succeed, in spite of their detrimental circumstances.

Thus, as I prepare to hand over the reins to a new Chair, I do so with complete confidence that the LNK team will continue to create lasting change, one step at a time. I would love to have the same confidence that we will see an increase in funding so that one step can become a march and then a widespread movement for change. A change that would see young people able to walk the streets without fear or resorting to carrying a knife for protection. How I pray that I will see this in my lifetime.

Until then, on behalf of all young people, their families and communities, I would like to express our gratitude to those who are committed to this aim. To Eliza, CEO, for her assiduous leadership and a lifetime of dedication to reducing knife crime. To our youth workers and mentors for their hard work, resilience and commitment to being there for our young people. To the teachers who identify young people at potential risk and refer them to our team for support. To our Trustees for volunteering their time, knowledge and skills to ensure strong governance and support for Eliza and the team, and to our sponsors, donors, volunteers and partners for the financial gifts, fundraising initiatives and hands on operational support they give so generously. Thank you!

I am honoured to have been Chair of LNK and while my tenure is ending, my support for Eliza and the LNK team will continue.





CHARITY INFORMATION:

BOARD OF TRUSTEES:

Monica Beckles, Chair
Kate Newton
Walter Verkaik
Rahim Hijri
Christine Williams
Charandeep Kaur Kaira

PRINCIPLE STAFF:

Eliza Rebeiro, CEO
Jack Price, Programmes Manager
Paul Bogle, Content Manager

BANKERS:

Metro Bank
Centrale Shopping Centre
CR0 1TY

CHARTERED CERTIFIED ACCOUNTANTS:

Maddox & Maddox
9 Commerical Yard
Barnard Castle
County Durham
DL12 8FE



LIVES NOT KNIVES

CHARITY NUMBER: 1153634

REGISTERED IN ENGLAND AND WALES

REGISTERED OFFICE AND OPERATIONAL ADDRESS:

**LNK UNIT, UPPER MALL, CENTRALE SHOPPING CENTRE, CROYDON,
CR0 1TY**

WWW.LIVESNOTKNIVES.ORG

FINANCIAL HIGHLIGHTS:



STAFF AND VOLUNTEERS:

At 31 March 2024, Lives Not Knives had 7 full time employees, and 6 Trustees. Over half live in Croydon or neighbouring boroughs and a quarter have lived experience of youth violence.

We are grateful for the many volunteers from the local community and local businesses, who support our events and projects through the year. During 2023/24, volunteers from Amazon Web Services, Amazon Fresh, Pension Protection Fund and Unibail-Rodamco-Westfield, provided Lives Not Knives with vital support.

There were no trustee's remuneration or other benefits, and no trustee expenses paid for the year end 2024 or for the previous tax year.

No employees received emoluments in excess of £60,000 the year end 2024, or for the previous tax year.

INCOMING:

A total of £412,654 was accumulated from Grants, Donations and Commissioned Work.

12% A total of £50,300 in Grants from Holiday and Food Fund, MeWe360.

70% £286,804 was raised from individual donors, fundraising efforts and corporate social responsibility initiatives.

18% Commissioned work came to a total of £75,550 for Lives Not Knives programmes.

EXPENDITURE:

A total of £309,002 was spent on Program Costs, General Administration and Utilities.

84% £259,347 paid for all programme costs, which includes staff, training and equipment.

12% A total of £36,912 was spent on general administration costs, such as website, accounting, and insurance.

4% Utilities came to a total of £12,743 including light, water and other essential bills.

NEED FOR: LIVES NOT KNIVES

Croydon has historically been vilified for its increasing levels of crime, especially amongst young people. The growing issue of serious youth violence and knife crime has been highlighted over the years, alongside the decline of conditions and rise in social issues.

In 2021/22 Croydon recorded the most teenage murders in London, and was named the city's knife crime capital, accounting for 17% of murders of young people in London.

In 2022/23, the number of knife crime offences in Croydon was 681; from March 2023 to February 2024, this rose to 834 knife crime offences in Croydon.

Croydon Council stated that "findings indicate that serious youth violence inordinately impacts young men, those aged 18-24, and potentially Black/African/Caribbean groups compared to their demographic profiles in Croydon". They also went on to report that "Croydon Town Centre (including the High Street, shopping centres and North End) maintained its status as a primary hotspot, and West Croydon Station continued to be a high-crime area".

Knife crime and Serious Youth Violence isn't the only growing problem, Croydon Council, 2022/2023, reported there being an increase in overall crime, violence, theft and robbery. They also reported that there is an increase in open cases and children subject to a Child Protection Plan.

Croydon knife crime rate up 25 per cent from last year

Croydon stabbings: Teenager dies and two hurt

Boy, 15, arrested over murder of teenager found stabbed to death in London park

**CALLER'S FATHER ON CARRYING A KNIFE:
'I'D RATHER YOU GO TO JAIL THAN DIE'**

NEED FOR: LIVES NOT KNIVES

The quality of young people's lives are declining, and it has gone from a cause for concern, to an urgent need to intervene and stop young people losing their lives.

Multiple agencies, stakeholders, organisations and communities have worked individually and collectively for years, conducting amazing work with young people. Through various modes and themes, there has been work focusing on: prevention, intervention, disruption and diversion; looking at providing support at various points in a young person's life and journey.

Despite this hard-work, it is clear that there is still an issue that needs tackling. This is not reflective of the work that has been delivered - it highlights the problem of the complex and multi-factorial issues multiplying and growing - faster than support can be delivered.

With young people being more aware of the increase in trends, numbers, statistics, reports, and shared feelings of a troubled society, young people are no longer aspiring for success. Young people are dreaming of survival.

Young people need help seeing beyond their boundaries and barriers. They need help and support learning about a world beyond theirs. Beyond a declining state of society and towards a thriving community.

SUPPORT IS NEEDED MORE THAN EVER.

The 2019 Vulnerable Adolescents Thematic Review was commissioned by Croydon's strategic partners through the Croydon Safeguarding Children's Board to support the improvement and effectiveness of the multi-agency response to children and families in Croydon.

"The review considered sixty vulnerable adolescents in total and made five key findings with fifteen recommendations for consideration, which were far reaching and included:

- early help and prevention is critical
- greater recognition of, and response to children's emotional health and wellbeing is needed
- an integrated, whole systems approach is needed across agencies, communities and families
- schools should be at the heart of multi-agency intervention
- disproportionality, linked to ethnicity, gender and deprivation requires attention and action."

A study by HM Inspectorate of Probation Research & Analysis 2022/23 also found that:

"The nature of knife crime is changing, with participants suggesting it is both more prevalent and more serious than in previous years. This change has, in part, been driven by austerity and cuts to preventive services."

These findings amongst others, recognise that knife crime is multi-factorial and with this there is a need for a multi-faceted approach.

PROGRAMME: ENGAGE

OVERVIEW

We aim to provide **engaging** enrichment for young people, that overall benefits their mental, physical and emotional wellbeing and development; doing so independently, with their peers, and with the wider community, in their community. We have two programmes that support young people, outside of their daily school activities, that we run from the LNK Unit, Croydon.

YOUTH HUB

Our Youth Hub provides a space in a time where the Town Centre has been recognised as a cause for concern by the police and council. We aim to bring back hope amongst the community, by creating a safe environment for young people to socialise, do homework, express themselves, anything they want - but most importantly, **be young people**.

Many young people that we worked with, on different programmes, voiced that they wanted a “safe space to chill with friends”, “see mentors and staff”, “play games” and “make new friends”. Following this feedback and the clear need for more safe, social spaces, we chose to improve our Youth Hub, to meet the needs of our young people, Our Youth Hub, used to operate only on Fridays, and is now open for drop-in Mondays and Fridays.

ENGAGE

Many families have voiced their struggles to provide for their young people during the holiday periods, therefore it is a priority to support young people and their families with **Engage** - Holiday. **Engage** runs during the school holidays, throughout the year, and specifically supports those on free school meals, or young people from low income families. Each holiday is slightly different however all programmes provide: enrichment activities, hot food, trips out of Croydon, skills development, and fun during the times that many disadvantaged young people may struggle to have a holiday.



PROGRAMME: ENGAGE

DURING THE SCHOOL HOLIDAYS: 2023/24

Lives Not Knives supported **431 young people** aged 10 - 14.

We provided activities on **32 out of the 65 days**, across **5 school holidays**.

Many of the young people who attended the programme have **additional needs** such as: **Attention Deficit Hyperactivity Disorder (ADHD), Attention Deficit Disorder (ADD), Autism and other Mental Health needs.**


All young people on the programme are on **free school meals** and rely on us for a hot nutritious meal during the holidays. We provided **640 meals** throughout the year.

100% OF YOUNG PEOPLE SAID THEY:

“Enjoyed the food” “Felt Safe”. “Felt Happy”
“Made Friends” and - “Want to come again!”

We also provided enrichment and learning activities such as:

- Nutritional Workshops
- Visit to BBC Studios
- Brighton Beach
- Basketball Coaching
- Arts and Crafts
- Photography Workshop
- Cinema
- Arcade
- Sports Day



“I was *too shy* to speak to anyone before but now **I have so many friends at Lives Not Knives**” - Child

“Because of his additional needs *he usually struggles making friends and fitting in.* He doesn’t like other holiday clubs, but he **doesn’t ever want to leave you!**” - Parent

PROGRAMME: EDUCATE

OVERVIEW

The main aim of our **Educate** programme is that through mentoring, young people – who are subjected to (a number of) complex experiences, characteristics, needs and adversities, are best supported in schools. After identifying the most vulnerable young people, who are deemed to be at high-risk of school exclusion, trained mentors – from similar backgrounds, work closely with their mentees every week, to help them overcome their problems.

EDUCATE AIMS:

- Keep mentees in mainstream **education** whereby they can further their own learning and development, to achieve their full potential
- Teach young people the dangers and implications of making the wrong decisions; especially in relation to knife crime, antisocial behaviour and crime
- Teach young people how to make the right decisions
- **Educate** young people on how to navigate through their own personal problems, typically in relation to school and their own personal lives; whilst teaching them how to achieve their goals and dreams

Young people need **education**, advice, guidance, praise and support navigating through their own journeys. For those who are at risk or vulnerable, it may be harder to relate or take in this knowledge in the conventional way that is often delivered to young people ie, in the classroom. It is the young people that are exposed to disadvantages, hardships, barriers and social issues, that often go on to make decisions that have a negative impact on themselves and society. They need guidance, non-judgementally, from those that can understand, potentially relate, and teach – in a way that is best for the individuals specific needs.

Mentoring is used as a tool to prevent and intervene with the issues that young people are facing. Not only is mentoring used to tackle these problems, but is used to **engage, educate** and **empower** all young people, guiding them towards positivity and elevated levels of emotional, mental and physical wellbeing.

“MENTORING IS EFFECTIVE IN BOTH REDUCING CRIME AND THE BEHAVIOURS ASSOCIATED WITH CRIME AND VIOLENCE. THE RESEARCH SUGGESTS THAT, ON AVERAGE, MENTORING REDUCES VIOLENCE BY 21% ALL OFFENDING BY 14%, AND REOFFENDING BY 19%.”

- YOUTH ENDOWMENT FUND

PROGRAMME: EDUCATE

We mentored **60 young people** through the academic year: **69% Male and 31% Female, 65% Black and Minority Ethnic and 35% White British**. All young people were referred due to being **highest risk of permanent exclusion**, as well as other lifestyle, and wellbeing factors such as:



70% Parental separation
33% Household mental illness
26% Household domestic violence
61% Unstable family dynamic
52% Friends and Family in gangs and criminality
80% Low-income household
24% Known to police



72% Anger
71% Anxiety and/or depression
59% Poor self esteem
44% Mental health issues
24% Verbally abused
13% Physically abused
15% Physically neglected
28% Emotionally neglected



80% Vulnerable to peer pressure
41% Violent tendencies
83% Inability to regulate emotions
39% Regular exclusions
52% Poor attainment levels
44% High levels of truancy
44% Involvement in antisocial behaviour
94% on Free School Meals

A questionnaire was given to all mentees each school term which enabled us to track the distance travelled in their mentoring relationships. Our mentors were looking at all factors that support a young person with an end goal of:

Increasing: Community Attitude and Behaviours - Attendance and Participation in School - Physical, Mental and Emotional Wellbeing

Decreasing: Criminal Attitudes and Behaviours - Barriers to Learning - Negative Influences

BY THE END OF THE SCHOOL YEAR:

98%

Identified of being at risk of permanent exclusion were not permanently excluded

100%

Didn't want to be in a gang and said they were not in a gang

79%

Of those who didn't feel confident now feel confident

57%

Of young people admitted to committing crime before having a mentor

37% Of the 57% said they no longer commit crimes

96%

Did not think community was important before mentoring.

49% Now think community is important

100%
SAID THEIR MENTOR

- Was a good listener
- Helped them express their thoughts, feelings and emotions
- Helped teach them how to avoid conflict
- Helped them better understand and control their emotions
- Made them feel supported

PROGRAMME: EDUCATE (CASE STUDY)

We understand the importance of anonymity and for this reason, we have changed the name of the young person in the following case study, however all other details are true.

REFERRAL:

Tyler was originally referred to LNK by the school's Designated Safeguarding Lead in 2022 due to his high-risk of exclusion, challenging behaviours, inability to regulate his emotions, poor attainment levels and concerns around his safety in the community.

Tyler's behaviours included displays of anger, fighting, inappropriate language to staff and peers, which in turn resulted in regular high-level consequences, including exclusions from school. The most specific reasons that led him to be a priority on the referral list were; being found in possession of a sharp object, susceptibility to peer pressure from friends and family in gangs/criminality and displays of what was described as "worsening and worrying behaviour".

During the 2022/2023 academic year Tyler worked with a mentor and showed positive growth and changes in behaviour. The school believed that the changes were significant enough for Tyler to not need any further support and the school would try a period without a mentor to see if Tyler could implement the strategies, knowledge and advice he received from mentoring on his own. This was successful for a period, until the school noticed a drop in his behaviour.

Following the summer holidays, Tyler was faced with new problems, and it was revealed that he had to start helping a lot more at home including cooking, shopping and caring for his mum due to her health issues. As a result, they requested that we continue working with him, to help him navigate through these new situations in a crucial time of his school life. At the time of the second referral made in 2023, Tyler was receiving 5 detentions a week, he had over 10 internal exclusions in one school term and 3 external exclusions in the previous academic year.



Health and Lifestyle Factors:

Suspected: ADHD (awaiting diagnosis)

Known: Suffered a Traumatic Life Experience

Anger

Inability to Regulate Emotions



Household Factors:

Suspected: Physical Neglect

Known: Parental Separation

Household Mental Illness

Unstable Family Dynamic

Low-Income Household

Emotional Neglect

Friends and Family in Gangs/Criminality



School Factors:

Known: Poor Attainment Levels

Regularly Excluded from School

Regular Behavioural Issues

Vulnerable to Peer Pressure

PROGRAMME: EDUCATE (CASE STUDY)

SUPPORT:

Tyler needed a **positive role model** who understood and related to some of the problems and challenges he faced, as it seemed that he was spending time with people who didn't necessarily make the right choices in and outside of school. Tyler showed that he was extremely passionate about basketball and was allocated a mentor who was equally as enthusiastic and passionate about sport.

Tyler quickly took to his mentor. Basketball was used to motivate and **engage** him in sessions. Tyler became comfortable and able to confide in his mentor about matters bothering him. His mentor expressed the need to work hard, be resilient, and disciplined in basketball; this message was also transferable to his school, home and personal life. Tyler benefitted from weekly sessions; having someone praise him when he made the right decisions and guide him back on to the right path when he didn't.

At the end of each half term, he would complete a questionnaire as a measurement of where he was mentally, with school, home, personally and his overall well-being; helping direct the sessions. In January, he ticked a box on the questionnaire that he had committed crimes. His mentor prioritised speaking to him about the importance of making the correct decisions, and the impact of those decisions on himself and others.



Over the academic year his mentor also worked with him on regulating his emotions, to reduce the number of outbursts in school and helped him to see the impact and affects of his behaviour, and the ways that they might hinder him; but also went on to show him how positive and productive strategies could better his life.

OUTCOME:

By July 2024 there were **huge improvements** in his behaviour, with the **number of high-level incidents** in school **dropping significantly**. Members of staff had lots of **positive words** to say about Tyler, realising a **shift in his behaviour and mentality**. By the last questionnaire Tyler **strongly disagreed that he was committing crimes**. He received some **positive behaviour points** and became an **ambassador** for basketball for his school. He also became a **positive role model** for other young people even **hosting and refereeing a basketball tournament for a local primary school**.

PROGRAMME: EMPOWER



We help to **Empower** our local community by providing food and essential household items to families and those in need of a helping hand. We believe that easing the burden of purchasing home goods will allow our community to have more time for themselves and those around them, supporting their mental health and physical well-being.

We continued our partnership with Amazon Web Services who also gained support from TransAcct, Apvia and Amazon Fresh, Source Fuse and Levy & Co.



We supported **200** households with goods.

Provided **18** haircuts for the community

Supported **6** people with flu jabs.

Sign-posted those in need of services who can further support with mental health.



'This was truly a blessing for me and my two daughters, I have been under great financial strain this year and the chocolates and other treats will be wrapped up for them to open, thank you from the bottom of my heart.'

Croydon Mum (Facebook Comment)



EMPLOYEE SPOTLIGHT:

JASMINE LONG, YOUTH WORKER

I joined LNK because I wanted to work with young people and leave a positive impact on their lives. A lot of young people have problems that they don't get help with because they don't have someone to go to. I want young people to feel safe and supported, without feeling judged. I'm proud to say I have been a mentor for over a year now and have made a positive impact already, mainly through working on the **Educate** and **Engage** programmes that we deliver.

To make sure I can give the best support, it's important that I'm organised and structure my week well. During the school term time I use Mondays to prepare for my day's mentoring in schools; reviewing notes that I've made from sessions with my mentees and prepare for their 1:1 sessions. I'm then based across three different schools Tuesdays to Thursdays and have 1:1 sessions with up to 8 young people a day. On Fridays, I spend time organising my work, meet with my manager - reviewing work, communicate with teachers and then work with the young people who drop in at our Youth Hub.



In the past year, I've realised that a lot of the young people I support often don't have many safe relationships with adults. Many young people have extremely hectic home lives and just don't get on with their teachers; making the rest of the LNK team and I the only adults they have trusted relationships with. Building these relationships has been a priority in my work, as I've understood that when young people open up confidently, you can help them with their problems and goals. When first meeting my mentees, some of them are comfortable straight away and are very open to talk and share, others take a few weeks, but then when they open up, they tell me absolutely everything. As the relationship grows they share more and their progress increases.

Most of the sessions are very positive, however due to the nature of the referrals, I have had to manage a lot of safeguarding concerns and disclosures. In the past year I've supported young people with a number of different sensitive safeguarding issues; **missing episodes, self-harming, gang affiliation, court cases, eating concerns, school exclusions and involvement in knife crime**. I work alongside the school's and LNK's safeguarding policies to ensure all concerns are managed, with my main concern being the young person, their needs and how I can best support them.



All the young people I mentor appreciate having someone to talk to and have expressed that they feel more confident in making their own decisions after using me as a sounding board. I listen and give advice, but I aim to **empower** them to make their own positive decisions. They often tell me that they've been waiting to speak to me all week, or that they're excited to have a session with me as it's their only calm period of the week. This makes me feel like I'm doing a good job - so when I hear positive feedback from teachers, see other indications, like less exclusions and better engagement in school, I really feel like I've made an impact. I enjoy working on the **Educate** programme throughout the school year as it gives more time to build a relationship, focus on the young people, their goals, what they want to achieve, and help them travel a distance.

When schools are closed, we run our **Engage** programme to ensure young people have a safe place to go to during the break. **Engage** is full of trips, activities and often a first time-experience for those on the programme. Sign ups are open to everyone, not just referrals, which means that every **Engage** programme is different due to the mix of attendees. We see some that we have known for years through **Educate** and previous **Engage** programmes, and some fresh faces. **Engage** can be challenging due to the number of young people attending and their needs, however it's a challenge that keeps me on my toes, and I have lots of fun keeping them entertained, introducing them to new skills, opportunities and support they deserve.

With both **Engage** and **Educate**, I believe I have had a positive impact on the young people. Both programmes support young people from various backgrounds, with issues or challenges in their home, school and personal life. I personally feel that having them open up and use the support, is an achievement in itself and something they should be proud of.



My favourite day working at LNK so far has been our 'Giving Day'. I enjoyed speaking to different people in the **community**, seeing lots of parents whose children we support, and them recognising the relationship that the mentors have with their kids. **Helping the community and giving back.**



Safeguarding Level 1 -3
Mental Health First Aid
Domestic Violence
Designated Safeguarding Lead
Counselling Level 2
First Aid
Food and Safety
Sexual Health



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KNIVES**

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CHARITY NUMBER: 1153634
REGISTERED IN ENGLAND AND WALES
REGISTERED OFFICE AND OPERATIONAL ADDRESS:
LNK UNIT, UPPER MALL, CENTRALE SHOPPING CENTRE, CROYDON, CRO 1TY
WWW.LIVESNOTKNIVES.ORG**

REGISTERED COMPANY NUMBER: CE000143 (England and Wales)
REGISTERED CHARITY NUMBER: 1153634

Report of the Trustees and
Unaudited Financial Statements for the Year Ended 31 March 2024

for

Lives Not Knives

Maddox & Maddox Limited
9 Commercial Yard
Barnard Castle
Co Durham
DL12 8FE

Lives Not Knives

Report of the Trustees for the Year Ended 31 March 2024

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2024. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

STRATEGIC REPORT

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

CE000143 (England and Wales)

Registered Charity number

1153634

Registered office

LNK Unit

Upper Mall

Centrale Shopping Centre

Croydon

Surrey

CR0 1TY

Trustees

Monica Beckles

Kate Newton

Walter Verkaik (appointed 9.8.23)

Company Secretary

Independent Examiner

Maddox & Maddox Limited

9 Commercial Yard

Barnard Castle

Co. Durham

DL12 8FE

Report of the trustees, incorporating a strategic report, approved by order of the board of trustees, as the company directors, on 20.12.2024 and signed on the board's behalf by:



Trustee

Independent Examiner's Report to the Trustees of
Lives Not Knives

Independent examiner's report to the trustees of Lives Not Knives ('the Company')
I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2024.

Responsibilities and basis of report

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

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

Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Association of Chartered Certified Accountants, 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:

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.



Simon Maddox FCCA
The Association of Chartered Certified Accountants

Maddox & Maddox Limited
9 Commercial Yard
Barnard Castle
Co. Durham
DL12 8FE

Date: 20-12-2024

Lives Not Knives

Statement of Financial Activities for the Year Ended 31 March 2024

	Notes	Unrestricted fund £	Restricted funds £	31.3.24 Total funds £	31.3.23 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	286,804	50,300	337,104	92,383
Charitable activities	4				
Education and life skill development		-	65,500	65,500	(33,112)
Other trading activities	3	10,050	-	10,050	4,664
Total		<u>296,854</u>	<u>115,800</u>	<u>412,654</u>	<u>63,935</u>
EXPENDITURE ON					
Raising funds	5	6,736	-	6,736	9,484
Charitable activities	6				
Education and life skill development		186,466	115,800	302,266	343,509
Total		<u>193,202</u>	<u>115,800</u>	<u>309,002</u>	<u>352,993</u>
NET INCOME/(EXPENDITURE)		103,652	-	103,652	(289,058)
RECONCILIATION OF FUNDS					
Total funds brought forward		311,243	-	311,243	600,301
TOTAL FUNDS CARRIED FORWARD		<u><u>414,895</u></u>	<u><u>-</u></u>	<u><u>414,895</u></u>	<u><u>311,243</u></u>

The notes form part of these financial statements

Lives Not Knives

Balance Sheet 31 March 2024

	Notes	Unrestricted fund £	Restricted funds £	31.3.24 Total funds £	31.3.23 Total funds £
FIXED ASSETS					
Tangible assets	12	2,585	-	2,585	1,808
CURRENT ASSETS					
Debtors	13	545	-	545	544
Cash at bank and in hand		422,645	-	422,645	335,015
		<u>423,190</u>	<u>-</u>	<u>423,190</u>	<u>335,559</u>
CREDITORS					
Amounts falling due within one year	14	(10,880)	-	(10,880)	(26,124)
NET CURRENT ASSETS		<u>412,310</u>	<u>-</u>	<u>412,310</u>	<u>309,435</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>414,895</u>	<u>-</u>	<u>414,895</u>	<u>311,243</u>
NET ASSETS		<u>414,895</u>	<u>-</u>	<u>414,895</u>	<u>311,243</u>
FUNDS	15				
Unrestricted funds				414,895	311,243
TOTAL FUNDS				<u>414,895</u>	<u>311,243</u>

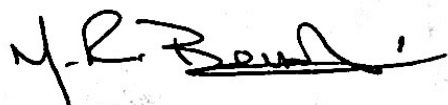
The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2024.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2024 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

The financial statements were approved by the Board of Trustees and authorised for issue on 20.12.2024 and were signed on its behalf by:



The notes form part of these financial statements

Lives Not Knives

Balance Sheet - continued
31 March 2024

Trustee

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Lives Not Knives

Cash Flow Statement for the Year Ended 31 March 2024

	Notes	31.3.24 £	31.3.23 £
Cash flows from operating activities			
Cash generated from operations	1	89,650	(272,101)
Finance costs paid		-	(259)
		<hr/>	<hr/>
Net cash provided by/(used in) operating activities		89,650	(272,360)
		<hr/>	<hr/>
Cash flows from investing activities			
Purchase of tangible fixed assets		(2,020)	(1,764)
		<hr/>	<hr/>
Net cash used in investing activities		(2,020)	(1,764)
		<hr/>	<hr/>
Change in cash and cash equivalents in the reporting period		87,630	(274,124)
Cash and cash equivalents at the beginning of the reporting period		335,015	609,139
		<hr/>	<hr/>
Cash and cash equivalents at the end of the reporting period		<u>422,645</u>	<u>335,015</u>

The notes form part of these financial statements

Lives Not Knives

Notes to the Cash Flow Statement for the Year Ended 31 March 2024

1. RECONCILIATION OF NET INCOME/(EXPENDITURE) TO NET CASH FLOW FROM OPERATING ACTIVITIES

	31.3.24	31.3.23
	£	£
Net income/(expenditure) for the reporting period (as per the Statement of Financial Activities)	103,652	(289,058)
Adjustments for:		
Depreciation charges	1,243	837
Loss on disposal of fixed assets	-	5,246
Finance costs	-	259
Increase in debtors	(1)	(544)
(Decrease)/increase in creditors	(15,244)	11,159
Net cash provided by/(used in) operations	89,650	(272,101)

2. ANALYSIS OF CHANGES IN NET FUNDS

	At 1.4.23	Cash flow	At 31.3.24
	£	£	£
Net cash			
Cash at bank and in hand	335,015	87,630	422,645
	<u>335,015</u>	<u>87,630</u>	<u>422,645</u>
Total	335,015	87,630	422,645

The notes form part of these financial statements

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Taxation

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

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

Lives Not Knives

Notes to the Financial Statements - continued for the Year Ended 31 March 2024

2. DONATIONS AND LEGACIES

	31.3.24	31.3.23
	£	£
Donations	<u>337,104</u>	<u>92,383</u>

3. OTHER TRADING ACTIVITIES

	31.3.24	31.3.23
	£	£
Commissioned work	10,015	4,627
Commission	35	37
	<u>10,050</u>	<u>4,664</u>

4. INCOME FROM CHARITABLE ACTIVITIES

	Activity	31.3.24	31.3.23
		£	£
YEF	Education and life skill development	-	(92,912)
Grants	Education and life skill development	65,500	59,800
		<u>65,500</u>	<u>(33,112)</u>

5. RAISING FUNDS

	31.3.24	31.3.23
	£	£
Other trading activities		
Purchases	<u>6,736</u>	<u>9,484</u>

6. CHARITABLE ACTIVITIES COSTS

	Direct Costs	Support costs (see note 7)	Totals
	£	£	£
Education and life skill development	<u>301,946</u>	<u>320</u>	<u>302,266</u>

Lives Not Knives

Notes to the Financial Statements - continued for the Year Ended 31 March 2024

7. SUPPORT COSTS

Education and life skill development

Finance
£
320

8. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	31.3.24	31.3.23
	£	£
Depreciation - owned assets	1,243	837
Deficit on disposal of fixed assets	-	5,246

9. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2024 nor for the year ended 31 March 2023.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2024 nor for the year ended 31 March 2023.

10. STAFF COSTS

	31.3.24	31.3.23
	£	£
Wages and salaries	196,065	230,691
Social security costs	13,935	17,941
Other pension costs	3,860	3,016
	<u>213,860</u>	<u>251,648</u>

The average monthly number of employees during the year was as follows:

	31.3.24	31.3.23
Staff	<u>7</u>	<u>8</u>

No employees received emoluments in excess of £60,000.

**Notes to the Financial Statements - continued
for the Year Ended 31 March 2024**

11. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted fund £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	92,383	-	92,383
Charitable activities			
Education and life skill development	59,800	(92,912)	(33,112)
Other trading activities	4,657	7	4,664
Total	<u>156,840</u>	<u>(92,905)</u>	<u>63,935</u>
EXPENDITURE ON			
Raising funds	8,097	1,387	9,484
Charitable activities			
Education and life skill development	175,519	167,990	343,509
Total	<u>183,616</u>	<u>169,377</u>	<u>352,993</u>
NET INCOME/(EXPENDITURE)	(26,776)	(262,282)	(289,058)
RECONCILIATION OF FUNDS			
Total funds brought forward	338,019	262,282	600,301
TOTAL FUNDS CARRIED FORWARD	<u>311,243</u>	<u>311,243</u>	<u>311,243</u>

Lives Not Knives

Notes to the Financial Statements - continued for the Year Ended 31 March 2024

12. TANGIBLE FIXED ASSETS

	Computer equipment £
COST	
At 1 April 2023	5,032
Additions	2,020
	<hr/>
At 31 March 2024	7,052
	<hr/>
DEPRECIATION	
At 1 April 2023	3,224
Charge for year	1,243
	<hr/>
At 31 March 2024	4,467
	<hr/>
NET BOOK VALUE	
At 31 March 2024	2,585
	<hr/>
At 31 March 2023	1,808
	<hr/>

13. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.24 £	31.3.23 £
Prepayments	545	544
	<hr/>	<hr/>

14. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.24 £	31.3.23 £
Social security and other taxes	6,236	14,425
Other creditors	1,644	611
Accrued expenses	3,000	11,088
	<hr/>	<hr/>
	10,880	26,124
	<hr/>	<hr/>

Lives Not Knives

Notes to the Financial Statements - continued for the Year Ended 31 March 2024

15. MOVEMENT IN FUNDS

	At 1.4.23 £	Net movement in funds £	At 31.3.24 £
Unrestricted funds			
General fund	311,243	103,652	414,895
TOTAL FUNDS	<u>311,243</u>	<u>103,652</u>	<u>414,895</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	296,854	(193,202)	103,652
Restricted funds			
LNK Educate Programme	115,800	(115,800)	-
TOTAL FUNDS	<u>412,654</u>	<u>(309,002)</u>	<u>103,652</u>

Comparatives for movement in funds

	At 1.4.22 £	Net movement in funds £	At 31.3.23 £
Unrestricted funds			
General fund	338,019	(26,776)	311,243
Restricted funds			
Youth Endowment Fund	262,282	(262,282)	-
TOTAL FUNDS	<u>600,301</u>	<u>(289,058)</u>	<u>311,243</u>

Notes to the Financial Statements - continued
for the Year Ended 31 March 2024

15. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	156,840	(183,616)	(26,776)
Restricted funds			
Youth Endowment Fund	(92,905)	(169,377)	(262,282)
TOTAL FUNDS	<u>63,935</u>	<u>(352,993)</u>	<u>(289,058)</u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.4.22 £	Net movement in funds £	At 31.3.24 £
Unrestricted funds			
General fund	338,019	76,876	414,895
Restricted funds			
Youth Endowment Fund	262,282	(262,282)	-
TOTAL FUNDS	<u>600,301</u>	<u>(185,406)</u>	<u>414,895</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	453,694	(376,818)	76,876
Restricted funds			
Youth Endowment Fund	(92,905)	(169,377)	(262,282)
LNK Educate Programme	115,800	(115,800)	-
	<u>22,895</u>	<u>(285,177)</u>	<u>(262,282)</u>
TOTAL FUNDS	<u>476,589</u>	<u>(661,995)</u>	<u>(185,406)</u>

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2002-2003

DATE: 10/10/2024

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The page does not form part of the statutory financial statements

Lives Not Knives

Detailed Statement of Financial Activities for the Year Ended 31 March 2024

	31.3.24	31.3.23
	£	£
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	337,104	92,383
Other trading activities		
Commissioned work	10,015	4,627
Commission	35	37
	<u>10,050</u>	<u>4,664</u>
Charitable activities		
YEF	-	(92,912)
Grants	65,500	59,800
	<u>65,500</u>	<u>(33,112)</u>
Total incoming resources	412,654	63,935
EXPENDITURE		
Other trading activities		
Programme expenses	6,736	9,484
Charitable activities		
Wages	196,065	230,691
Social security	13,935	17,941
Pensions	3,860	3,016
Rates and water	3,230	8,566
Insurance	773	354
Light and heat	7,611	7,686
Telephone	597	408
Postage and stationery	384	1,187
Advertising	4,789	5,418
Sundries	2,326	457
Consultancy	44,272	43,200
Accountancy	3,000	2,880
Professional fees	150	900
Counselling	1,640	3,335
Website IT and computer costs	8,430	4,906
Subscriptions	781	40
Travel	3,593	2,841
Carried forward	295,436	333,826

This page does not form part of the statutory financial statements

Lives Not Knives

Detailed Statement of Financial Activities for the Year Ended 31 March 2024

	31.3.24 £	31.3.23 £
Charitable activities		
Brought forward	295,436	333,826
Cleaning	291	159
Staff Training	2,050	738
Repairs and renewals	1,975	1,956
Staff welfare	710	373
Medical insurance	241	-
Computer equipment	1,243	637
Loss on sale of tangible fixed assets	-	5,246
	<u>301,946</u>	<u>343,135</u>
Support costs		
Finance		
Bank charges	320	115
Interest paid	-	259
	<u>320</u>	<u>374</u>
Total resources expended	<u>309,002</u>	<u>352,993</u>
Net Income/(expenditure)	<u><u>103,652</u></u>	<u><u>(289,058)</u></u>

This page does not form part of the statutory financial statements

REGISTERED COMPANY NUMBER: CE000143 (England and Wales)
REGISTERED CHARITY NUMBER: 1153634

Report of the Trustees and
Unaudited Financial Statements for the Year Ended 31 March 2024

for

Lives Not Knives

Maddox & Maddox Limited
9 Commercial Yard
Barnard Castle
Co Durham
DL12 8FE

Lives Not Knives

Report of the Trustees for the Year Ended 31 March 2024

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2024. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

STRATEGIC REPORT

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

CE000143 (England and Wales)

Registered Charity number

1153634

Registered office

LNK Unit

Upper Mall

Centrale Shopping Centre

Croydon

Surrey

CR0 1TY

Trustees

Monica Beckles

Kate Newton

Walter Verkaik (appointed 9.8.23)

Company Secretary

Independent Examiner

Maddox & Maddox Limited

9 Commercial Yard

Barnard Castle

Co. Durham

DL12 8FE

Report of the trustees, incorporating a strategic report, approved by order of the board of trustees, as the company directors, on 20.12.2024 and signed on the board's behalf by:



Trustee

Independent Examiner's Report to the Trustees of
Lives Not Knives

Independent examiner's report to the trustees of Lives Not Knives ('the Company')
I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2024.

Responsibilities and basis of report

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

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

Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Association of Chartered Certified Accountants, 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:

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.



Simon Maddox FCCA
The Association of Chartered Certified Accountants

Maddox & Maddox Limited
9 Commercial Yard
Barnard Castle
Co. Durham
DL12 8FE

Date: 20-12-2024

Lives Not Knives

Statement of Financial Activities for the Year Ended 31 March 2024

	Notes	Unrestricted fund £	Restricted funds £	31.3.24 Total funds £	31.3.23 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	286,804	50,300	337,104	92,383
Charitable activities	4				
Education and life skill development		-	65,500	65,500	(33,112)
Other trading activities	3	10,050	-	10,050	4,664
Total		<u>296,854</u>	<u>115,800</u>	<u>412,654</u>	<u>63,935</u>
EXPENDITURE ON					
Raising funds	5	6,736	-	6,736	9,484
Charitable activities	6				
Education and life skill development		186,466	115,800	302,266	343,509
Total		<u>193,202</u>	<u>115,800</u>	<u>309,002</u>	<u>352,993</u>
NET INCOME/(EXPENDITURE)		103,652	-	103,652	(289,058)
RECONCILIATION OF FUNDS					
Total funds brought forward		311,243	-	311,243	600,301
TOTAL FUNDS CARRIED FORWARD		<u><u>414,895</u></u>	<u><u>-</u></u>	<u><u>414,895</u></u>	<u><u>311,243</u></u>

The notes form part of these financial statements

Lives Not Knives

Balance Sheet 31 March 2024

	Notes	Unrestricted fund £	Restricted funds £	31.3.24 Total funds £	31.3.23 Total funds £
FIXED ASSETS					
Tangible assets	12	2,585	-	2,585	1,808
CURRENT ASSETS					
Debtors	13	545	-	545	544
Cash at bank and in hand		422,645	-	422,645	335,015
		<u>423,190</u>	<u>-</u>	<u>423,190</u>	<u>335,559</u>
CREDITORS					
Amounts falling due within one year	14	(10,880)	-	(10,880)	(26,124)
NET CURRENT ASSETS		<u>412,310</u>	<u>-</u>	<u>412,310</u>	<u>309,435</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>414,895</u>	<u>-</u>	<u>414,895</u>	<u>311,243</u>
NET ASSETS		<u>414,895</u>	<u>-</u>	<u>414,895</u>	<u>311,243</u>
FUNDS	15				
Unrestricted funds				414,895	311,243
TOTAL FUNDS				<u>414,895</u>	<u>311,243</u>

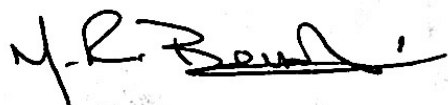
The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2024.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2024 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

The financial statements were approved by the Board of Trustees and authorised for issue on 20.12.2024 and were signed on its behalf by:



The notes form part of these financial statements

Lives Not Knives

Balance Sheet - continued
31 March 2024

Trustee

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Lives Not Knives

Cash Flow Statement for the Year Ended 31 March 2024

	Notes	31.3.24 £	31.3.23 £
Cash flows from operating activities			
Cash generated from operations	1	89,650	(272,101)
Finance costs paid		-	(259)
		<hr/>	<hr/>
Net cash provided by/(used in) operating activities		89,650	(272,360)
		<hr/>	<hr/>
Cash flows from investing activities			
Purchase of tangible fixed assets		(2,020)	(1,764)
		<hr/>	<hr/>
Net cash used in investing activities		(2,020)	(1,764)
		<hr/>	<hr/>
Change in cash and cash equivalents in the reporting period		87,630	(274,124)
Cash and cash equivalents at the beginning of the reporting period		335,015	609,139
		<hr/>	<hr/>
Cash and cash equivalents at the end of the reporting period		<u>422,645</u>	<u>335,015</u>

The notes form part of these financial statements

Lives Not Knives

Notes to the Cash Flow Statement for the Year Ended 31 March 2024

1. RECONCILIATION OF NET INCOME/(EXPENDITURE) TO NET CASH FLOW FROM OPERATING ACTIVITIES

	31.3.24	31.3.23
	£	£
Net income/(expenditure) for the reporting period (as per the Statement of Financial Activities)	103,652	(289,058)
Adjustments for:		
Depreciation charges	1,243	837
Loss on disposal of fixed assets	-	5,246
Finance costs	-	259
Increase in debtors	(1)	(544)
(Decrease)/increase in creditors	(15,244)	11,159
Net cash provided by/(used in) operations	89,650	(272,101)

2. ANALYSIS OF CHANGES IN NET FUNDS

	At 1.4.23	Cash flow	At 31.3.24
	£	£	£
Net cash			
Cash at bank and in hand	335,015	87,630	422,645
	<u>335,015</u>	<u>87,630</u>	<u>422,645</u>
Total	<u>335,015</u>	<u>87,630</u>	<u>422,645</u>

The notes form part of these financial statements

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Taxation

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

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

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Notes to the Financial Statements - continued for the Year Ended 31 March 2024

2. DONATIONS AND LEGACIES

	31.3.24	31.3.23
	£	£
Donations	<u>337,104</u>	<u>92,383</u>

3. OTHER TRADING ACTIVITIES

	31.3.24	31.3.23
	£	£
Commissioned work	10,015	4,627
Commission	35	37
	<u>10,050</u>	<u>4,664</u>

4. INCOME FROM CHARITABLE ACTIVITIES

	Activity	31.3.24	31.3.23
		£	£
YEF	Education and life skill development	-	(92,912)
Grants	Education and life skill development	65,500	59,800
		<u>65,500</u>	<u>(33,112)</u>

5. RAISING FUNDS

	31.3.24	31.3.23
	£	£
Other trading activities		
Purchases	<u>6,736</u>	<u>9,484</u>

6. CHARITABLE ACTIVITIES COSTS

	Direct Costs	Support costs (see note 7)	Totals
	£	£	£
Education and life skill development	<u>301,946</u>	<u>320</u>	<u>302,266</u>

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Notes to the Financial Statements - continued for the Year Ended 31 March 2024

7. SUPPORT COSTS

Education and life skill development

Finance
£
320

8. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	31.3.24	31.3.23
	£	£
Depreciation - owned assets	1,243	837
Deficit on disposal of fixed assets	-	5,246
	<u> </u>	<u> </u>

9. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2024 nor for the year ended 31 March 2023.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2024 nor for the year ended 31 March 2023.

10. STAFF COSTS

	31.3.24	31.3.23
	£	£
Wages and salaries	196,065	230,691
Social security costs	13,935	17,941
Other pension costs	3,860	3,016
	<u> </u>	<u> </u>
	213,860	251,648

The average monthly number of employees during the year was as follows:

	31.3.24	31.3.23
Staff	7	8
	<u> </u>	<u> </u>

No employees received emoluments in excess of £60,000.

**Notes to the Financial Statements - continued
for the Year Ended 31 March 2024**

11. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted fund £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	92,383	-	92,383
Charitable activities			
Education and life skill development	59,800	(92,912)	(33,112)
Other trading activities	4,657	7	4,664
Total	<u>156,840</u>	<u>(92,905)</u>	<u>63,935</u>
EXPENDITURE ON			
Raising funds	8,097	1,387	9,484
Charitable activities			
Education and life skill development	175,519	167,990	343,509
Total	<u>183,616</u>	<u>169,377</u>	<u>352,993</u>
NET INCOME/(EXPENDITURE)	(26,776)	(262,282)	(289,058)
RECONCILIATION OF FUNDS			
Total funds brought forward	338,019	262,282	600,301
TOTAL FUNDS CARRIED FORWARD	<u>311,243</u>	<u>311,243</u>	<u>311,243</u>

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Notes to the Financial Statements - continued for the Year Ended 31 March 2024

12. TANGIBLE FIXED ASSETS

	Computer equipment £
COST	
At 1 April 2023	5,032
Additions	2,020
	<hr/>
At 31 March 2024	7,052
	<hr/>
DEPRECIATION	
At 1 April 2023	3,224
Charge for year	1,243
	<hr/>
At 31 March 2024	4,467
	<hr/>
NET BOOK VALUE	
At 31 March 2024	2,585
	<hr/>
At 31 March 2023	1,808
	<hr/>

13. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.24 £	31.3.23 £
Prepayments	545	544
	<hr/>	<hr/>

14. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.24 £	31.3.23 £
Social security and other taxes	6,236	14,425
Other creditors	1,644	611
Accrued expenses	3,000	11,088
	<hr/>	<hr/>
	10,880	26,124
	<hr/>	<hr/>

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Notes to the Financial Statements - continued for the Year Ended 31 March 2024

15. MOVEMENT IN FUNDS

	At 1.4.23 £	Net movement in funds £	At 31.3.24 £
Unrestricted funds			
General fund	311,243	103,652	414,895
TOTAL FUNDS	<u>311,243</u>	<u>103,652</u>	<u>414,895</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	296,854	(193,202)	103,652
Restricted funds			
LNK Educate Programme	115,800	(115,800)	-
TOTAL FUNDS	<u>412,654</u>	<u>(309,002)</u>	<u>103,652</u>

Comparatives for movement in funds

	At 1.4.22 £	Net movement in funds £	At 31.3.23 £
Unrestricted funds			
General fund	338,019	(26,776)	311,243
Restricted funds			
Youth Endowment Fund	262,282	(262,282)	-
TOTAL FUNDS	<u>600,301</u>	<u>(289,058)</u>	<u>311,243</u>

Notes to the Financial Statements - continued
for the Year Ended 31 March 2024

15. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	156,840	(183,616)	(26,776)
Restricted funds			
Youth Endowment Fund	(92,905)	(169,377)	(262,282)
TOTAL FUNDS	<u>63,935</u>	<u>(352,993)</u>	<u>(289,058)</u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.4.22 £	Net movement in funds £	At 31.3.24 £
Unrestricted funds			
General fund	338,019	76,876	414,895
Restricted funds			
Youth Endowment Fund	262,282	(262,282)	-
TOTAL FUNDS	<u>600,301</u>	<u>(185,406)</u>	<u>414,895</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	453,694	(376,818)	76,876
Restricted funds			
Youth Endowment Fund	(92,905)	(169,377)	(262,282)
LNK Educate Programme	115,800	(115,800)	-
	<u>22,895</u>	<u>(285,177)</u>	<u>(262,282)</u>
TOTAL FUNDS	<u>476,589</u>	<u>(661,995)</u>	<u>(185,406)</u>

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Costs for forward
Travel
Subsidies
Vessels and fuel cost
Overseas
Provisional loss
Accompany
Cash and
Savings
Aid and
Postage and stationery
Travel
Lunch and
Water and water
Beverages
Food and
We are
Climatic activities
Provisional expenses
Office and activities
EXPENSES

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Detailed Statement of Financial Activities for the Year Ended 31 March 2024

	31.3.24	31.3.23
	£	£
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	337,104	92,383
Other trading activities		
Commissioned work	10,015	4,627
Commission	35	37
	<u>10,050</u>	<u>4,664</u>
Charitable activities		
YEF	-	(92,912)
Grants	65,500	59,800
	<u>65,500</u>	<u>(33,112)</u>
Total incoming resources	412,654	63,935
EXPENDITURE		
Other trading activities		
Programme expenses	6,736	9,484
Charitable activities		
Wages	196,065	230,691
Social security	13,935	17,941
Pensions	3,860	3,016
Rates and water	3,230	8,566
Insurance	773	354
Light and heat	7,611	7,686
Telephone	597	408
Postage and stationery	384	1,187
Advertising	4,789	5,418
Sundries	2,326	457
Consultancy	44,272	43,200
Accountancy	3,000	2,880
Professional fees	150	900
Counselling	1,640	3,335
Website IT and computer costs	8,430	4,906
Subscriptions	781	40
Travel	3,593	2,841
Carried forward	295,436	333,826

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Detailed Statement of Financial Activities for the Year Ended 31 March 2024

	31.3.24 £	31.3.23 £
Charitable activities		
Brought forward	295,436	333,826
Cleaning	291	159
Staff Training	2,050	738
Repairs and renewals	1,975	1,956
Staff welfare	710	373
Medical insurance	241	-
Computer equipment	1,243	637
Loss on sale of tangible fixed assets	-	5,246
	<u>301,946</u>	<u>343,135</u>
Support costs		
Finance		
Bank charges	320	115
Interest paid	-	259
	<u>320</u>	<u>374</u>
Total resources expended	<u>309,002</u>	<u>352,993</u>
Net Income/(expenditure)	<u><u>103,652</u></u>	<u><u>(289,058)</u></u>

This page does not form part of the statutory financial statements