

Dare to Live Report 2024

Objectives of Dare to Live Trust

"The objects of the CIO are to promote and improve the health and wellbeing of individuals suffering from depression, anxiety or the emotional and psychological effects of trauma by providing them with education, training and support", May 2014.

In the past Dare to Live have specified supporting serving military, veterans and their families. Over the past recent years there has been an increase in significant support through initiatives like Armed Forces Covenant for this client group and it was proposed last year, 2023, to broaden the outreach to include other client groups such as carers, teachers and first responders. A further client group of young adults with significant trauma, is now also proposed.

Overview of 2024

No workshop programmes took place in 2024. As reported in 2023 the lack of availability of core delivery staff and lack of access to an equine herd, meant a rethink was needed, as to how Dare to Live could continue to meet its objectives and serve the community.

Discussions were held with several charities about the provision of therapy for individuals suffering with complex trauma including the Criminal Justice Services but no terms were agreed. Over the past 9 years a charity called [The Boys Clubhouse](#) has closely followed the work of IFEEL Method Qualifications and two of their outreach team qualified in 2024 to work with clients presenting with life and/or mild/moderate trauma challenges. Since October 2024 Dare to Live has provided funds to work with clients 1:1 who have extreme PTSD and C-PTSD, including military veterans.

Dare to Live Trust funding applications - updates

National Lottery Awards for All application to be made in 2026

2024 Funding Awards

- 3.5k in donations received
- Legal & General continued to include Dare to Live in their 'Pennies from Heaven' donation scheme
- Additional funding came in through personal and organisational donations.

Signed on behalf of the Trustees





Summary of 2024 Financial Information and
Statement of Financial Activities and Balance Sheet
prepared using the Charity Commission cc39a template for

The Dare to Live Trust

Registered Charity No. 1157442

31st December 2024

Independent examiner's report to the trustees of The Dare to Live Trust

I report on the accounts of the Trust for the year ended 31 December 2024, which are set out on pages 1 to 8.

Respective responsibilities of trustees and examiner

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

It is my responsibility to:

- examine the accounts under section 145 of the 2011 Act.
- follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- state whether particular matters have come to my attention.

Basis of independent examiner's report

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

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- 1) which gives me reasonable cause to believe that in any material respect the requirements:
 - to keep accounting records in accordance with section 130 of the 2011 Act; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act

have not been met; or

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

Signed



Name:

Peter Morris

Relevant professional qualification or body:

Actuary

Address:

16 Michael Fields, Forest Row, East Sussex
RH18 5BH

Date:

19 October 2025

As at: 31-Dec-24

Income		Expenditure	
Donations	3,516.48	Delivery	2,700.00
Grant	-	Research	-
Service provision	-3,073.08	Acceditation	-
Other	150.47	Development	-
		Marketing	-
		Administration	616.38
		Facility Rental	-
		Facilities	-
		Wages	-
		Travel & Accom	-
		Bank	4.70
	593.87	Total	3,321.08

Surplus/(Deficit) (2,727.21)

Cash 50,672.10

Debtors
of which:

As at: 31-Dec-23

Income		Expenditure	
Donations	53,339.75	Delivery	-
Grant	-	Research	-
Service provision	-	Acceditation	-
Other	10.77	Development	-
		Marketing	-
		Administration	2,538.32
		Facility Rental	-
		Facilities	-
		Wages	-
		Travel & Accom	-
		Bank	4.80
	53,350.52	Total	2,543.12

Surplus/(Deficit) 50,807.40

Cash 53,399.31

Debtors
of which:

Creditors
of which:

The financial summary and CC39a accounts were prepared by Mr Robin Evans, trustee of the Dare to Live Trust.



The Dare to Live Trust			Charity No.	1157442	CC39a
Annual accounts for the period					
Period start date	01-Jan-24	To	Period end date	31-Dec-24	

Section A Statement of financial activities

Descriptions by natural category	Note	Restricted			Total this year £	Total last year £
		Unrestricted funds	income funds	Endowment funds		
		£	£	£		
Incoming resources (Note 3)		F01	F02	F03	F04	F05
Donations, legacies and Grants		3,516	-	-	3,516	53,340
Fundraising events		-	-	-	-	-
Interest and dividends		150	-	-	150	11
Grants for services		- 3,073	-	-	- 3,073	-
		-	-	-	-	-
Total incoming resources	S01	594	-	-	594	53,351
Resources expended (Notes 4-7)						
Programme Delivery		2,700	-	-	2,700	-
Wages, salaries, pensions and NI		-	-	-	-	-
Accreditation		-	-	-	-	-
Facilities Rental		-	-	-	-	-
Facilities Management		-	-	-	-	-
Research		-	-	-	-	-
Programme Development		-	-	-	-	-
Marketing materials & printing		-	-	-	-	-
Administration		616	-	-	616	2,538
Travel & Accommodation		-	-	-	-	-
Bank charges and interest		5	-	-	5	5
		-	-	-	-	-
Total resources expended	S02	3,321	-	-	3,321	2,543
Net incoming/(outgoing) resources before transfers	S03	- 2,727	-	-	- 2,727	50,807
Gross transfers between funds	S04	-	-	-	-	-
Net incoming/(outgoing) resources before other recognised gains/(losses)	S05	- 2,727	-	-	- 2,727	50,807
Other recognised gains/(losses)						
Gains and losses on revaluation of fixed assets for the charity's own use	S06	-	-	-	-	-
Gains and losses on investment assets	S07	-	-	-	-	-
Net movement in funds	S08	- 2,727	-	-	- 2,727	50,807
Total funds brought forward	S09	53,399	-	-	53,399	53,399
Total funds carried forward	S10	50,672	-	-	50,672	53,399

Section B Balance sheet

	Note	Total this year £ F01	Total last year £ F02
Fixed assets			
Tangible assets (Note 8)	B01	-	-
	B02	-	-
Investments (Note 9)	B03	-	-
Total fixed assets	B04	-	-
Current assets			
Stock and work in progress	B05	-	-
Debtors (Note 10)	B06	-	-
(Short term) investments	B07	-	-
Cash at bank and in hand	B08	50,672	53,399
Total current assets	B09	50,672	53,399
Creditors: amounts falling due within one year (Note 11)	B10	-	-
Net current assets/(liabilities)	B11	50,672	53,399
Total assets less current liabilities	B12	50,672	53,399
Creditors: amounts falling due after one year (Note 11)	B13	-	-
Provisions for liabilities and charges	B14	-	-
Net assets	B15	50,672	53,399
Funds of the Charity			
Unrestricted funds	B16	50,672	53,399
Designated funds	B17	-	-
Total unrestricted funds		50,672	53,399
Restricted income funds (Note 12)	B18	-	-
Endowment funds (Note 12)	B19	-	-
Total funds	B20	50,672	53,399

Signed by one or two trustees on behalf of all the trustees

Signature	Date of approval
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1st Aug. 2025

Notes to the pro-forma accounts where relevant entries have been made:

1.1 Basis of Preparation

These accounts have been prepared on the basis of historic cost (except where investments are shown at market value) in accordance with Accounting and Reporting by Charities – Statement of Recommended Practice (SORP 2005) and with Financial Reporting Standards for Smaller Enterprises (FRSSE).

1.2 Change in basis of accounting

This is the first year for which accounts have been produced.

1.3 Changes to previous accounts

This is the first year for which accounts have been produced.

Section C		Notes to the accounts	(cont)
Note 2		Accounting policies	
		<i>This standard list of accounting policies has been applied by the charity except for those deleted. Where a different or additional policy has been adopted then this is detailed in the box below.</i>	
		INCOMING RESOURCES	
Recognition of incoming resources		These are included in the Statement of Financial Activities (SoFA) when: < the charity becomes entitled to the resources; < the trustees are virtually certain they will receive the resources; and < the monetary value can be measured with sufficient reliability.	
Incoming resources with related expenditure		Where incoming resources have related expenditure (as with fundraising or contract income) the incoming resources and related expenditure are reported gross in the SoFA.	
Grants and donations		Grants and donations are only included in the SoFA when the charity has unconditional entitlement to the resources.	
Tax reclaims on donations and gifts		Incoming resources from tax reclaims are included in the SoFA at the same time as the gift to which they relate.	
Contractual income and performance related grants		This is only included in the SoFA once the related goods or services have been delivered.	
Gifts in kind		Gifts in kind are accounted for at a reasonable estimate of their value to the charity or the amount actually realised. Gifts in kind for sale or distribution are included in the accounts as gifts only when sold or distributed by the charity. Gifts in kind for use by the charity are included in the SoFA as incoming resources when receivable.	
Donated services and facilities		These are only included in incoming resources (with an equivalent amount in resources expended) where the benefit to the charity is reasonably quantifiable, measurable and material. The value placed on these resources is the estimated value to the charity of the service or facility received. The value of any voluntary help received is not included in the accounts but is described in the trustees' annual report.	
Volunteer help		This is included in the accounts when receivable.	
Investment income		This includes any gain or loss on the sale of investments and any gain or loss resulting from revaluing investments to market value at the end of the year.	
Investment gains and losses			
		EXPENDITURE AND LIABILITIES	
Liability recognition		Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to pay out resources.	
Grants with performance conditions		Where the charity gives a grant with conditions for its payment being a specific level of service or output to be provided, such grants are only recognised in the SoFA once the recipient of the grant has provided the specified service or output.	
Grants payable without performance conditions		These are only recognised in the accounts when a commitment has been made and there are no conditions to be met relating to the grant which remain in the control of the charity.	
		ASSETS	
Tangible fixed assets for use by charity		These are capitalised if they can be used for more than one year, and cost at least £500. They are valued at cost or a reasonable value on receipt.	
Investments		Investments quoted on a recognised stock exchange are valued at market value at the year end. Other investment assets are included at trustees' best estimate of market value.	
Stocks and work in progress		These are valued at the lower of cost or market value.	
POLICIES ADOPTED ADDITIONAL TO OR DIFFERENT FROM THOSE ABOVE		None	

3. NA
4. NA
5. NA

Section C	Notes to the accounts	(cont)
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Note 6 **Paid employees**

Please complete this note if the charity has any employees.

6.1 Staff Costs

	This year £	Last year £
Gross wages, salaries and benefits in kind	-	2,000
Employer's National Insurance costs	-	-
Pension costs	-	-
	-	-
Total staff costs	-	2,000

6.2 Average number of full-time equivalent employees in the year

	This year Number	Last year Number
The parts of the charity in which the employees work	-	-
	-	-
	-	-
	-	-
Total	-	-

6.3 Defined contribution pension scheme

Please complete if a defined contribution pension scheme is operated.

Brief details of the scheme

None

	This year £	Last year £
The costs of the scheme to the charity for the year		
The amount of any contributions outstanding at the year end		
The amount of any contributions prepaid at the year end		

7. NA
8. NA
9. NA

Section C	Notes to the accounts	(cont)
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Note 10 Debtors and prepayments

Please complete this note if the charity has any debtors or prepayments.

Analysis of debtors	Amounts falling due within one year		Amounts falling due after more than one year	
	This year £	Last year £	This year £	Last year £
Trade debtors	-	-	-	-
Amounts due from subsidiary and associated undertakings	-	-	-	-
Other debtors	-	-	-	-
Prepayments and accrued income	-	-	-	-
Total	-	-	-	-

Note 11 Creditors and accruals

Please complete this note if the charity has any creditors or accruals.

11.1 Analysis of creditors

	Amounts falling due within one year		Amounts falling due after more than one year	
	This year £	Last year £	This year £	Last year £
Loans and overdrafts	-	-	-	-
Trade creditors	-	-	-	-
Amounts due to subsidiary and associated undertakings	-	-	-	-
Other creditors	-	-	-	-
Accruals and deferred income	-	-	-	-
Total	-	-	-	-

11.2 Security over assets

If any loan, overdraft or other creditor holds a charge or other security over any assets of the charity please provide details.

None

12. NA

Note 13 Transactions with related parties

If the charity has any transactions with related parties (other than the trustee expenses explained in note 5) details of such transactions should be provided in this note. If there are no transactions to report, please enter "None" in the relevant boxes.

13.1 Remuneration and benefits

Please give the amount of, and legal authority for, any remuneration or other benefits paid to a trustee or other related parties by the charity or any institution or company connected with it.

Name of trustee or related party	Legal authority (eg order, governing document)	Amounts paid or benefit value	
		This year £	Last year £
IFEEL (Emma Meyer's business; partner of Trustee Robin Evans)		2,700	2,000
Total		2,700	2,000

13.2 Loans

Please give details of and amounts owing to or from the charity's trustees or other related parties by the charity at the year end.

	Name of trustee or related party	Legal authority	Amount owing	
			This year £	Last year £
Due to trustees and related parties			-	-
Due from trustees and related parties			-	
Total			-	-

13.3 Other transaction(s) with trustees or related parties

Please give details of any transaction undertaken by (or on behalf of) the charity in which a trustee or related party has a material interest.

Name of the trustee or related party	Relationship to charity	Description of the transaction(s)	This year £	Last year £
Total			-	-

14. NA

END.