RE-LIVE

England & Wales · Charity number 1162546

Details

Status	Registered
Legal form	CIO
Registered	2015-07-06
Register	View on the Charity Commission register

Contact

Address	124 Redlands Road Penarth South Glamorgan CF64 2WN
Phone	07900000125
Email	karin@re-live.org.uk
Website	www.re-live.org.uk

Activities

Objects: 1. TO PROMOTE SOCIAL INCLUSION FOR THE PUBLIC BENEFIT BY PREVENTING PEOPLE FROM BECOMING SOCIALLY EXCLUDED, RELIEVING THE NEEDS OF THOSE PEOPLE WHO ARE SOCIALLY EXCLUDED AND ASSISTING THEM TO INTEGRATE INTO SOCIETY THROUGH THE PROVISION OF ARTS ACTIVITIES2. TO ADVANCE THE EDUCATION OF THE PUBLIC IN THE ARTS, IN PARTICULAR BUT NOT EXCLUSIVELY IN THE ART OF THEATREFOR THE PURPOSE OF THE ABOVE 'SOCIALLY EXCLUDED' MEANS BEING EXCLUDED FROM SOCIETY, OR PARTS OF SOCIETY, AS A RESULT OF ONE OF MORE OF THE FOLLOWING FACTORS: UNEMPLOYMENT; FINANCIAL HARDSHIP; YOUTH OR OLD AGE; ILL HEALTH (PHYSICAL OR MENTAL); SUBSTANCE ABUSE OR DEPENDENCY INCLUDING ALCOHOL AND DRUGS; DISCRIMINATION ON THE GROUNDS OF SEX, RACE, DISABILITY, ETHNIC ORIGIN, RELIGION, BELIEF, CREED, SEXUAL ORIENTATION OR GENDER REASSIGNMENT; POOR EDUCATIONAL OR SKILLS ATTAINMENT; RELATIONSHIP AND FAMILY BREAKDOWN; POOR HOUSING (THAT IS HOUSING THAT DOES NOT MEET BASIC HABITABLE STANDARDS; CRIME (EITHER AS A VICTIM OF CRIME OR AS AN OFFENDER REHABILITATING INTO SOCIETY).

Activities: We provide an inspirational programme of Life Story Theatre. We work alongside people and communities, inviting them to share their experiences, so that audiences young and old can witness the untold stories of our time.Our creative process takes people on a transformative journey, placing their story centre stage, challenging stigma and connecting communities.

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Classification

- **How:** Provides Services
- **What:** Arts/culture/heritage/science
- **Who:** Elderly/old People, People With Disabilities, Other Defined Groups, The General Public/mankind

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£227,221	£236,144	-	-
2024-03-31	£145,375	£160,709	-	-
2023-03-31	£174,747	£151,705	-	-
2022-03-31	£102,212	£131,263	-	-
2021-03-31	£122,170	£79,563	-	-

Trustees

Name	Role	Appointed
SARAH BELSON	Chair	2015-07-06
MARK JONES		2015-07-06
NICK ANDREWS		2015-07-06
RUBA SIVAGNANAM		2015-07-06
VALERIE MARY HILL		2015-07-06

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RE-LIVE

England & Wales - Charity number 1162546

Accounts

Charity registration number: 1162546

Annual Report and Financial Statements

For the Year Ended 31 March 2025

Re-Live

Contents:

Pages 1-3: Reference and Administrative Details

Pages 4-18: Trustees' Report

Page 19: Statement of Trustees' Responsibilities

Page 20: Independent Examiner's Report

Page 21: Statement of Trustees' Responsibilities – Financial Review

Page 22-24: Statement of Financial Activities

Page 25: Balance Sheet

Pages 26: Notes to the Financial Statements

Re-Live

Reference and Administrative Details

Charity Name: Re-Live

Charity Registration: 1162546

Number Principal Address: Chapter, Market Road, Cardiff CF5 1QE

Board of Trustees:

Nick Andrews

Sarah Belson (Chair)

Valerie Hill

Mark Jones

Ruba Sivagnanam

Independent Examiner:

Michael J Sullivan FFA FFTA FIPA
Financial Accountants
24 Kingsway West
Penwortham
Preston
Lancashire
PR1 0JA

Re-Live
Trustees' Report

The trustees are pleased to present their report along with the financial statements for the charity for the year ended 31 March 2025, and confirm they comply with the Charities Act 2011 and the Statement of Recommended Practice - Accounting and Reporting by Charities (SORP 2005).

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing Document:

Re-Live is constituted as a Charitable Incorporated Organisation registered with The Charity Commission on 6 July 2015. Its governing document is its constitution.

Organisational Structure:

The charity trustees are responsible for managing the affairs of the charity. The trustees give their time freely and do not receive any remuneration or financial benefit. The trustees meet on a quarterly basis. The day to day running of Re-Live is managed by Karin Diamond (Re-Live Artistic Director) with support of the Trustees. Quarterly reports are shared with the Trustees.

Recruitment and Appointment of Trustees:

Apart from the first charity trustees, every trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees. In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO. Potential trustees are invited to attend trustees' meetings as observers and given more information about the charity's aims and activities and, if all agree, they are then proposed as new trustees at the subsequent meeting.

OBJECTIVES AND ACTIVITIES

Re-Live's Charitable Objectives

1. To promote social inclusion for the public benefit by preventing people from becoming socially excluded, relieving the needs of those people who are socially excluded and assisting them to integrate into society through the provision of arts activities.

2. To advance the education of the public in arts; in particular, but not exclusively, in the art of theatre.

For the purpose of the above 'socially excluded' means being excluded from society, or parts of society, as a result of one or more of the following factors: unemployment; financial hardship, youth or old age; ill health (physical or mental); substance abuse or dependency including alcohol and drugs; discrimination on the grounds of sex, race, disability, ethnic origin, religion, belief, creed, sexual orientation or gender re-assignment; poor educational or skills attainment, relationship and family breakdown; poor housing (that is housing that does not meet basic habitable standards); crime (either as a victim of crime or as an offender rehabilitating into society).

In shaping our objectives and planning our activities for the year, the trustees have considered The Charity Commission's guidance on public benefit and have endeavoured to keep the activities we provide as low cost as possible, and free of charge for all participatory projects. This policy reflects our central charitable objective; to prevent and relieve social exclusion through the provision of arts activities.

RE-LIVE MISSION

Re-Live is an award-winning charity that uses the power of theatre and allied art forms to co-create pioneering Life Story Arts projects with underrepresented communities.

We are the main recipients of the Calouste Gulbenkian Foundation's Award for Civic Arts Organisations 2023.

As part of the wider field of Arts in Health, our work supports the health and wellbeing of participants, reaches wide and diverse audiences, provides innovative experiential training for professionals, and informs world leading research into the transformational benefits of the arts.

Over the last 20 years, we have developed a unique Life Story methodology in which participants learn new creative skills in drama, movement, comics making, singing and music.

Our unique process invites participants to express their lived experiences within a group setting and explore the stories they want to share with audiences.

Our work demonstrates how the arts can have a positive transformation on participants' health, mental health and wellbeing.

Life Story Arts can help process trauma-related experiences, reduce isolation and loneliness, build social connections, and help us shape new stories about ourselves and the world around us.

The communities we work alongside include:

- Older people
- Veterans and families living with complex mental health
- People living with dementia and families
- People at the end of life
- Perinatal women
- Health and social care professionals

Re-Live is committed to widening engagement with audiences. Every performance invites local and international audiences to debate the themes of the performance post-show with our communities to inspire social change and influence policy and practice.

There is a strong public demand for our work, with performances at our regular base, Chapter Arts Centre, and online to international audiences. Audience feedback continues to be

exciting and encouraging, as does the range of audience members. We regularly have an audience with an age range of 10 – 85. Our strong partnerships with health and social care organisations enable us to bring in new audience members who, in the past, may not have seen theatre as being for them.

Our audiences include:

- The general public
- Policymakers
- Politicians
- Third sector organisations
- Health and care professionals
- Students

Re-Live creates memorable and moving theatre, comics and performances that raise awareness, builds compassion and reduces the stigma of some of the greatest health and social care challenges of our time.
Since 2012, Re-Live has designed and delivered experiential training programmes in dementia care to over 5,000 health and social care professionals throughout Wales, England, Ireland and the USA.

"As a physician caring for patients with dementia for more than two decades, I strongly recommend Re-Live's training for anyone working with or trying to better understand the impact of dementia. It was an incredible experience" Michael D. Geschwind, Professor, Neurology, Institute for Neurosciences, University of California, San Francisco (2020).

Re-Live has an extensive track record partnering with a range of local, national and international funding organisations such as The Arts Council of Wales, The Armed Forces Covenant Fund Trust, and most recently, the Calouste Gulbenkian Foundation.

Marilyn and Nicky, Songs and Stories of Homecoming, photo by Michael Blackwood Barnes

- Adferiad Recovery
- Age Cymru
- Armed Forces Covenant Fund Trust
- ARTHEWE (European Universities Arts in Health group)
- Atlantic Institute at Oxford University Institute
- Baring Foundation
- Blaenau Gwent Council
- Bridgend Council
- Cardiff Council
- Cardiff University
- Chapter
- Dementia Services Development Centre at Bangor University
- Denbighshire Council
- Digital Communities Wales
- Fighting With Pride (LGBT+ military charity)
- Global Brain Health Institute at UC San Francisco & Trinity College, Dublin
- Home Instead
- Marie Curie Hospice, Penarth
- NHS Memory Team at University Hospital Llandough
- NHS Wales Health Collaborative
- NHS, Social Care Wales
- North Wales Peri Natal Mental Health Service at Betsi Cadwaladr University Health Board
- Older People's Commissioner For Wales
- Powys Council
- Public Health Wales
- Shared Lives
- Social Care Wales
- (SCWDP) Social Care Workforce Development
- St Fagans National Museum of History
- Swansea University
- Taith i Saith Môn
- The Torch Theatre
- Ty Hapus
- University of South Wales
- VC Gallery Haverfordwest
- VC Hub in Shotton
- Veterans Foundation
- Veterans NHS Wales
- Veterans' Commissioner For Wales
- WAHWN
- Welsh Veterans' Partnership
- Woody's Lodge

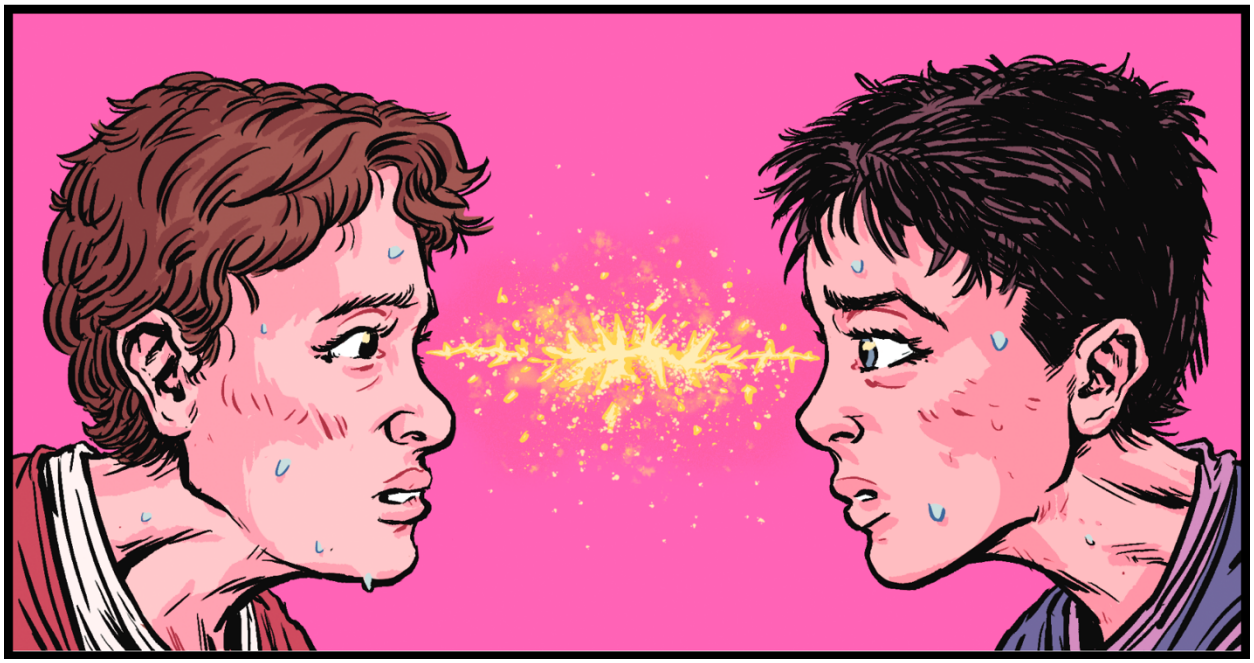
Strategic Goals 2024 – 2025

During the year ended 31 March 2025, we have met our objectives through the following activities:

- The delivery of a programme of online and in-person life story projects including, life story performances, comics and songwriting. Re-Live worked with those at risk of social exclusion including people affected by dementia, military veterans and families living with post-traumatic stress, isolated older people, perinatal women and people affected by addiction and mental health challenges.

- Working with a range of partner organisations across the health and social care sector to ensure that we are reaching the people who are at risk of social exclusion and creating real opportunities for engaging with the arts.

- The delivery of high-quality training across the arts, health and social care sector raising awareness of the needs of people at risk of social exclusion, and particularly those affected by mental health challenges and dementia.



Coming Home Comic, Issue 2

Re-Live Activity Overview During 2024–2025

Re-Live continued to work alongside people to share their stories in deeply meaningful ways. We supported mental health, wellbeing, and connection through life story practice, working across Wales and beyond.

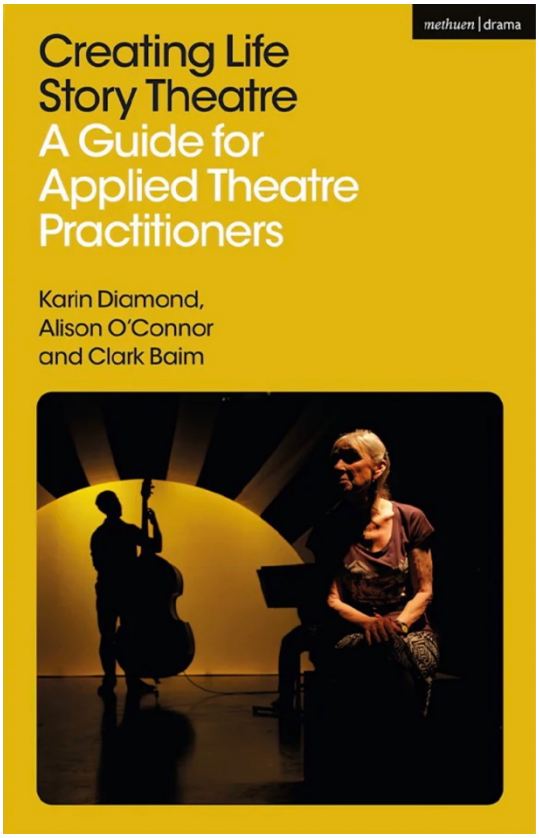
Our work sits at the meeting point of arts, health, and community care and is delivered in partnership with NHS services, social care partners, third sector organisations, veterans' organisations, researchers, and community support teams.

Our projects brought together people living with dementia, veterans and their families, women navigating the perinatal period, social care workers, and older people from across Wales and internationally. A common thread ran through the year: the importance of being heard without judgement, of creativity as a way of making sense of lived experience, and of community as a counter to isolation.

We also saw the reach of Re-Live's work grow, with projects connecting people across countries and disciplines, and with our practice increasingly recognised within health, cultural, research, and academic contexts.

At the same time, we remained committed to ensuring co-creation with participants stayed at the centre of the work, valuing long-term relationships, ethical practice, and the careful pace required when working with people's lived experiences.

None of this work happens in isolation. It is shaped by the courage of participants who share their stories, the care and skill of our life story practitioners, and the support of our collaborators, funders and partners.



This year also marked an important milestone with the publication of ***Co-Creating Life Story Theatre: A Handbook for Practitioners***, published by **Bloomsbury Methuen Drama**. Drawing on Re-Live's life story methodology and many years of practice, the book brings together practical exercises, case studies, and reflective guidance for people working at the intersection of arts, health, and community.

Re-Live Activity – 2024–2025

Company of Elders – *The Creative Age*

Re-Live's **Company of Elders** is a pan-Wales, online creative ageing group bringing together older people to explore life stories through the arts.

During 2024–2025, 47 older participant performers from Wales, South Africa, Lithuania, Brazil, and the USA took part in 69 life story sessions. This work, supported by funding from the **Calouste Gulbenkian Foundation** and the **Arts Council of Wales**, culminated in *The Creative Age*, a large-scale online Life Story Theatre performance broadcast live on 1 October 2024 to mark the United Nations International Day of Older Persons.

The performance was attended live by **167 audience members from 22 countries**. A recorded version was later released online and has been viewed 2,843 times to date, extending the life and reach of the performance and creating a lasting legacy for everyone who took part.

Audiences included members of the general public, artists, clinicians, researchers, and policy makers, many of whom commented on the emotional depth of the performance and the rare opportunity to see older people take centre stage together in an international online space.

Re-Live's Company of Elders (2024)

Audience responses spoke of connection, joy, and shared humanity.

"What a wonderful achievement by organisers, facilitators, but most of all the beautiful performances"

"Yes, dementia is not a choice, though how we live with and respond to dementia as human beings and as a culture is. Thank you for choosing joy, creativity, and humanity"

Abahlali Base Freedom Park Elders Group, South Africa (2024)

Participant performers described increased confidence and pride in being seen and heard across the world.

“I never imagined people would be listening to me from South Africa or Brazil, it’s quite exciting really…to be so close and yet so far away”

Another performer said:

“It feels very special to share my story with the world. I would never have dreamed of doing something like this before …I want to do it again…now!”

The project gently challenged ageist assumptions by celebrating older people as creative leaders and contributors, while also strengthening Re-Live’s international partnerships in creative ageing and arts in health.

Member of the Queens Center for Gay Seniors, New York, USA

Creative Minds – *Shine* (Perinatal Mental Health)

Shine was delivered as part of Creative Minds, an online Life Story project supporting women experiencing mental health challenges during the perinatal period, funded by the Arts Council of Wales, *in partnership with the Perinatal Mental Health Team at Betsi Cadwaladr University Health Board.*

During 2024–2025, 16 women from North Wales took part in 24 online life story sessions across two 12-week cohorts. Sessions were facilitated by two Welsh-speaking Re-Live practitioners, with ten sessions delivered bilingually in English and Welsh.

The programme offered a supportive creative space in which participants explored their lived experiences through Re-Live's life story methodology. Outcomes identified through Re-Live's Most Significant Change evaluation included reduced isolation, increased confidence, renewed creative identity, a rediscovery of self beyond motherhood, and the formation of new friendships.

One participant reflected:

"I've found a bit of myself again"

Another participant shared:

"Too many groups just focus on the shadows, but in this group we've laughed and cried"

Shine culminated in two online life story sharings attended by a total of **62 perinatal mental health professionals** from across Wales.

Feedback highlighted the value of hearing directly from participants and the relevance of creative life story work within clinical services. One Occupational Health Manager noted:

"This life story project not only showcases how important it is to listen to the women we support but also how important it is for us to stay relevant to improve our service delivery"

A participant reflected on sharing her story with perinatal professionals:

"It was quite emotional to share our stories. Nice because we could feel their (audience's) emotion and how they took it in. I felt validated"

Another participant said:

"It's important for us to talk like this. The sense of comradeship… of not being alone in the trenches"

While discussions took place about expanding *Shine* to other health boards, service pressures within partner organisations meant that further delivery could not be progressed during this funding cycle. Re-Live remains committed to developing this work in future years.

Memoria (Dementia Life Story Group)
Memoria is Re-Live's long-running online Life Story group for people living with dementia and family members. During 2024–2025, eight participants living with dementia took part in 24 weekly online sessions.

Re-Live's approach combines life story work with embodied, sensory, and musical elements — such as improvisation, visual prompts, and co-created songs — tailored to participants' emotional and relational needs. Sessions are participant-led, with creative content growing in response to what is shared, allowing for lightness, depth, and often unexpected moments of connection.

Participants regularly reported feeling "calmer" "lighter" and "in a better place" after a session. Online delivery improved access for rural and housebound individuals.

"Instead of just myself and the dog, the house is full"

As one family member shared:

"My mum is more like her old self when she takes part — her humour and laughter return"

Re-Live's *Memoria* group was featured in the international documentary ***Keys, Bags, Names, Words***. The film explores how relationships can remain meaningful even as memory changes, and how creativity plays a vital role in sustaining identity and quality of life.

Directed by Cynthia Stone (USA, 2023), the film has been screened more than 185 times in over 30 countries, reaching an estimated audience of 18,500 people.

Writing in the *San Francisco Chronicle*, Bob Strauss described the film as:

"A kaleidoscopic look at dementia and possible ways to deal with it"

In *The Irish Times*, Sylvia Thompson referred to it as:

"A tremendous insight into the dementia journey for different families"

Re-Live's inclusion in the film brought international visibility to its dementia practice and highlighted the value of life story and imagination-led approaches within a global arts and health context. Re-Live will be premiering the film at Chapter Cinema for an invited audience during 2025–2026.

Coming Home to the Arts

Re-Live received funding for a two-year programme supporting veterans, families, and communities across Wales, with support from the Armed Forces Covenant Fund Trust, Arts Council of Wales, Veterans' Foundation, and Calouste Gulbenkian Foundation.

During 2024–2025, Re-Live co-created and published ***Coming Home: Issue 2*** in partnership with Fighting with Pride, focusing on the mental health impacts of the UK Armed Forces' 'Gay Ban' on LGBTQ+ veterans. Five veterans took part in 52 online co-creation sessions with Re-Live practitioners and professional comic artists.

Participants described the process as offering a deep and dynamic way to share their stories.

"I don't have to explain my story now. I can say, 'Look, have a read of my story — this is who I am'"

The comic was launched at the **Thought Bubble Comic Art Festival in November 2024** and released publicly in January 2025. It received national media coverage, including ITV Evening News and BBC Radio 4's *Front Row*.

Steve Purves (Veteran comic participant) and his comic artist AJ O'Neil, meeting for the first time in person.

Comic Convention, Harrogate, 2024

Ju and Ruth (Veteran comic participants) with Karin Diamond, Artistic Director of Re-Live, at BBC Wales for the recording of the *Front Row* interview, January 2025.

Coming Home Songwriting Project

Re-Live continued delivery of its songwriting project for veterans, families and community members across North, South, and West Wales. Approximately 30–36 veterans, family members, and community participants took part across three groups, with 96 in-person sessions delivered during the year.

Participants regularly share their experiences of the sessions:

"I use the songwriting sessions as therapy. Music is back in my life"

“It feels like I’ve achieved something in my day. I’m part of something special with lovely people”
Songwriting participant, North Wales

The project continues into 2025–2026, with recording and public release of the album planned for early 2026.

Exhibition – *War and the Mind*

Re-Live was delighted to be represented in the Imperial War Museum’s *War and the Mind* exhibition through the inclusion of *Coming Home: Issue 1*. The exhibition was visited by 127,815 people during the reporting period.

We are grateful to Professor Holly Furneaux at Cardiff University, and to the support of the AHRC project, for enabling us to visit the exhibition. For the veterans involved, seeing their stories presented within a national museum — and specifically within an exhibition exploring the impact of war on mental health — was deeply significant. For Re-Live, as a small charity, being visible within a major national institution offered important recognition of the work and its wider relevance.

The inclusion reflects growing recognition of life story arts as a meaningful way to explore mental health, trauma, and wellbeing within national cultural spaces.

STAN (Life Story Graphic Novel – Veterans)

STAN is a life story graphic novel project exploring the lived experiences of veteran Graham “Stan” Matthews and the moral injury he sustained during military service in Northern Ireland. The project grew from *Stretcher-Bearer Stan*, first published in *Coming Home: Issue 1*. During 2024–2025, Graham continued to work closely with Re-Live and comics editor Steve Sullivan to expand the story into a proposed graphic novel of over 150 pages.

The three-year development phase has been supported by a £30,000 donation. The full script is now complete, with a professional pitch document to be submitted in 2026 to secure funding for publication.

Life Story Theatre Handbook – February 2025

In February 2025, **Bloomsbury Methuen Drama** published ***Co-Creating Life Story Theatre: A Handbook for Practitioner****s*. Co-authored by Re-Live's co-founders Karin Diamond (Artistic Director) and Alison O'Connor, alongside Clark Baim, the book brings together over two decades of learning from life story practice.

The handbook is being distributed internationally and contributes to global conversations about arts in health, wellbeing, and ethical co-creation. Re-Live will be hosting both online and in-person book launches in 2025 to share the work and connect with practitioners internationally.

Thank you

We would like to begin by thanking all the participants who took part in Re-Live's work this year. We are deeply grateful for your courage, creativity, and generosity in sharing your stories, and for the trust you place in us. Your stories are at the heart of everything we do.

We would also like to thank our Re-Live practitioners for their care, skill, and integrity: Jain Boon, Robyn Clark, Pauline Down, Naomi Horlock, James Sills, Kerry Steed, Karen Wynne, Neil White, and Clêr Stephens. Their thoughtful, ethical practice and commitment to co-creation make this work possible.

Our sincere thanks go to our collaborators, whose insight, partnership, and generosity enriched the work in many ways: Dr Lenisa Brandão, Atlantic Fellow for Equity in Brain Health and Associate Professor, Department of Speech Therapy, Universidade Federal de Santa Maria; Phumza Dabata, Community Leader, Abahlali Base Freedom Park; Dr Jennie Gubner, Assistant Professor, School of Music, University of Arizona, and Chair, Applied Intercultural Arts Research Graduate Interdisciplinary Program; Eglė Gudonytė, Filmmaker; Magda Kaczmarska, dance artist and co-choreographer (DanceStream / Queens Center for Gay Seniors project); Bonginkosi Muchanga, Filmmaker; Nomachina Nzube, Community Leader, Abahlali Base Freedom Park; Ieva Petkutė, Director and Founder, Dementia Lithuania; Steve Sullivan, Editor; Lena Stofile, Senior Fellow, Tekano Health Equity S.A., and Atlantic Fellow; Tsandza Kubukwa, Producer; and Professor Holly Furneaux, Cardiff University.

We would also like to thank our funders and supporters — Armed Forces Covenant Fund Trust, Arts Council of Wales, Atlantic Fellows Institute, Bloomsbury Methuen Drama, Caafi Naafi, Calouste Gulbenkian Foundation, Connah's Quay, Fighting with Pride, Global Brain Health Institute, Perinatal Mental Health Team at Betsi Cadwaladr University Health Board, The Baring Foundation, VC Gallery Pembroke Dock, and Veterans' Foundation — without whom this work would not be possible.

Finally, we would like to thank Re-Live's Board of Trustees for their steady support, guidance, and thoughtful oversight throughout the year

Statement of Trustees' Responsibilities

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

The trustees are required to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the incoming resources and application of resources, including the income and expenditure, of the charity for that period and for safeguarding its assets. In preparing those financial statements the trustees are required to: -

- select suitable accounting policies and then apply them consistently.
- observe the methods and principles in the Charity SORP.
- make judgements and estimates that are reasonable and prudent.
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statement comply with the Charities Act 2011, the applicable Charities (Accounts and Report) Regulations, and the provisions of the constitution. 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.

Approved by the trustees of the charity on **15 January 2026** and signed on its behalf by:

…….

Sarah Belson, Trustee

Independent Examiner's Report to the Trustees of Re-Live

I report to the charity trustees on my examination of the accounts of the charity for the year ended 31 March 2025.

Respective responsibilities of trustees and examiner

As the charity's trustees of Re-Live 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 Re-Live'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 have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of Re-Live as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting 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.

Michael J Sullivan FFA FTA FIPA
Financial Accountants
24 Kingsway West
Penwortham
Preston
PR1 0JA

8 January 2026

Statement of Trustees' Responsibilities

FINANCIAL REVIEW

Reserves Policy - The trustees have reviewed the reserves of the charity. In line with best practice, we are endeavouring to build and maintain the reserves of the charity to enable the work of the charity to continue for 3 months should funding unexpectedly cease.

Principal Funding Sources
The charity's main source of income is through grants from the Arts Council of Wales and other charitable funds such as the Armed Forces Covenant Fund Trust. The charity also generates income through ticket sales for in-person and online productions and the provision of arts-based training which seeks to prevent and/or relieve social exclusion.

Plans for future periods
While Re-Live is currently project funded, we ensure that if activity does not achieve initial funding aims the project is scaled down to fit the budget but always without compromising the quality and integrity of the work. The charity is committed to achieving sustainability and recognises that in these challenging times we need to be resourceful, enterprising and resilient whilst keeping the charity's objectives at the heart of all we do. Re-Live aims to develop its reach (online and in person) and expand its team of associate practitioners over the coming year.

Trustees' Meetings
The ongoing financial situation is discussed at every quarterly Trustees meeting, with conversations taking place between meetings in response to any unexpected changes occurring. The Trustees are committed to ensuring prudent finances which underpins the delivery of all the work.

The above report has been prepared in accordance with the Statement of Recommended Practice – Accounting and Reporting by Charities.

The annual report was approved by the trustees on **15 January 2026** and signed on its behalf by:

…….
Sarah Belson, Trustee

RE-LIVE
STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2025
(Registered charity number 1162546)

Section G **Statement of Financial Activities**

	Notes	Unrestricted	Restricted	Total Funds 31 Mar 2025	Total Funds 31 Mar 2024
		£	£	£	£
Incoming and Endowments					
Charitable Activities	**5/7**		117,020	117,020	136,000
General Trading Resources		110,201		110,201	9,375
Total Income		110,201	117,020	227,221	145,375
Resources Expended on :					
Charitable Activities	**5**		136,335	136,335	130,939
General Trading Expenses	**6**	99,809		99,809	29,770
Total Resources Expended		99,809	136,335	236,144	160,709
Net Incoming Resources		10,392		10,392	79,605
Transfers		-35,699	35,699	0	-94,939
Net Outgoing Expenditure			-19,315	-19,315	59,818
Total Funds Brought Forward		42,068	2,416	44,484	44,484
Balances carried forward at 31 March 2025		**16,761**	**18,800**	**35,561**	**44,484**

RE-LIVE
STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2025
(Registered charity number 1162546)

Section H Balance sheet

	Notes	2025 £	2024 £
Fixed Assets			
Tangible Fixed Assets		**818**	**1,637**
Current Assets			
Debtors		20,183	
Cash at Bank and in Hand		15,210	44,397
Net Current Assets		**35,393**	**44,397**
Creditors falling due within 1 year	**6**	650	1,550
Net Current Assets		**34,743**	**42,847**
Total Assets less Current Liabilities		**35,561**	**44,484**
Funds of the Charity			
Restricted Funds		18,800	2,416
Unrestricted Funds		16,761	42,068
Total Funds		**35,561**	**44,484**

Declaration

The financial statements were approved by the trustees, and authorised for issue on **15 January 2026**, and signed on their behalf by:

……. Sarah Belson, Trustee

RE-LIVE: NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2020

Accounting policies

Statement of compliance
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) w (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

Basis of preparation
Re-live meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

Exemption from preparing a cash flow statement
The charity opted to early adopt Bulletin 1 published on 2 February 2016 and have therefore not included a cash flow statement in these financial statements.

Going concern
The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

Charitable activities
Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Taxation
The charity is a registered charity and is therefore exempt from taxation.

Tangible fixed assets
Individual fixed assets costing £100.00 or more are initially recorded at cost, less depreciation based on 20% pa.

Fund structure
Unrestricted income funds are general funds that are available for use at the trustee's discretion in furtherance of the objectives of the charity. Restricted income funds are those donated for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

RE-LIVE
(Registered charity number 1162546)

Notes to the Financial Statements
for the Period Ended 31 March 2025

1 Basis of accounting

These accounts have been prepared on the basis of historic cost in accordance with Accounting Standards, Accounting and Reporting by Charities – Statement of Recommended practice (Sorp 2015 FRSSEE) and the Charities Act 2011.
There has been no change to the accounting policies since last year.

2 Independent Examiners Fees £650

3 There were no employees.

4 Tangible fixed assets

Cost to 31.3.25	**6,122**
Depreciation to 31.3.24	4,485
Charge this year	819
Depreciation to 31.3.25	**5,304**

5 Charitable Activities - Restricted

	Balance at 31.3.24	Income	Transfers	Expenditure	Balance at 31.3.25
Stan	0	30,000	0	11,500	18,500
Coming Home	14	76,027	25,315	101,256	100
Elders	936	93	6,534	7,463	100
Creative Minds	1,466	7,300	0	8,766	0
Memoria	0	3,600	3,850	7,350	100
Total	**£2,416**	**£117,020**	**£35,699**	**£136,335**	**£18,800**

6 Unrestricted Activities Expenditure

Stationery Software, Zoom and Subscriptions	1,034
Travelling and Motor Expenses	5,645
Practitioner & Admin Fees	84,350
Web Site	1,257
Supervision	1,630
Training	2,013
Consultants	2,411
Depreciation of Fixed Assets	819
Independent Scrutineer	650
	£ 99,809

RE-LIVE

England & Wales - Charity number 1162546

Accounts

Charity registration number: 1162546

Annual Report and Financial Statements

For the Year Ended 31 March 2024

Re-Live

Contents:

Pages 1-3: Reference and Administrative Details

Pages 4-15: Trustees' Report

Page 16: Statement of Trustees' Responsibilities

Page 17: Independent Examiner's Report

Page 18: Statement of Trustees' Responsibilities – Financial Review

Page 19: Statement of Financial Activities

Page 20: Balance Sheet

Pages 21-23: Notes to the Financial Statements

Re-Live

Reference and Administrative Details

Charity Name: Re-Live

Charity Registration: 1162546

Number Principal Address: Chapter, Market Road, Cardiff CF5 1QE

Board of Trustees:

Nick Andrews

Sarah Belson (Chair)

Valerie Hill

Mark Jones

Ruba Sivagnanam

Independent Examiner:

Michael J Sullivan FFA FFTA FIPA
Financial Accountants
24 Kingsway West
Penwortham
Preston
Lancashire
PR1 0JA

Re-Live

Trustees' Report

The trustees are pleased to present their report along with the financial statements for the charity for the year ended **31 March 2024**, and confirm they comply with the Charities Act 2011 and the Statement of Recommended Practice - Accounting and Reporting by Charities (SORP 2005).

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing Document:

Re-Live is constituted as a Charitable Incorporated Organisation registered with The Charity Commission on 6 July 2015. Its governing document is its constitution.

Organisational Structure:

The charity trustees are responsible for managing the affairs of the charity. The trustees give their time freely and do not receive any remuneration or financial benefit. The trustees meet on a quarterly basis. The day to day running of Re-Live is managed by Karin Diamond (Re-Live Artistic Director) with support of the Trustees. Quarterly reports are shared with the Trustees.

Recruitment and Appointment of Trustees:

Apart from the first charity trustees, every trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees. In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO. Potential trustees are invited to attend trustees' meetings as observers and given more information about the charity's aims and activities and, if all agree, they are then proposed as new trustees at the subsequent meeting.

OBJECTIVES AND ACTIVITIES

Re-Live's Charitable Objectives

1. To promote social inclusion for the public benefit by preventing people from becoming socially excluded, relieving the needs of those people who are socially excluded and assisting them to integrate into society through the provision of arts activities.

2. To advance the education of the public in arts; in particular, but not exclusively, in the art of theatre.

For the purpose of the above 'socially excluded' means being excluded from society, or parts of society, as a result of one or more of the following factors: unemployment; financial hardship, youth or old age; ill health (physical or mental); substance abuse or dependency including alcohol and drugs; discrimination on the grounds of sex, race, disability, ethnic origin, religion, belief, creed, sexual orientation or gender re-assignment; poor educational or skills attainment, relationship and family breakdown; poor housing (that is housing that does not meet basic habitable standards); crime (either as a victim of crime or as an offender rehabilitating into society).

In shaping our objectives and planning our activities for the year, the trustees have considered The Charity Commission's guidance on public benefit and have endeavoured to keep the activities we provide as low cost as possible, and free of charge for all participatory projects. This policy reflects our central charitable objective; to prevent and relieve social exclusion through the provision of arts activities.

RE-LIVE MISSION

Re-Live is an award-winning charity that uses the power of theatre and allied art forms to co-create pioneering Life Story Arts projects with underrepresented communities.

We are the main recipients of the Calouste Gulbenkian Foundation's Award for Civic Arts Organisations 2023.

As part of the wider field of Arts in Health, our work supports the health and wellbeing of participants, reaches wide and diverse audiences, provides innovative experiential training for professionals, and informs world leading research into the transformational benefits of the arts.

Over the last 18 years, we have developed a unique Life Story methodology in which participants learn new creative skills in drama, movement, comics making, singing and music.

Our unique process invites participants to express their lived experiences within a group setting and explore the stories they want to share with audiences.

Our work demonstrates how the arts can have a positive transformation on participants' health, mental health and wellbeing.

Life Story Arts can help process trauma-related experiences, reduce isolation and loneliness, build social connections, and help us shape new stories about ourselves and the world around us.

The communities we work alongside include:

- Older people
- Veterans and families living with complex mental health
- People living with dementia and families
- People at the end of life
- Perinatal women
- Health and social care professionals

Re-Live is committed to widening engagement with audiences. Every performance invites local and international audiences to debate the themes of the performance post-show with our communities to inspire social change and influence policy and practice.

There is a strong public demand for our work, with performances at our regular base, Chapter Arts Centre, and online to international audiences. Audience feedback continues to be exciting and encouraging, as does the range of audience members. We regularly have an audience with an age range of 10 – 85. Our strong partnerships with health and social care organisations enable us to bring in new audience members who, in the past, may not have seen theatre as being for them.

Our audiences include:

- Policymakers
- Politicians
- Third sector organisations
- Health and care professionals
- Students
- The general public

Re-Live creates memorable and moving theatre, comics and performances that raise awareness, builds compassion and reduces the stigma of some of the greatest health and social care challenges of our time.

Since 2012, Re-Live has designed and delivered experiential training programmes in dementia care to over 5,000 health and social care professionals throughout Wales, England, Ireland and the USA.

"As a physician caring for patients with dementia for more than two decades, I strongly recommend Re-Live's training for anyone working with or trying to better understand the impact of dementia. It was an incredible experience" Michael D. Geschwind, Professor, Neurology, Institute for Neurosciences, University of California, San Francisco (2020).

Re-Live
Trustees' Report

Re-Live has an extensive track record partnering with a range of local, national and international funding organisations such as The Arts Council of Wales, The Armed Forces Covenant Fund Trust, and most recently, the Calouste Gulbenkian Foundation.

- Adferiad Recovery
- Age Cymru
- Armed Forces Covenant Fund Trust
- ARTHEWE (European Universities Arts in Health group)
- Atlantic Institute at Oxford University Institute
- Baring Foundation
- Blaenau Gwent Council
- Bridgend Council
- Cardiff Council
- Cardiff University
- Chapter
- Dementia Services Development Centre at Bangor University
- Denbighshire Council
- Digital Communities Wales
- Fighting With Pride (LGBT+ military charity)
- Global Brain Health Institute at UC San Francisco & Trinity College, Dublin
- Home Instead
- Marie Curie Hospice, Penarth
- NHS Memory Team at University Hospital Llandough
- NHS Wales Health Collaborative
- NHS, Social Care Wales
- North Wales Peri Natal Mental Health Service at Betsi Cadwaladr University Health Board
- Older People's Commissioner For Wales
- Powys Council
- Public Health Wales
- Shared Lives
- Social Care Wales
- (SCWDP) Social Care Workforce Development
- St Fagans National Museum of History
- Swansea University
- Taith i Saith Môn
- The Torch Theatre
- Ty Hapus
- University of South Wales
- VC Gallery Haverfordwest
- VC Hub in Shotton
- Veterans Foundation
- Veterans NHS Wales
- Veterans' Commissioner For Wales
- WAHWN
- Welsh Veterans' Partnership
- Woody's Lodge

Re-Live
Trustees' Report

Strategic Goals 2023 – 2024

During the year ended 31 March 2024, we have met our objectives through the following activities:

- The delivery of a programme of online and in-person Life Story theatre, comics, group work, and choirs. Re-Live worked with those at risk of social exclusion including people affected by dementia, military veterans and families living with post-traumatic stress, isolated older people and people affected by addiction and poor mental health.

- Working with a range of partner organisations across the health and social care sector to ensure that we are reaching the people who are at risk of social exclusion and creating real opportunities for engaging with the arts.

- The delivery of high-quality training across the arts, health and social care sector raising awareness of the needs of people at risk of social exclusion, and particularly those affected by mental health challenges and dementia.

Summary

Life Story Arts celebrates both the uniqueness and the oneness of our experiences. With every project, we hope to plant a seed for participants, audience members, and everyone involved, a seed of recognition for our shared humanity. One of our first participants in 2006 said, *"Performing my story made me less alone."* Our work has shown that when we share our experiences through the arts, we are seen, heard, and less alone. It is a potent medicine.

In the past decade, the arts have played an increasing role in supporting health and wellbeing, with growing recognition of the value of lived experience in shaping health, social care, and education policy. The vision of a society where everyone has the opportunity to have their life story witnessed with compassion and bring about positive change continues to inspire us.

By creating opportunities for people from all walks of life to share their experiences, we can challenge injustice and discrimination, influence decision-makers, and spark meaningful change. We remain committed to being a force for social transformation, reducing inequity, and fostering deeper compassion within our local, national, and international communities.

Re-Live
Trustees' Report

ACHIEVEMENTS AND PERFORMANCES – YEAR ENDING MARCH 2024

Arts Council of Wales Multi-Year Funding Success

We are delighted to announce a £78,000 multi-year grant from the Arts Council of Wales, providing core funding for the first time from April 2024.

This funding will:

- Support the appointment of an Executive Director to strengthen governance, enhance administrative processes, and guide key strategic decisions.
- Enable ambitious national and international Life Story Arts projects, both online and in person.
- Advance our mission to place the arts at the heart of community life.

Dafydd Rhys, Chief Executive of the Arts Council of Wales, shared:

"We are delighted to support Re-Live, alongside 80 other organisations across Wales, during a highly competitive funding round"

Coming Home comic exhibition, St Fagans National Museum of History, 9th October 2023

Creative Minds / Meddyliau Creadigol Project
In partnership with health and social care organisations and with support from the Arts Council of Wales, Re-Live developed *Creative Minds*, a life story arts project to address mental health challenges faced by underrepresented groups in Wales. Delivered online throughout 2023–2024, the project offered participants a creative space to explore and express their lived experiences through the arts, with a focus on improving mental health and wellbeing.

The project consists of three distinct strands:

Time for Me (Creative Minds)
Delivered in partnership with Blaenau Gwent and Caerphilly Social Care Workforce Development Service, *Time for Me* addressed critical post-pandemic mental health challenges faced by social care professionals. Over eight months, the project supported the mental health and wellbeing of 28 social care workers in Wales through 24 online creative life story sessions. These sessions used creative exercises to provide emotional relief, strengthen peer support, and enhance self-care practices.

One social care professional who joined the first group felt overwhelmed by the demands of her role since the pandemic and struggled to prioritise her own wellbeing. The *Time for Me* sessions created a supportive space for reflection and connection, enabling her to see the value of self-care not only for herself but also for her team.

She shared: *"I surprised myself when I brought the topic of self-care to the top of the meeting agenda."*

With growing confidence, she addressed the negativity within her team, saying: *"For the first time, I had the confidence to look beyond the cynicism of my team. I could see everyone was struggling."*

Through the project, this social care professional transformed into a proactive advocate, championing wellbeing for both herself and her team.

Re-Live is now collaborating with Social Care Wales and Swansea University to develop a Storytelling Framework, providing ongoing support for social care professionals.

Shine Project (Creative Minds)
Between September and December 2023, the *Shine* project supported the mental health and wellbeing of perinatal women in North Wales through a 12-week online programme of creative life story sessions in partnership with the Perinatal Mental Health Team at Betsi Cadwaladr UHB. Facilitated by two Re-Live practitioners, the sessions provided a supportive space for participants to share and reflect on their experiences during the perinatal period. Wrap around support for the women was provided by the Perinatal Mental Health team.

Participants explored themes of identity, isolation, belonging and emerging creativity. Participants have shared how much their mental health has improved during the project.

One participant shared:
"This group has been a lifeline for me. I've found a bit of myself again."

The first part of the project concluded with an online life story sharing where the women shared their experiences to an invited group of perinatal mental health teams from across Wales.

An Advanced Specialist Perinatal Occupational Therapist commented:
"This life story project not only showcases to our perinatal and management teams how important it is to listen to the women we support but also how important it is for us to stay relevant to improve our service delivery."

A new *Shine* group will run in spring 2024, with evaluations using the Most Significant Change (MSC) methodology to capture outcomes and impact.

Female Veterans Life Story Project (Creative Minds)
This project supports the mental health and wellbeing of female veterans across Wales through creative life story sessions. It provides a safe, supportive space for participants to explore and express their lived experiences, addressing the unique challenges faced by this often-overlooked community.

The project engaged 18 participants across 22 online sessions. Creative methods such as life story poetry and comics-making offer therapeutic ways to process emotions and reflect on experiences. Themes of identity, resilience, and emotional wellbeing were explored, fostering a sense of community and connection.

One participant shared
"Joining these sessions made me feel like I belong to something again."

Coming Home Comic – Issue 2

Re-Live
Trustees' Report

Coming Home to the Arts

Re-Live received a £100,000 grant from the Armed Forces Covenant Fund Trust for a two-year project supporting veterans and their families across Wales. This funding is enabling two key projects:

Life Story Songwriting Project

Taking place across three locations - VC Gallery in Pembroke Dock, Queensferry Memorial Hall, Shotton and Chapter Arts Centre in Cardiff - weekly songwriting groups are engaging 10–12 veterans per session. Participants are collaboratively creating original songs, contributing to a music album set for release in spring/summer 2025.

One female veteran shared:
"It's nice to be part of something bigger than yourself. I use the songwriting sessions as a kind of therapy. Music is back in my life."

Second Edition of Coming Home Comic

Work is ongoing on the second edition of the *Coming Home* comic, focusing on women and LGBTQ+ veterans. Developed in collaboration with Fighting with Pride, a UK-based charity that supports LGBTQ+ veterans, service personnel, and their families. This edition will amplify diverse voices and raises awareness of mental health and wellbeing. The comic is set for release in autumn 2024.

Re-Live have delivered 78 sessions across the Coming Home project and supported 7 Re-Live practitioners across Wales.

Memoria Group

Thanks to support from the Calouste Gulbenkian Award, our *Memoria* group for people living with dementia and their families continued online this year with three new members. The group continued to explore imagination and life story exercises incorporating movement, music, and song, providing accessible routes to self-expression and connection.

A participant noted:
"It's the ease of access for me. Once I got organised with Zoom, it's just tap and go, and there you are among friends. I might not speak to anyone else during the day. I love all the things we do. It feels so freeing to let your imagination take you wherever it wants to go."

The *Memoria* group is featured in the documentary *Keys, Bags, Names, Words* by Cynthia Stone, supported by the Global Brain Health Institute. The film continues to be shown internationally and will premiere in Wales in 2025.

Re-Live
Trustees' Report

Training

Re-Live delivered 11 training sessions in *Experiencing Dementia* and *Life Story Work* to 198 health and social care workers, enhancing their awareness, compassion, and competency in dementia care and Life Story Work.

International Work

Credit: Liisa-Maria Lilja-Viherlampi

"I WAS TAKEN BY KARIN AND ALISON IN THEIR METHOD OF PRESENTATION. THE STRUCTURE WAS POWERFUL AND WE ALL ENGAGED."

Credit: Evanthia Sakellari

Credit: Evanthia Sakellari

"VERY IMPRESSED WITH 'LIFE STORY WORK FOR WELL BEING' ESPECIALLY THE MANNER OF FACILITATION."

Credit: Ieve Petkuté

Artistic Director, Karin Diamond and Co-founder of Re-Live, Alison O'Connor were invited to take part in the event *'Arts in Health Practice for Personal and Professional Growth'* at Trinity College Dublin from April 24-27, 2023. This initiative fostered innovation in education and training through international collaboration and experience exchange. The event brought together partners including the Universities of Agder (Norway), Turku University of Applied Science (Finland), University of West Attica (Greece), The Royal College of Music (Sweden), King's College (London), Trinity College Dublin (Global Brain Health Institute), and Re-Live.

Re-Live
Trustees' Report

Re-Live delivered two half-day workshops as part of the program.

Workshop 1: *Experiencing Dementia*, offered participants experiential exercises to gain unique insights into the lived experience of dementia.

Feedback from attendees was very positive.

"I've never experienced anything like that before. For the first time in my career, I could feel the chaos my patients with dementia experience. Very powerful work."- Alison Canty, Neuroscientist, Australia.

Workshop 2: *Life Story Work for Wellbeing* invited a group of participants to explore their lived experiences in a creative and supportive space to enhance wellbeing.

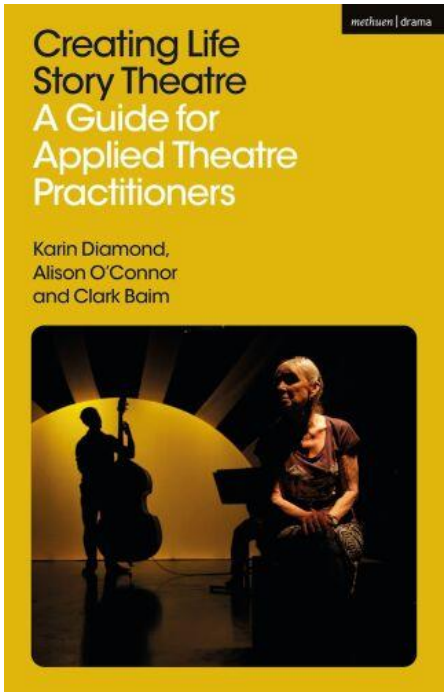
Feedback:

"I have been feeling very isolated since the pandemic. This session has made me feel part of something again. I loved every second!" – Kim, Health Economist, Vietnam.

"I can't believe we found out so much from each other in a short space of time." – Trinity College Student, China.

The event highlighted the richness of international collaboration, sparking new ideas and connections for future work in arts, health, and wellbeing.

Life Story Theatre Handbook



Re-Live
Trustees' Report

Re-Live has been commissioned to write a book for Bloomsbury Publishing as part of their prestigious Methuen Drama series. Titled *"Co-Creating Life Story Theatre: A Handbook for Practitioners,"* the book will offer valuable insights and practical guidance for arts practitioners working in the field of life story theatre.

The book is co-authored by Re-Live's co-founders, Karin Diamond (Artistic Director) and Alison O'Connor, along with Clark Baim, a leading expert in therapeutic and applied arts.

Scheduled for publication in February 2025, the book will be distributed internationally, contributing to the global discourse on the transformative power of arts in health and wellbeing practice.

Thanks to the the Calouste Gulbenkian Award, Karin and Alison were able to dedicate 40 days to writing the book, completing the first draft on 1st March 2024. This support provided them with the essential time and space to focus on developing this important resource, and we are deeply grateful for the opportunity it has created.

Thank you
We want to take this opportunity to thank all Re-Live practitioners for their continued excellence in the field of Arts in Health and wellbeing and to our grant funders and individual donors, for whom none of this work would be possible - The Arts Council of Wales, The Armed Forces Covenant Fund Trust, The Veterans Foundation, Global Brain Health Institute and The Atlantic Fellows Institute.

Re-Live

Statement of Trustees' Responsibilities

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

The trustees are required to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the incoming resources and application of resources, including the income and expenditure, of the charity for that period and for safeguarding its assets. In preparing those financial statements the trustees are required to: -

- select suitable accounting policies and then apply them consistently.
- observe the methods and principles in the Charity SORP.
- make judgements and estimates that are reasonable and prudent.
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statement comply with the Charities Act 2011, the applicable Charities (Accounts and Report) Regulations, and the provisions of the constitution. 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.

Approved by the trustees of the charity on **16 January 2025** and signed on its behalf by:

……
Sarah Belson, Trustee

Independent Examiner's Report to the Trustees of Re-Live

I report to the charity trustees on my examination of the accounts of the charity for the year ended 31 March 2024.

Respective responsibilities of trustees and examiner

As the charity's trustees of Re-Live 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 Re-Live'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 have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of Re-Live as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting 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.

Michael J Sullivan

.....

Michael J Sullivan FFA FTA FIPA
Financial Accountants
24 Kingsway West
Penwortham
Preston
PR1 0JA

13 January 2025

Statement of Trustees' Responsibilities

FINANCIAL REVIEW

Reserves Policy - The trustees have reviewed the reserves of the charity. In line with best practice, we are endeavouring to build and maintain the reserves of the charity to enable the work of the charity to continue for 3 months should funding unexpectedly cease.

Principal Funding Sources
The charity's main source of income is through grants from the Arts Council of Wales and other charitable funds such as the Armed Forces Covenant Fund Trust. The charity also generates income through ticket sales for in-person and online productions and the provision of arts-based training which seeks to prevent and/or relieve social exclusion.

Plans for future periods
While Re-Live is currently project funded, we ensure that if activity does not achieve initial funding aims the project is scaled down to fit the budget but always without compromising the quality and integrity of the work. The charity is committed to achieving sustainability and recognises that in these challenging times we need to be resourceful, enterprising and resilient whilst keeping the charity's objectives at the heart of all we do. Re-Live aims to develop its reach (online and in person) and expand its team of associate practitioners over the coming year.

Trustees' Meetings
The ongoing financial situation is discussed at every quarterly Trustees meeting, with conversations taking place between meetings in response to any unexpected changes occurring. The Trustees are committed to ensuring prudent finances which underpins the delivery of all the work.

The above report has been prepared in accordance with the Statement of Recommended Practice – Accounting and Reporting by Charities.

The annual report was approved by the trustees on **16 January 2025** and signed on its behalf by:

…….
Sarah Belson, Trustee

RE-LIVE
CHARITY NUMBER
STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2024
(Registered charity number 1162546)

Section G **Statement of Financial Activities**

	Notes	Unrestricted	Restricted	Total Funds 31 Mar 2024	Total Funds 31 Mar 2023
		£	£	£	£
Incoming and Endowments					
Charitable Activities	**5/7**	100,000	36,000	136,000	151,544
General Trading Activities		9,375		9,375	23,203
Total Income		109,375	36,000	145,375	174,747
Resources Expended on :					
Charitable Activities	**5**		130,939	130,939	130,331
General Trading Activities	**6**	29,770		29,770	21,374
Total Resources Expended		29,770	130,939	160,709	151,705
Net Incoming Resources		79,605		35,954	24,063
Transfers		-43,651	+43,651		
Net Outgoing Expenditure			-94,939	-51,188	-1,021
Total Funds Brought Forward		6,114	53,704	59,818	36,776
Balances carried forward at 31 March 2024		**42,068**	**2,416**	**44,484**	**59,818**

RE-LIVE
CHARITY NUMBER
STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2024
(Registered charity number 1162546)

Section H Balance sheet

	Notes	2024 £	2023 £
Fixed Assets			
Tangible Fixed Assets		**1,627**	**2,456**
Current Assets			
Debtors ; grants receivable			30,000
Cash at Bank and in Hand			44.397
29,012			
		44,397	59,012
Creditors falling due within 1 year	**6**	1,550	1,650
Net Current Assets		**42,847**	**57,362**
Total Assets less Current Liabilities		**44,474**	**30,818**
Funds of the Charity			
Restricted Funds		2,416	53,704
Unrestricted Funds		42,068	6,114
Total Funds		**44,484**	**59,818**

Declaration

The financial statements were approved by the trustees, and authorised for issue on **16 January 2025**, and signed on their behalf by:

…… **Sarah Belson, Trustee**

RE-LIVE

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2020

1 Accounting policies

Statement of compliance

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) w (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

Basis of preparation

Re-live meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

Exemption from preparing a cash flow statement

The charity opted to early adopt Bulletin 1 published on 2 February 2016 and have therefore not included a cash flow statement in these financial statements.

Going concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

Charitable activities

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Taxation

The charity is a registered charity and is therefore exempt from taxation.

Tangible fixed assets

Individual fixed assets costing £100.00 or more are initially recorded at cost, less depreciation based on 20% pa.

Fund structure

Unrestricted income funds are general funds that are available for use at the trustee's discretion in furtherance of the objectives of the charity.

Restricted income funds are those donated for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

RE-LIVE
(Registered charity number 1162546)

Notes to the Financial Statements
for the Period Ended 31 March 2024

1 Basis of accounting

These accounts have been prepared on the basis of historic cost in accordance with Accounting Standards, Accounting and Reporting by Charities – Statement of Recommended practice (Sorp 2015 FRSSEE) and the Charities Act 2011.
There has been no change to the accounting policies since last year.

2 Independent Examiners Fees £650

3 There were no employees.

4 Tangible fixed assets

	£
Cost to 31.3.24 **6,122**	
Depreciation to 31.3.23	4,485
Charge this year	819
Depreciation to 31.3.24	**5,304**

5 Charitable Activities - Restricted

	Balance 31.3.23	Income	Transfers	Expenditure	Balance 31.3.24
Coming Home	2,587	36,000	+9,000	47,573	14
Spark	10,100		-10,100		0
Elders	936		+27,390	27,390	936
Creative Minds	40,081		+12,000	50,615	1,466
Memoria	0		+5,361	5,361	0
Total	**£53,704**	**£36,000**	**+£43,651**	**£130,939**	**£2,416**

6 Unrestricted General Trading Activities Expenditure

Stationery & Software	608
Refreshment/Subsistence	545
Travelling	2,817
Motor Expenses	2,686
Practitioner Fees	8,809
Web Site	254
Research	116
Depreciation of Fixed Assets	819
Volunteers	195
Bank Charges	15
Cash Sundries	380
Prof Devel. and Theraputic Consultancy	1,076
Administrator	10,800
Independant Scrutineer	650
	£29,770

7 Unrestricted Grant – Charitable Activities

Calouste Gulbenkian Foundation	**£100,000**

RE-LIVE

England & Wales - Charity number 1162546

Accounts

Charity registration number: 1162546

Annual Report and Financial Statements

For the Year Ended 31 March 2023

Re-Live

Contents:

Pages 1-3: Reference and Administrative Details

Pages 4-19: Trustees' Report

Page 20: Statement of Trustees' Responsibilities

Page 21: Independent Examiner's Report

Page 22: Statement of Trustees' Responsibilities – Financial Review

Page 23: Statement of Financial Activities

Page 24: Balance Sheet

Pages 25-27: Notes to the Financial Statements

Re-Live

Reference and Administrative Details

Charity Name: Re-Live

Charity Registration: 1162546

Number Principal Address: Chapter, Market Road, Cardiff CF5 1QE

Board of Trustees:

Nick Andrews

Sarah Belson (Chair)

Valerie Hill

Mark Jones

Ruba Sivagnanam

Independent Examiner:

Michael J Sullivan FFA FFTA FIPA
Financial Accountants
24 Kingsway West
Penwortham
Preston
Lancashire
PR1 0JA

Re-Live

Trustees' Report

The trustees are pleased to present their report along with the financial statements for the charity for the year ended 31 March 2022, and confirm they comply with the Charities Act 2011 and the Statement of Recommended Practice - Accounting and Reporting by Charities (SORP 2005).

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing Document:

Re-Live is constituted as a Charitable Incorporated Organisation registered with The Charity Commission on 6 July 2015. Its governing document is its constitution.

Organisational Structure:

The charity trustees are responsible for managing the affairs of the charity. The trustees give their time freely and do not receive any remuneration or financial benefit. The trustees meet on a quarterly basis. The day to day running of Re-Live is managed by Karin Diamond (Re-Live Artistic Director) with support of the Trustees. Quarterly reports are shared with the Trustees.

Recruitment and Appointment of Trustees:

Apart from the first charity trustees, every trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees. In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO. Potential trustees are invited to attend trustees' meetings as observers and given more information about the charity's aims and activities and, if all agree, they are then proposed as new trustees at the subsequent meeting.

OBJECTIVES AND ACTIVITIES

Re-Live's Charitable Objectives

1. To promote social inclusion for the public benefit by preventing people from becoming socially excluded, relieving the needs of those people who are socially excluded and assisting them to integrate into society through the provision of arts activities.

2. To advance the education of the public in arts; in particular, but not exclusively, in the art of theatre.

For the purpose of the above 'socially excluded' means being excluded from society, or parts of society, as a result of one or more of the following factors: unemployment; financial hardship, youth or old age; ill health (physical or mental); substance abuse or dependency including alcohol and drugs; discrimination on the grounds of sex, race, disability, ethnic origin, religion, belief, creed, sexual orientation or gender re-assignment; poor educational or skills attainment, relationship and family breakdown; poor housing (that is housing that does not meet basic habitable standards); crime (either as a victim of crime or as an offender rehabilitating into society).

In shaping our objectives and planning our activities for the year, the trustees have considered The Charity Commission's guidance on public benefit and have endeavoured to keep the activities we provide as low cost as possible, and free of charge for all participatory projects. This policy reflects our central charitable objective; to prevent and relieve social exclusion through the provision of arts activities.

RE-LIVE MISSION

Re-Live is an award-winning charity that uses the power of theatre and allied art forms to co-create pioneering Life Story Arts projects with underrepresented communities.

We are the main recipients of the Calouste Gulbenkian Foundation's Award for Civic Arts Organisations 2023.

As part of the wider field of Arts in Health, our work supports the health and wellbeing of participants, reaches wide and diverse audiences, provides innovative experiential training for professionals, and informs world leading research into the transformational benefits of the arts.

Over the last 17 years, we have developed a unique Life Story methodology in which participants learn new creative skills in drama, movement, comics making, singing and music.

Our unique process invites participants to express their lived experiences within a group setting and explore the stories they want to share with audiences.

Our work demonstrates how the arts can have a positive transformation on participants' health, mental health and wellbeing.

Life Story Arts can help process trauma-related experiences, reduce isolation and loneliness, build social connections, and help us shape new stories about ourselves and the world around us.

The communities we work alongside include:

- Older people
- Veterans and families living with complex mental health
- People living with dementia and families
- People at the end of life
- Perinatal women
- Health and social care professionals

Re-Live is committed to widening engagement with audiences. Every performance invites local and international audiences to debate the themes of the performance post-show with our communities to inspire social change and influence policy and practice.

There is a strong public demand for our work, with performances at our regular base, Chapter Arts Centre, and online to international audiences. Audience feedback continues to be exciting and encouraging, as does the range of audience members. We regularly have an audience with an age range of 10 – 85. Our strong partnerships with health and social care organisations enable us to bring in new audience members who, in the past, may not have seen theatre as being for them.

Our audiences include:

- Policymakers
- Politicians
- Third sector organisations
- Health and care professionals
- Students
- The general public

Re-Live creates memorable and moving theatre, comics and performances that raise awareness, builds compassion and reduces the stigma of some of the greatest health and social care challenges of our time.

Since 2012, Re-Live has designed and delivered experiential training programmes in dementia care to over 5,000 health and social care professionals throughout Wales, England, Ireland and the USA.

"As a physician caring for patients with dementia for more than two decades, I strongly recommend Re-Live's training for anyone working with or trying to better understand the impact of dementia. It was an incredible experience" Michael D. Geschwind, Professor, Neurology, Institute for Neurosciences, University of California, San Francisco (2020).

Re-Live
Trustees' Report

Re-Live has an extensive track record partnering with a range of local, national and international funding organisations such as The Arts Council of Wales, The Armed Forces Covenant Fund Trust, and most recently, the Calouste Gulbenkian Foundation.

- Adferiad Recovery
- Age Cymru
- Armed Forces Covenant Fund Trust
- ARTHEWE (European Universities Arts in Health group)
- Atlantic Institute at Oxford University Institute
- Baring Foundation
- Blaenau Gwent Council
- Bridgend Council
- Cardiff Council
- Cardiff University
- Chapter
- Dementia Services Development Centre at Bangor University
- Denbighshire Council
- Digital Communities Wales
- Fighting With Pride (LGBT+ military charity)
- Global Brain Health Institute at UC San Francisco & Trinity College, Dublin
- Home Instead
- Marie Curie Hospice, Penarth
- NHS Memory Team at University Hospital Llandough
- NHS Wales Health Collaborative
- NHS, Social Care Wales
- North Wales Peri Natal Mental Health Service at Betsi Cadwaladr University Health Board
- Older People's Commissioner For Wales
- Powys Council
- Public Health Wales
- Shared Lives
- Social Care Wales
- (SCWDP) Social Care Workforce Development
- St Fagans National Museum of History
- Swansea University
- Taith i Saith Môn
- The Torch Theatre
- Ty Hapus
- University of South Wales
- VC Gallery Haverfordwest
- VC Hub in Shotton
- Veterans Foundation
- Veterans NHS Wales
- Veterans' Commissioner For Wales
- WAHWN
- Welsh Veterans' Partnership
- Woody's Lodge

Re-Live
Trustees' Report

Strategic Goals 2022 – 2023

During the year ended 31 March 2023, we have met our objectives through the following activities:

- The delivery of a programme of online and in-person Life Story theatre, comics, group work, and choirs. Re-Live worked with those at risk of social exclusion including people affected by dementia, military veterans and families living with post-traumatic stress, isolated older people and people affected by addiction and poor mental health.

- The production and programming of professional online Life Story theatre work of the highest quality which reflects the lived experiences of older people living in Wales.

- Working with a range of partner organisations across the health and social care sector to ensure that we are reaching the people who are at risk of social exclusion and creating real opportunities for engaging with the arts.

- The delivery of high-quality training across the arts, health and social care sector raising awareness of the needs of people at risk of social exclusion, and particularly those affected by mental health challenges and dementia.

Strategic Goals 2023-2028

Re-Live is at an exciting time in our development, where high levels of demand for our Life Story Arts work and experiential training are driving the need to expand our current staffing levels. To deliver our growing Life Story practice, it is essential that we build a core team to enable the organisation to scale up.

Our strategic goals during 2023-2028 are to:

- Employ a full-time core team of Artistic Director and Executive Director.
- Train more practitioners to deliver both our arts practice and training.
- Establish permanent Life Story Arts groups with our Company of Elders and Memoria group for people living with dementia, their families and carers.
- Deliver an ambitious programme of Life Story Arts with new and existing communities.
- Work internationally to co-create Life Story Arts and explore the interface between science and Arts in Health.
- Build a world class centre dedicated to Life Story Arts in Wales.

Re-Live
Trustees' Report

ACHIEVEMENTS AND PERFORMANCES – YEAR ENDING MARCH 2023

COMING HOME TO THE ARTS PROGRAMME FOR VETERANS, VETERAN FAMILIES AND COMMUNITY MEMBERS

Re-Live deliver a range of creative arts engagement projects within the military veteran community in Wales, under the banner of 'Coming Home to the Arts'. The project aims to reconnect veterans and families with their local communities through arts engagement. This project is demonstrating how the arts can support mental health and wellbeing, reduce isolation and loneliness, build confidence and expression, and positively impact the way veterans see and engage with the arts.

FORCES FESTIVAL WALES: JUNE 26, 2022

Re-Live produced the inaugural **Forces Festival Wales** – a pan-Wales celebration of veteran arts and creativity supported by a grant from The Armed Forces Covenant Fund Trust. The festival took place in Llandrindod Wells on Sunday June 26th 2022.

We would like to express our gratitude to Adferiad, Woody's Lodge, VC Gallery in West Wales, Change Step and The Welsh Veterans Partnership for their invaluable assistance in bringing the festival to life.

As part of the festival, Re-Live coordinated and invited a wide range of veteran charities and organisations from across Wales to network and share information about their services in the festival venue.

"It's been good to meet other veterans' charities from across Wales and find out about what they're doing and talk about what we're doing. We're all in it together, aren't we? It's a great way of putting names to faces and making connections. Good work to all involved" Veteran Charity Lead

We connected to Age Cymru, Radiate Arts, Game Change, RBL Llandudno, Fighting with Pride, AFLO North Wales and West Wales, Guitar 4 Veterans, Paula Massey/Guardians of Heroes, Change Step, Poppy Factory, SSAFA and Veterans Hubs across Wales.

Our three veteran choirs from North, South and West Wales joined forces to sing at the event, bringing together 42 veterans to form one big choir.

"I was really nervous, I've never sung or done anything like that before, but to do that in front of an audience, well, it was brilliant, good times" Veteran participant

"I was smiling all day. I enjoyed it, especially meeting the other choirs. They were very friendly" Veteran participant

In March 2023, we secured a 2-year Armed Forces Covenant grant (£100,000) to support the following activity from 2023 – 2025.

- Co-create a high-quality album of mental health recovery songs written, composed and performed by veterans, families and community members that connect to our North, South and West Wales Coming Home choirs.

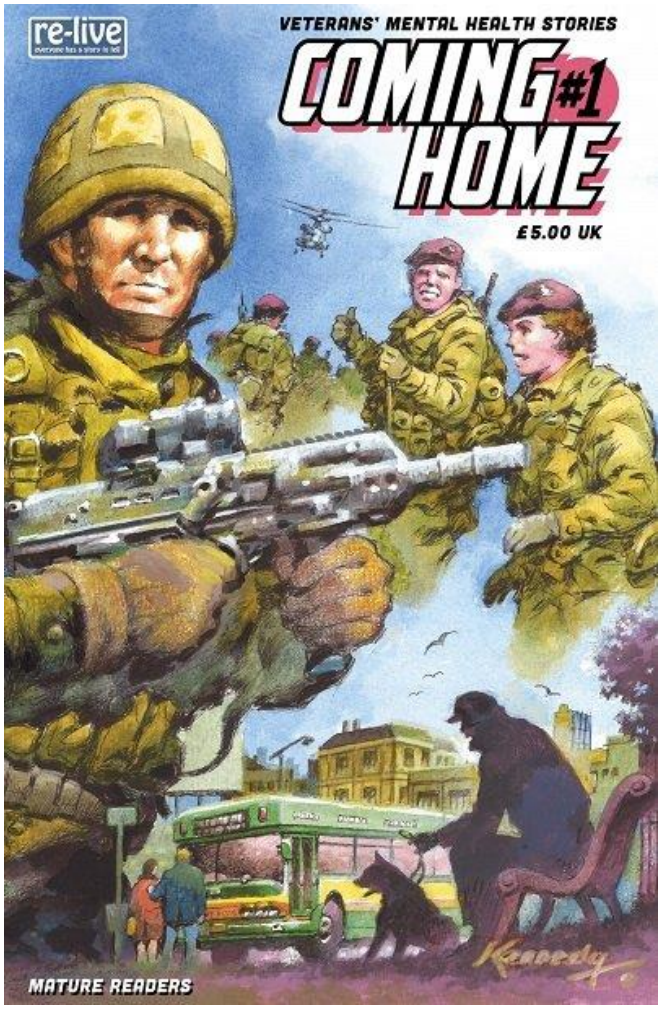
- Publish issue 2 and 3 of our Coming Home comic to include more women veterans' stories, LGBTQ+ veterans' stories, along with exploring more hidden stories of veterans' complex mental health issues.

- Establish a Life Story group for women veterans wishing to explore their mental health and wellbeing through the arts. Together, we will co-create a high-quality Life Story theatre performance where ex-service women share their lived experience for veteran and civilian audiences. The project will start in May 2023 – May 2025.

Re-Live delivered 84 choir sessions from April 2022 – March 2023 in North, South and West Wales, supported by 6 Re-Live practitioners and 1 Veteran Coordinator.

COMING HOME COMIC

Coming Home is a new anthology comic sharing true stories of UK military veterans' mental health. The stories have been devised by working online with a group of veterans living with complex mental health issues, such as PTSD, Moral Injury, Military Sexual Trauma (MST) and depression.



Re-Live
Trustees' Report

The process of adapting often traumatic stories into comics has been a therapeutic process for our veteran's group over the last year. The work invited each veteran to develop their own narrative and work with a professional cartoonist to realise it as a finished story.

We were delighted to attend the Lakes International Comic Art Festival (Bowness-On-Windermere, 15th/16th October 2022) and Thought Bubble Comic Art Festival (Harrogate, 12th/13th November 2022) which helped to raise awareness of the work and challenge perceptions of the Armed Forces within the wider civilian population in Wales, the UK and internationally.

Co-creating a life story comic brought Re-Live's work to new audiences in spaces we had not previously accessed. The comic was released through comic shops in UK, Ireland, USA and Australia on 16th November 2022, gaining a readership amongst the comic community.

"*I sold all the copies I had apart from one copy that I kept behind for the shop. Whenever someone comes in and says 'Oh, comics are just superhero stuff' I get Coming Home out and say "Then have a look at that. That's what comics can do.*" – Reggie, Destination Venus comic shop, Harrogate.

As feedback was received about the comic over the months that followed, we passed this on to the veterans, and this has been hugely important to the group to know that their stories were being read, understood and were helping raise awareness of veterans' mental health.

Coming Home has reached audiences beyond comics readers and has become a valuable tool within the field of veterans' mental health. It is being used by organisations such as Op Courage veterans' mental health service at St. Pancras hospital, London, NHS Veterans Wales, and by Armed Forces support charity Woody's Lodge to initiate conversations with other veterans about their mental health.

"*Last week, a veteran who was struggling came in for a meeting. He was finding it hard to talk. I made a few phone calls on his behalf and returned with some information, but before I could say anything, he had the comic in his hand and turned to me with the pages open and said, "This is me," then turned the page and said, "this is me". We sat down and talked about the comic together, which helped me to find out what he needed and how we could support him. Your comic is an accessible way of supporting veterans to start talking about what they need, not what we think they need. Thank you.*" Woody's Lodge, North Wales

We were invited to talk about Coming Home comic at Creative Brain Week, a week of events to explore how brain science and the arts converge, at Trinity College, Dublin, on March 6, 2023. We also exhibited the original artwork from the comic, which allowed international attendees and the public to view the work in a gallery context.

The Coming Home comic exhibition was seen by over 800 people including Christopher Bailey, Arts and Health lead for the World Health Organisation.

One of the Coming Home storytellers, Graham, attended the event and participated in an onstage discussion to an international audience about the impact of sharing his lived experience through the comic. Sharing the comic with professionals helped to raise awareness of how life story arts can play a vital role in promoting positive mental health and wellbeing.

It was a privilege to represent Arts in Health practice from Wales to a global audience of artists, neuroscientists, academics, health economists, designers, social scientists, researchers, and the general public.

Creative Brain Week expanded our network of international colleagues working in the field of Arts, Health and Wellbeing practice, and developed new connections and collaborations with global leaders in neuroscience, academia and research, which will lead to future projects and working relationships.

The positive impact of making a life story comic on the mental health and wellbeing of the group, along with the social impact of the work, has encouraged us to co-create new editions of the Coming Home comic. With support from The Armed Forces Covenant Fund Trust, we will be co-creating two new editions of the comic which will include stories of LGBTQ+ and women veterans to raise further awareness of the hidden mental health stories of our Armed Forces community.

COMPANY OF ELDERS/CWMNI HYNAFGWYR

At Re-Live, we have been committed to creative engagement with older people since we opened our doors in 2006. We believe that discovering and developing a creative practice as we age has an enormous impact on participants' health and wellbeing.

We offer challenging, fun and dynamic projects and opportunities where older people can explore and express their lived experiences, forge friendships and social connections and where their contributions are visible and valued.

With support from Welsh Government and the Arts Council of Wales, Re-Live has established a Company of Elders, a group of creative older people, based across Wales, who meet on Zoom and devise Life Story performances.

The shows are broadcast live online to national and international audiences, health and social care professionals and policymakers.

The Company of Elders were profiled by The Guardian in 2020 for their first production, Secret Country. The show was the group's creative response to the pandemic and its impact on the lives of older people in Wales.

Re-Live
Trustees' Report

In June 2022, The Company of Elders performed their latest Life Story Theatre performance online, ***Constellations/Cytserau***.

Constellations/Cytserau is a Life Story performance about loneliness and belonging in a hyper-connected world.

The Company of Elders gave four performances of *Constellations/Cytserau*, between June 15-17th, including a matinee and evening performance on June 16th.

One of the great benefits of the show being performed live and online is that it allows audience members to attend from around the world.

434 people tuned in from UK, USA, Europe, Africa and Asia to witness inspirational older people share their life stories, with humour, pathos and honesty.

Re-Live
Trustees' Report

Audience Feedback

The audience feedback from both the public and people working within the fields of health and social care has been very positive.

"I feel privileged to have been at the final performance of Constellations today – powerful, moving and inspiring." Older People's Commissioner for Wales, Heléna Herklots

"Oh Constellations was so moving! What an amazing group - so much wisdom, humour, vulnerability, passion and talent! What hope and what a lesson in the unpredictability of life in a really positive way!" Arts in Health researcher

"That was beyond magical, I feel such power from the performances" Audience Member

"Perfformiad anhygoel!" Aelod o'r Gynulleidfa

"So much hope and joy" Audience Member

"Llongyfarchiadau pawb! Wonderful production and thank you (diolch) for including the Welsh language." Audience Member

Constellations/Cytserau as training for Social Care Workers

We advertised the performance to Workforce Development Teams across Wales as training in outcomes-based approaches with older adults.

227 Care Workers from across Wales attended one of our three lunchtime performances, which were timed specifically to allow Health and Social Care Workers to attend.

The feedback was excellent, with many Care Workers emailing their Workforce Development Teams to thank them for providing training through the Life Story Arts.

"It was absolutely FANTASTIC. Inspirational and moving. Highly recommend it. So many themes highlighted. A great way to start valuable conversations. Hats off for having it on offer as training. Thank you so much" Care Worker

"It was truly inspirational. Is there any way I can share this with others?" Care Home Manager

"Constellations was completely inspiring and brilliant - please can we have a written copy of the poems?" Care Worker

Additional educational benefits

During the process of devising *Constellations/Cytserau,* the Company of Elders performers and Re-Live Artistic Director Karin Diamond ran a session for Counselling & Therapeutic Studies students at University of South Wales, enabling the students to meet older adults and discuss directly with them their experiences of co-creating a Life Story Theatre performance online.

"I would like to thank you for arranging this session for us this morning. I feel so privileged to have met this remarkable group of people. They will be in my memory for a very long time. I will draw on their creative wisdom when I begin my counselling practice with older adults" Counselling Student

Impact on Participants

The biggest benefit of co-creative Life Story Theatre work has undoubtedly been the lasting impact on the participant performers themselves. As with much of Re-Live's work, the participants devise the performances from their own life stories, and often go on cathartic journeys through the work, which can have a huge benefit on their health and wellbeing.

"Zoom is a wonderful idea - the biggest greatest gift we had from the pandemic. It's a god send - to be able to make contact with the outside world - it's very important for the state of my mental health. It's belonging isn't it? It's about feeling a part of something. I've lived in a village for 16 years - nobody knocked on my door during the pandemic to see if I was ok. I feel very isolated. So creating a performance on Zoom, to have an aim - motivation - to make contact with people from across the world is wonderful, it keeps me going" Member of the Company of Elders

Long term goals for The Company of Elders

Through our three performances to date (Secret Country, Sensations and Constellations/Cytserau) The Company of Elders have provided a powerful insight for audiences around the world into the hidden lives, strengths, humour and imaginations of our older generation in Wales.

The Company will be co-creating a new performance in 2024.

2 Re-Live Practitioners delivered 39 online sessions between April 2022 – March 2023.

SPARK (Social, Participatory, Arts, Research and Knowledge) Project

SPARK is an online Arts in Health and wellbeing project for people over 55 who are isolated due to emotional or physical reasons or both. It invites groups of up to 8 people to engage in creative Life Story work for 10 sessions over Zoom.

SPARK invites group members to reflect on their lives, it also invites the participants to explore current challenges and imagine future possibilities.

Providing a non-judgmental space, to share difficulties and celebrate strengths encourages participants to see themselves as sources of valuable knowledge. This in turn builds confidence, agency and new wellbeing strategies for life outside of the SPARK group.

Initial research suggests SPARK is helping people to form stronger connections to themselves, others, their environment, and in doing so, foster a growing sense of self-acceptance, belonging, agency and optimism about the future. This suggests that SPARK is an effective intervention for older people experiencing social isolation.

The research will be published in Autumn 2023.

2 Re-Live practitioners delivered 20 online sessions between April 2022 – March 2023.

TRAINING

Re-Live delivered 25 training sessions in Experiencing Dementia, Compassionate Communication and Life Story Work to 472 health and social care workers from Caerphilly Council, Blaenau Gwent Council, Vale of Glamorgan Council, Cardiff and Vale UHB and one residential home in Cardiff.

Training sessions continue to be well received, with trainees reporting increased awareness, compassion, and competency in dementia care and Life Story Work.

MEMORIA GROUP

Re-Live continue our Arts in Health work with people living with dementia and family members online and in-person.

Our work continues to be responsive to the needs of the group.

This year we have welcomed two new members to the Memoria group and continued to develop new imagination exercises which connect to movement, music and song. The combination of elements gives the group an accessible and powerful route to self-expression, connection and agency.

"It's the ease of access for me. With Zoom, once I got organised in it, it's just tap and go, and there you are among friends. I might not speak to anyone else during the day. I love all the things we do. It feels so freeing to let your imagination take you wherever it wants to go. I feel so much calmer. It's essential for my life" Memoria Participant

The Memoria group are featured in a new documentary about international perspectives on dementia entitled 'Keys, Bags, Names, Words' by San Francisco filmmaker Cynthia Stone, supported by The Global Brain Health Institute. The documentary is being shown in film festivals worldwide, including international screenings for global leaders in brain health, including neuroscientists, researchers and academics.

3 Re-Live Practitioners delivered 24 online sessions to a group of 12 people living with dementia and family members between April 2022 – March 2023.

Re-Live will premiere 'Keys, Bags, Names, Words' in Wales in 2024.

CREATIVE MINDS/MEDDYLIAU CREADIGOL

We were delighted to be awarded a £73,000 grant from The Arts Council of Wales in October 2022, to explore the impact of the arts on mental health and wellbeing.

Creative Minds/Meddyliau Creadigol is a collaborative project between Re-Live, Blaenau Gwent & Caerphilly Social Care Workforce Development Service, North Wales Perinatal Mental Health Service and Veterans NHS Wales.

The project will begin in Spring 2023.

CALOUSTE GULBENKIAN CIVIC ARTS AWARD

In March, 2023, we received the wonderful news that Re-Live were the main recipients of the Calouste Gulbenkian Civic Arts Award 2023.

The award recognises the impact of co-creation and the arts to improve wellbeing, spark life-changing experiences and forge new networks within communities. Re-Live were selected from over 336 applications from across the UK.

"Re-Live has a deep-rooted commitment to its community, to placing their stories centre stage, and to championing the power of creative expression in destigmatising issues around health and wellbeing" Baroness Bull CBE, Calouste Gulbenkian Foundation

Re-Live were awarded £100,000 to support artistic activity in 2023 – 2024.

ARTS COUNCIL OF WALES - MULTI-YEAR FUNDING APPLICATION

Re-Live is at an exciting time in our development, where demand for our Life Story Arts work and experiential training are driving the need to expand our current staffing levels and provision.

Re-Live

Trustees' Report

We submitted an application to The Arts Council of Wales for Multi-Year Funding on March 31, 2023.

If we're successful, the multi-year funding would support us to employ a full-time core team of Artistic Director and Executive Director, train new Life Story Arts practitioners to deliver both our arts practice and training, deliver an ambitious programme of Life Story Arts with new and existing communities, work internationally to co-create Life Story Arts projects and explore the interface between science and the arts, and continue to develop our idea of establishing a world class centre dedicated to Life Story Arts practice and research in Wales.

A decision will be made by September 2023.

THANK YOU

We want to take this opportunity to thank all Re-Live practitioners for their continued excellence in the field of Arts in Health and to our grant funders and individual donors, for whom none of this work would be possible - The Arts Council of Wales, The Armed Forces Covenant Fund Trust, The National Lottery and The Atlantic Fellows Institute.

Coming Home Exhibition, Creative Brain Week, Trinity College, Dublin

Re-Live

Statement of Trustees' Responsibilities

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

The trustees are required to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the incoming resources and application of resources, including the income and expenditure, of the charity for that period and for safeguarding its assets. In preparing those financial statements the trustees are required to: -

- select suitable accounting policies and then apply them consistently.
- observe the methods and principles in the Charity SORP.
- make judgements and estimates that are reasonable and prudent.
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statement comply with the Charities Act 2011, the applicable Charities (Accounts and Report) Regulations, and the provisions of the constitution. 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.

Approved by the trustees of the charity on **16 January 2024** and signed on its behalf by:

…….
Sarah Belson, Trustee

Independent Examiner's Report to the Trustees of Re-Live

I report to the charity trustees on my examination of the accounts of the charity for the year ended 31 March 2023.

Respective responsibilities of trustees and examiner

As the charity's trustees of Re-Live 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 Re-Live'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 have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of Re-Live as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting 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.

Michael J Sullivan

Michael J Sullivan FFA FTA FIPA
Financial Accountants
24 Kingsway West
Penwortham
Preston
PR1 0JA

13 December 2023

Statement of Trustees' Responsibilities

FINANCIAL REVIEW

Reserves Policy - The trustees have reviewed the reserves of the charity. In line with best practice, we are endeavouring to build and maintain the reserves of the charity to enable the work of the charity to continue for 3 months should funding unexpectedly cease.

Principal Funding Sources
The charity's main source of income is through grants from the Arts Council of Wales and other charitable funds such as the Armed Forces Covenant Fund Trust. The charity also generates income through ticket sales for in-person and online productions and the provision of arts-based training which seeks to prevent and/or relieve social exclusion.

Plans for future periods
While Re-Live is currently project funded, we ensure that if activity does not achieve initial funding aims the project is scaled down to fit the budget but always without compromising the quality and integrity of the work. The charity is committed to achieving sustainability and recognises that in these challenging times we need to be resourceful, enterprising and resilient whilst keeping the charity's objectives at the heart of all we do. Re-Live aims to develop its reach (online and in person) and expand its team of associate practitioners over the coming year.

Trustees' Meetings
The ongoing financial situation is discussed at every quarterly Trustees meeting, with conversations taking place between meetings in response to any unexpected changes occurring. The Trustees are committed to ensuring prudent finances which underpins the delivery of all the work.

The above report has been prepared in accordance with the Statement of Recommended Practice – Accounting and Reporting by Charities.

The annual report was approved by the trustees on **16 January 2024** and signed on its behalf by:

…….
Sarah Belson, Trustee

RE-LIVE
CHARITY NUMBER
STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2023
(Registered charity number 1162546)

Section G **Statement of Financial Activities**

Notes	fund	Unrestricted funds	Restricted	Total Funds 31 Mar 2023	Total Funds 31 Mar 2022
		£	£	£	£
Incoming and Endowments					
Donations					490
Charitable Activities	**5**		151,544	151,544	92,218
General Trading Activities		23,203		23,203	9,504
Total Income		23,203	151,544	174,747	102,212
Resources Expended on :					
Charitable Activities	**5**		130,331	130,331	119,616
Transfer		2,850	-2,850		
General Trading Activities	**6**	21,374		21,374	11,647
Total Resources Expended		24,224	127,481	151,705	131,263
Net Incoming Resources			24,063	24,063	
Net Outgoing Expenditure		1,021		-1,021	29,051
Total Funds Brought Forward		7,135	29,641	36,776	65,827
Balances carried forward at 31 March 2023		**6,114**	**53,704**	**59,818**	**36,776**

RE-LIVE
CHARITY NUMBER
STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2023
(Registered charity number 1162546)

Section H Balance sheet

	Notes	2023 £	2022 £
Fixed Assets			
Tangible Fixed Assets		**2,456**	**3,275**
Current Assets			
Debtors – Grants Receivable	**7**	30,000	
Cash at Bank and in Hand		29,012	34,151
		59,012	34,151
Creditors falling due within 1 year	8	1,650	650
Net Current Assets		**57,362**	**33,501**
Total Assets less Current Liabilities		**59,818**	**36,776**
Funds of the Charity			
Restricted Funds		53,704	29,641
Unrestricted Funds		6,114	7,135
Total Funds		**59,818**	**36,776**

Declaration

The financial statements were approved by the trustees, and authorised for issue on **16 January 2022**, and signed on their behalf by:

……
Sarah Belson, Trustee

RE-LIVE

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2020

1 Accounting policies

Statement of compliance

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) w (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

Basis of preparation

Re-live meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

Exemption from preparing a cash flow statement

The charity opted to early adopt Bulletin 1 published on 2 February 2016 and have therefore not included a cash flow statement in these financial statements.

Going concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

Charitable activities

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Taxation

The charity is a registered charity and is therefore exempt from taxation.

Tangible fixed assets

Individual fixed assets costing £100.00 or more are initially recorded at cost, less depreciation based on 20% pa.

Fund structure

Unrestricted income funds are general funds that are available for use at the trustee's discretion in furtherance of the objectives of the charity.

Restricted income funds are those donated for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

RE-LIVE
(Registered charity number 1162546)

Notes to the Financial Statements
for the Period Ended 31 March 2023

1 Basis of accounting

These accounts have been prepared on the basis of historic cost in accordance with Accounting Standards, Accounting and Reporting by Charities – Statement of Recommended practice (Sorp 2015 FRSSEE) and the Charities Act 2011.

There has been no change to the accounting policies since last year.

2 Independent Examiners Fees £650

3 There were no employees.

4 Tangible fixed assets

.

	£
Cost to 31.3.2022	6,122
Cost to 31.3.23	
	6,122
Depreciation to 31.3.22	2,847
Charge this year	819
Depreciation to 31.3.23	**3,666**
Net Value	**2,456**

5 Charitable Activities

	Balance 31.3.22	**Income**	**Expenditure**	**Transfe**rs	**Balance 31.3.23**
	£	**£**	**£**	**£**	**£**
Balance	401			401	0
Coming Home	24,232	57,158	79,204	(401)	2,587
Spark	100	17,450	7,450		10,100
Creative Minds		65,700	25,619		40,081
Memoria		3,000	5,850	(2,850)	0
Co of Elders	4,908	8,236	12,208		936
Total at 31.3.23	**29,641**	**151,544**	**130,331**	**(2,850)**	**53,704**

6 Unrestricted General Trading Activities Expenditure

	£
Stationery, Zoom and software	1,952
Refreshments, Meetings, Retreat	3,519
Motor and Travelling	1,329
Practitioner Fees and Counselling	9,304
Web Site	471
Research	445
Depreciation of Fixed Assets	819
Volunteers - Gift Vouchers	1,200
Props	490
Subscription	105
Flowers	90
Accountancy – Grant Spread Sheets	1,000
Independent Scrutineer	650
	21,374

7 Debtors

Grants Receivable:	
Company of Elders	5,000
Coming Home	25,000
	30,000

8 Creditors

Accountancy	**1,000**
Independent Scrutineer	**650**
	1,650

RE-LIVE

England & Wales - Charity number 1162546

Accounts

Charity registration number: 1162546

Annual Report and Financial Statements

For the Year Ended 31 March 2022

Re-Live

Contents:

Pages 1-3: Reference and Administrative Details

Pages 4-15: Trustees' Report

Page 16: Statement of Trustees' Responsibilities

Page 17: Independent Examiner's Report

Page 18: Statement of Financial Activities

Page 19: Balance Sheet

Pages 20-22: Notes to the Financial Statements

Re-Live

Reference and Administrative Details

Charity Name: Re-Live

Charity Registration: 1162546

Number Principal Address: Chapter, Market Road, Cardiff CF5 1QE

Board of Trustees:

Nick Andrews

Sarah Belson

Valerie Hill

Mark Jones (Chair)

Ruba Sivagnanam

Independent Examiner:

Michael J Sullivan FFA FFTA FIPA Financial Accountants
24 Kingsway West
Penwortham
Preston
Lancashire
PR1 0JA

Re-Live

Trustees' Report

The trustees are pleased to present their report along with the financial statements for the charity for the year ended 31 March 2022, and confirm they comply with the Charities Act 2011 and the Statement of Recommended Practice - Accounting and Reporting by Charities (SORP 2005).

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing Document:
Re-Live is constituted as a Charitable Incorporated Organisation registered with The Charity Commission on 6 July 2015. Its governing document is its constitution.

Organisational Structure:
The charity trustees are responsible for managing the affairs of the charity. The trustees give their time freely and do not receive any remuneration or financial benefit. The trustees meet on a quarterly basis. The day to day running of Re-Live is managed by Karin Diamond (Re-Live Artistic Director) with support of the Trustees. Quarterly reports are shared with the Trustees.

Recruitment and Appointment of Trustees:
Apart from the first charity trustees, every trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees. In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO. Potential trustees are invited to attend trustees' meetings as observers and given more information about the charity's aims and activities and, if all agree, they are then proposed as new trustees at the subsequent meeting.

OBJECTIVES AND ACTIVITIES

Re-Live's Charitable Objectives

1. To promote social inclusion for the public benefit by preventing people from becoming socially excluded, relieving the needs of those people who are socially excluded and assisting them to integrate into society through the provision of arts activities.

2. To advance the education of the public in arts, in particular but not exclusively in the art of theatre.

For the purpose of the above 'socially excluded' means being excluded from society, or parts of society, as a result of one or more of the following factors: unemployment; financial hardship, youth or old age; ill health (physical or mental); substance abuse or dependency including alcohol and drugs; discrimination on the grounds of sex, race, disability, ethnic origin, religion, belief, creed, sexual orientation or gender re-assignment; poor educational or skills attainment, relationship and family breakdown; poor housing (that is housing that does not meet basic habitable standards); crime (either as a victim of crime or as an offender rehabilitating into society).

In shaping our objectives and planning our activities for the year, the trustees have considered The Charity Commission's guidance on public benefit and have endeavoured to keep the activities we provide as low cost as possible, and free of charge for all participatory projects. This policy reflects our central charitable objective; to prevent and relieve social exclusion through the provision of arts activities.

RE-LIVE MISSION

Re-Live create spaces (in-person and online) for people to explore and express their Life Stories through the arts. We co-create Life Story Theatre and arts projects in traditional arts venues like theatres, but also community centres, care homes, and online.

We work alongside hidden and under-represented communities in Wales, including older people, people affected by dementia, veterans and their families, and people at the end of life.

Our Life Story work can have a positive impact on health and wellbeing - reducing isolation and loneliness, building confidence, social connections, and new peer support networks.

Our creative process takes people on a transformative journey that ripples out into the community and influences the direction of policy and practice in Wales.

Our performances and projects can demystify and destigmatise subjects such as dementia, veterans' mental health, and death and dying, building compassion and insight, societal change and reminding us of our shared humanity.

Over the next five years, Re-Live will continue to create challenging and pioneering work at the intersection between arts, health and wellbeing; supporting the voices of underrepresented people in our society to tell their story, embracing new arts forms and technologies, deepening collaborations and enabling audiences (local and international) to witness the ordinary and extraordinary lived experiences of the people of Wales.

RE-LIVE MISSION (cont)

There is a strong public demand for our work, with performances at our regular base, Chapter Arts Centre, and online to international audiences. Audience feedback continues to be exciting and encouraging, as does the range of audience members. We regularly have an audience with an age range of 10 - 85. Our strong partnerships with health and social care organisations enable us to bring in new audience members who may not in the past have seen theatre as being for them.

STRATEGIES

During the year ended 31 March 2022 we have met our objectives through the following activities:

- the delivery of a programme of online and in-person Life Story theatre, Life Story group work, choirs and comics work, targeting those at risk of social exclusion including people affected by dementia, military veterans and families living with post-traumatic stress, isolated older people and people affected by addiction and poor mental health.

- the production and programming of professional theatre work of the highest quality which reflects the lived experiences of older people living in Wales.

- working with a range of partner organisations across the health and social care sector to ensure that we are reaching the people who are at risk of social exclusion and creating real opportunities for engaging with the arts.

- the delivery of high-quality training across the arts, health and social care sector raising awareness of the needs of people at risk of social exclusion, in particular, those affected by mental health challenges and dementia.

ACHIEVEMENTS AND PERFORMANCES – YEAR ENDING MARCH 2022

COMING HOME TO THE ARTS PROGRAMME FOR VETERANS, VETERAN FAMILIES AND COMMUNITY MEMBERS

Re-Live deliver a range of creative arts engagement projects within the military veteran community in Wales, under the banner of 'Coming Home to the Arts'. The project aims to reconnect veterans and families with their local communities through arts engagement. This project is demonstrating how the arts can support mental health and wellbeing, reduce isolation and loneliness, build confidence and expression, and positively impact the way veterans see and engage with the arts.

Re-Live

Trustees' Report

In April 2021, we secured an Armed Forces Covenant grant (£35,000) to support a new choir for veterans and families in West Wales. This is in addition to the choir at the VC Hub in Shotton, North Wales and the choir at Chapter Arts Centre in Cardiff, South Wales.

Coming Home Choir West Wales was initially established at Woody's Lodge, Penlan Farm, and then relocated to the VC Gallery, Haverfordwest to ensure more people could access the choir sessions.

We are grateful to Steve Owen at Woody's Lodge and Barry John, Founder of the VC Gallery and his team who helped us connect to local veterans and community members and provided additional social support to veterans where needed.

FORCES FESTIVAL WALES: JUNE 2022

Our three veteran choirs in North, South and West Wales are working towards a public performance in June 2022. Re-Live will produce the inaugural ***Forces Festival Wales*** – a pan-Wales celebration of veteran arts and creativity. The festival will take place in Llandrindod Wells with an audience of friends, family, veteran support services and veteran charities from across Wales.

We would like to thank Adferiad Cymru for providing additional support for the upcoming festival.

Re-Live delivered 92 choir sessions from April 2021 – March 2022 in North, South and West Wales, supported by 6 Re-Live practitioners and 1 Veteran Coordinator.

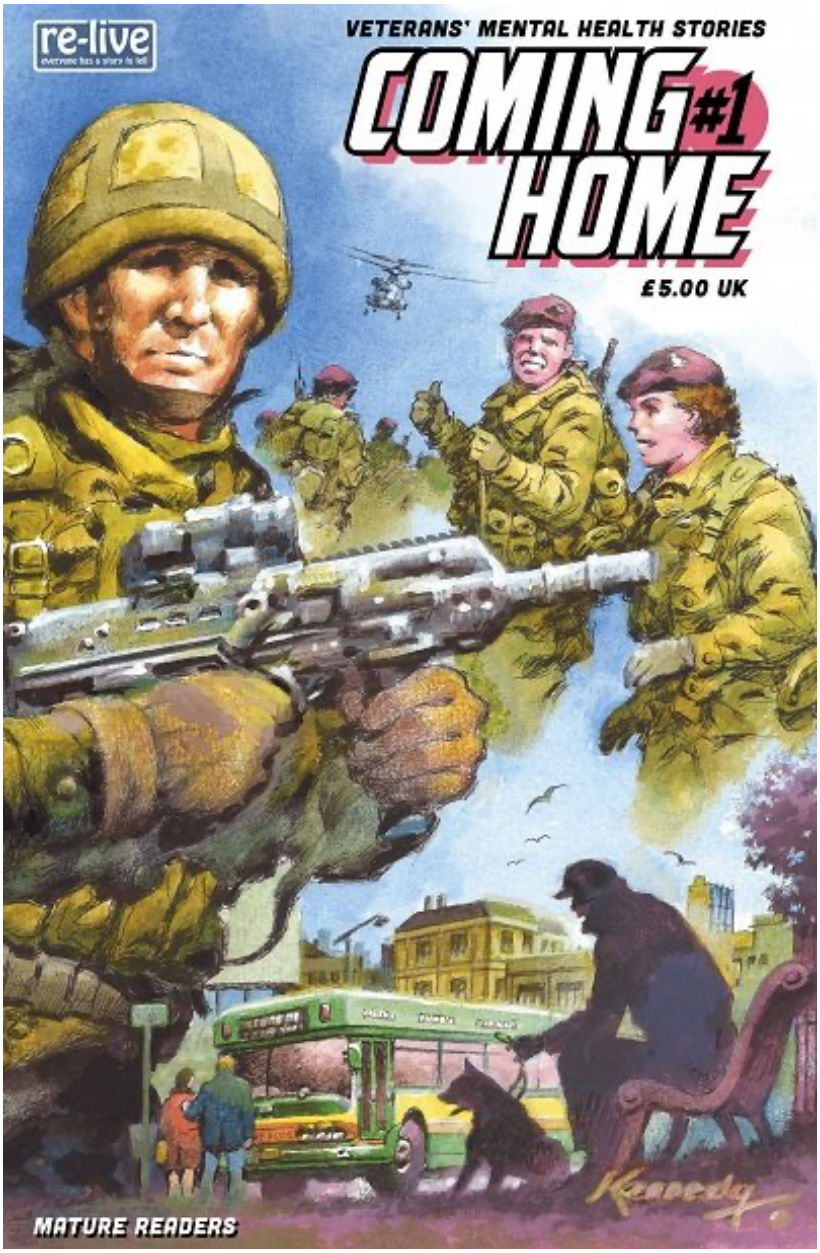
COMING HOME COMIC

Coming Home is a new anthology comic sharing true stories of UK military veterans' mental health. The stories have been devised working online with a group of veterans living with complex mental health issues, such as PTSD, Moral Injury, Military Sexual Trauma (MST) and depression.

The process of adapting often traumatic stories into comics has been a therapeutic process for our veterans group over the last year. The work invited each veteran to develop their own narrative, and work with a professional cartoonist to realise it as a finished story.

We are delighted that the comic has been selected for The Lakes International Comic Art Festival (Bowness-On-Windermere, 15th/16th October 2022) and Thought Bubble Comic Art Festival (Harrogate, 12th/13th November 2022) which will help raise awareness of the work and challenge perceptions of the Armed Forces within the wider civilian population in Wales, the UK and internationally.

The comic will be printed, published and available in comic shops in November 2022.



COMPANY OF ELDERS/CWMNI HYNAFGWYR

At Re-Live, we have been committed to creative engagement with older people since we opened our doors in 2006. We believe that discovering and developing a creative practice as we age has an enormous impact on participants' health and wellbeing.

Re-Live

Trustees' Report

We offer challenging, fun and dynamic projects and opportunities where older people can explore and express their lived experiences, forge friendships and social connections and where their contributions are visible and valued.

With support from Welsh Government and the Arts Council of Wales, Re-Live has established a Company of Elders, a group of creative older people, based across Wales, who meet on Zoom and devise Life Story performances.

The shows are broadcast live online to national and international audiences, health and social care professionals, and policymakers.

The Company of Elders were profiled by The Guardian in 2020 for their first production, Secret Country. The show was the group's creative response to the pandemic and its impact on the lives of older people in Wales.

This year, we devised a Life Story performance about the aging body called **Sensations**. The show was performed live on Zoom from 15-17 July 2021.

SENSATIONS (CONT) Audience members tuned in from England, Scotland, Ireland, Lithuania, France, Germany Switzerland, Ethiopia, USA (including Minnesota, Fresno & San Francisco), and right across Wales from Kidwelly to Builth Wells to Llandudno.

By performing on Zoom, it allows audiences from around the world to witness inspirational older people share their stories, their imaginations, their humour and their honesty.

You can watch a performance of Sensations here:
http://www.re-live.org.uk/sensations

CONSTELLATIONS/CYTSERAU

We are delighted to have been awarded a strategic grant from The Arts Council of Wales and Welsh Government (£30,000) to co-create a new Life Story performance with our Company of Elders, exploring loneliness and isolation in a hyper-connected world.

Constellations/Cytserau will premiere in June 2022.

3 Re-Live Practitioners delivered 35 sessions in Life Story work, drama, singing, and dance with 10 participants from April 2021 – March 2022.

Re-Live

Trustees' Report

MEMORIA GROUP

Re-Live continue our Arts in Health work with people living with dementia and family members online and in-person.

Our work continues to be responsive to the needs of the group.

This year we have developed new exercises connecting imagination and movement to music and song. The combination of elements gives the group an accessible and powerful route to self-expression, agency and connection.

A response from a family care giver to an in-person session:

"I just wanted to thank you for the truly wonderful session you organised today at Chapter. You can see for yourselves how important these sessions are for my husband. I could see his real character coming to the fore again. For those moments I felt that he had almost come back again. There is no medication appropriate for my husband's dementia and I'm quite convinced that these sessions you all provide at Memoria play a huge role in keeping his dementia at bay"

Response from a family member to the Memoria group online via Zoom:

"My mum is thoroughly enjoying the Memoria group. Lost in the moment of it all. I also find it quite relaxing, whilst sitting on the settee in earshot with the dog"

A response from a woman living with dementia to the online work:

"It brings company into my home. I feel much happier. It's teared me up!"

A response from a man living with advanced dementia to the online session:

"It's really great. It's there. Let's have something good and this is it. It's there and very nice and very…a beautiful place to push on."

3 Re-Live Practitioners delivered 24 online sessions to a group of 12 people living with dementia and family members between April 2021 – March 2022.

SPARK (Social, Participatory, Arts, Research and Knowledge) Project

SPARK is an online Arts in Health and wellbeing project for people over 55 who are isolated due to emotional or physical reasons or both. It invites groups of up to 8 people to engage in creative Life Story work for 10 sessions over Zoom.

SPARK (CONT)

Re-Live were awarded awarded £43,625 from Nesta, Y Lab and The Arts Council of Wales to support this research project.

Although SPARK invites group members to reflect on their lives, it also invites the participants to explore current challenges and imagine future possibilities.

Providing a non-judgmental space, to share difficulties and celebrate strengths encourages participants to see themselves as sources of valuable knowledge. This in turn builds confidence, agency and new wellbeing strategies for life outside of the SPARK group.

With support from The Arts Council of Wales and NESTA, and in partnership with the University of South Wales, we have created a research opportunity for an MRes student, Sarah Way, to conduct a realist review of SPARK. The research will be published in March 2023.

Initial research data suggests SPARK is an effective intervention for older people experiencing social isolation, helping people to form stronger connections to themselves, others, their environment. and in doing so, foster a growing sense of self-acceptance, belonging, agency and optimism about the future.

It may be particularly beneficial to older people who have difficulty leaving the house and engaging in face-to-face community groups.

One participant with learning disabilities, who rarely left the house and was living with chronic depression, felt they had nothing to contribute at the start of the SPARK process. After 10 sessions she had shared her love of Elvis and through the encouragement and support of Re-Live practitioners and group members, she was planning a trip to the Elvis convention in Porthcawl with her support worker.

In our hyper-connected world, we know digital exclusion can have a hugely negative impact, especially for older people. Re-Live welcome and support the Older People's Commissioner for Wales' urgent call to increase digital inclusion and literacy for older people.

4 Re-Live practitioners delivered 30 online sessions between April 2021 – March 2022.

TRAINING

Re-Live delivered 27 training sessions in Experiencing Dementia, Compassionate Communication and Life Story Work to 472 health and social care workers from Caerphilly Council, Powys Council, Blaenau Gwent Council, Mencap Cymru, Shared Lives and Cardiff and Vale UHB.

TRAINING (CONT)
Training sessions continue to be well received, with trainees reporting increased awareness, compassion, and competency in dementia care and Life Story Work.

A selection of trainee responses:

"I just wanted to thank you for the training session today. The things we experienced and which you guided us through have stayed with me all day long, it's been so valuable. It was so heartening to meet so many younger people in the group who were already committed. Older people can only gain by having younger people who care and empathise and can unlock experiences. So thank you very much, it was actually the most successful training I've ever done" Sue, Care Worker

"Excellent training, and so personal. Jo and I both agreed that we feel much more informed going forward" Lisa, Care Home Manager

"The session really highlighted some of the positive things I've been doing and areas I can improve on to continue to support those I will work with as a social worker" Kelly, Social Worker

"Brilliant training – so much to put into practice" Evi, Support worker

We are proud to receive feedback from a past trainee:

"You may not remember me, but I was on one of your zoom training sessions in the middle of last year. I've just found your email address in my note book, so I decided to drop you a line to say that the 2 sessions I did with you was a game changer with regards me feeling I could translate what I do naturally in a room with people into a meaningful online experience. I've done quite a few different types of training during this pandemic and yours was by far the most relatable. You made some really insightful comments about me during the session and that flicked a switch in my head and made me feel this online malarky was a possibility for me. This led me to go on and accept online group work, I would have otherwise run away from! Thank you once again" Jude Wood (From sunny North Wales)

GLOBAL BRAIN HEALTH FELLOWSHIP

The Global Brain Health Institute (GBHI) is a leader in the global community dedicated to protecting the world's aging populations from threats to brain health. GBHI works to reduce the scale and impact of dementia in three ways: by training and connecting the next generation of leaders in brain health through the Atlantic Fellows for Equity in Brain Health program: by collaborating in expanding preventions and interventions: by sharing knowledge and engaging in advocacy.

GLOBAL BRAIN HEALTH FELLOWSHIP (CONT)

The fellowship brought together a powerful mix of disciplines, professions, backgrounds, skill sets, perspectives, and approaches to develop new brain health solutions, focusing on working compassionately with people in vulnerable populations to improve health inequities and promote dignity for all people.

Artistic Director, Karin Diamond, co-delivered 8 online Life Story Group Sessions for the new cohort of GBHI fellows (2021) alongside her colleague Ieva Petkutė, Arts Researcher from Lithuania.

Diolch/Thank you

We want to take this opportunity to thank all Re-Live practitioners for their continued excellence in the field of Arts in Health and also to our grant funders and individual donors, for whom none of this work would be possible - The Arts Council of Wales, The Armed Forces Covenant Fund Trust, The National Lottery and The Atlantic Fellows Institute.

Re-Live

Trustees' Report

FINANCIAL REVIEW

Reserves Policy - The trustees have reviewed the reserves of the charity. In line with best practice, we are endeavouring to build and maintain the reserves of the charity to enable the work of the charity to continue for 3 months should funding unexpectedly cease.

Principal Funding Sources
The charity's main source of income is through grants from the Arts Council of Wales and other charitable funds such as the Armed Forces Covenant Fund Trust. The charity also generates income through ticket sales for in-person and online productions and the provision of arts-based training which seeks to prevent and/or relieve social exclusion.

Plans for future periods
While Re-Live is currently project funded, we ensure that if activity does not achieve initial funding aims the project is scaled down to fit the budget but always without compromising the quality and integrity of the work. The charity is committed to achieving sustainability and recognises that in these challenging times we need to be resourceful, enterprising and resilient whilst keeping the charity's objectives at the heart of all we do. Re-Live aims to develop its reach (online and in person) and expand its team of associate practitioners over the coming year.

Trustees' Meetings
The ongoing financial situation is discussed at every quarterly Trustees meeting, with conversations taking place between meetings in response to any unexpected changes occurring. The Trustees are committed to ensuring prudent finances which underpins the delivery of all the work.

The above report has been prepared in accordance with the Statement of Recommended Practice – Accounting and Reporting by Charities.

The annual report was approved by the trustees on **18 January 2023** and signed on its behalf by:

…….
Sarah Belson, Trustee
Statement of Trustees' Responsibilities

Re-Live

Statement of Trustees' Responsibilities

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

The trustees are required to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the incoming resources and application of resources, including the income and expenditure, of the charity for that period and for safeguarding its assets. In preparing those financial statements the trustees are required to: -

- select suitable accounting policies and then apply them consistently.
- observe the methods and principles in the Charity SORP.
- make judgements and estimates that are reasonable and prudent.
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statement comply with the Charities Act 2011, the applicable Charities (Accounts and Report) Regulations, and the provisions of the constitution. 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.

Approved by the trustees of the charity on **18 January 2023** and signed on its behalf by:

…….
Sarah Belson, Trustee

Independent Examiner's Report to the Trustees of Re-Live

I report to the charity trustees on my examination of the accounts of the charity for the year ended 31 March 2022.

Respective responsibilities of trustees and examiner

As the charity's trustees of Re-Live 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 Re-Live'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 have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of Re-Live as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting 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.

Michael J Sullivan

Michael J Sullivan FFA FTA FIPA
Financial Accountants
24 Kingsway West
Penwortham
Preston
PR1 0JA

2 December 2022

RE-LIVE
CHARITY NUMBER
STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2022
(Registered charity number 1162546)

Statement of Financial Activities

	Notes	Unrestricted fund	Restricted funds	Total Funds 31 Mar 2022	Total Funds 31 Mar 2021
		£	£	£	£
Incoming and Endowments					
Donations & Legacies		490	0	490	3,670
Charitable Activities	**5**	0	92,218	92,218	102,184
General Trading Activities		9,504		9,504	16,139
Total Income		9,994	92,218	102,212	121,993
Resources Expended on :					
Charitable Activities	**5**	0	119,616	119,616	66,227
General Trading Activities	**6**	11,647	0	11,647	13,336
Total Resources Expended		11,647	119,616	131,263	79,563
Net Outgoing Expenditure for the year		1,653	27,398	29,051	
Net Incoming Resources					42,607
Total Funds Brought Forward		8,788	57,039	65,827	23,220
Balances carried forward at 31 March 2022		**7,135**	**29,641**	**36,776**	**65,827**

RE-LIVE
CHARITY NUMBER
STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2022
(Registered charity number 1162546)

Balance sheet

	Notes	2022 £	2021 £
Fixed Assets			
Tangible Fixed Assets		**3,275**	**2,509**
Current Assets			
Cash at Bank and in Hand		34,151	63,968
		34,151	63,968
Creditors falling due within 1 year	**6**	650	650
Net Current Assets		**33,501**	**63,318**
Total Assets less Current Liabilities		**36,776**	**65,827**
Funds of the Charity			
Restricted Funds		29,641	57,039
Unrestricted Funds		7,135	8,788
Total Funds		**36,776**	**65,827**

Declaration

I approve the above accounts and sign on behalf of the Trustees.

……

Sarah Belson, Trust

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2020

1 Accounting policies

Statement of compliance

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) w (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

Basis of preparation

Re-live meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

Exemption from preparing a cash flow statement

The charity opted to early adopt Bulletin 1 published on 2 February 2016 and have therefore not included a cash flow statement in these financial statements.

Going concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

Charitable activities

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Taxation

The charity is a registered charity and is therefore exempt from taxation.

Tangible fixed assets

Individual fixed assets costing £100.00 or more are initially recorded at cost, less depreciation based on 20% pa.

Fund structure

Unrestricted income funds are general funds that are available for use at the trustees's discretion in furtherance of the objectives of the charity.

Restricted income funds are those donated for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

RE-LIVE
(Registered charity number 1162546)

Notes to the Financial Statements
for the Period Ended 31 March 2022

1 Basis of accounting

These accounts have been prepared on the basis of historic cost in accordance with Accounting Standards, Accounting and Reporting by Charities – Statement of Recommended practice (Sorp 2015 FRSSEE) and the Charities Act 2011.
There has been no change to the accounting policies since last year.

2 Independent Examiners Fees £650

3 There were no employees.

4 Tangible fixed assets

	£
Cost to 31.3.2021	4,537
Additions	1,585
Cost to 31.3.22	**6,122**
Depreciation to 31.3.21	2,028
Charge this year	819
Depreciation to 31.3.22	**2,847**

5 Charitable Activities

	Income	**Expenditure**	**Balance at 31.3.22**
	£	**£**	**£**
Unallocated Balance at 31.3.21			401
Memoria		4,589	0
Coming Home	36,250	63,901	24,232
Spark	26,175	26,075	100
Elders	29,793	24,885	4,908
Total at 31.3.22			**29,641**

6 Unrestricted General Trading Activities Expenditure

Stationery and software	1,737
Refreshment	126
Motor and Travelling	1,596
Practitioner Fees	5,700
Web Site	381
Training and Research	284
Supervision	50
Depreciation of Fixed Assets	819
Gift Vouchers	171
Props	133
Accountancy	650
	11,647

RE-LIVE

England & Wales - Charity number 1162546

Accounts

Charity registration number: 1162546

Annual Report and Financial Statements

For the Year Ended 31 March 2021

Re-Live

Contents:

Pages 1-3: Reference and Administrative Details

Pages 4-16: Trustees' Report

Page 17: Statement of Trustees' Responsibilities

Page 18: Independent Examiner's Report

Page 19: Statement of Financial Activities

Page 20: Balance Sheet

Pages 21-23: Notes to the Financial Statements

Re-Live

Reference and Administrative Details

Charity Name: Re-Live

Charity Registration: 1162546

Number Principal Address: Chapter, Market Road, Cardiff CF5 1QE

Board of Trustees:

Nick Andrews

Sarah Belson

Valerie Hill

Mark Jones (Chair)

Ruba Sivagnanam

Independent Examiner:

Michael J Sullivan FFA FFTA FIPA Financial Accountants
24 Kingsway West
Penwortham
Preston
Lancashire
PR1 0JA

Re-Live

Trustees' Report

The trustees are pleased to present their report along with the financial statements for the charity for the year ended 31 March 2021, and confirm they comply with the Charities Act 2011 and the Statement of Recommended Practice - Accounting and Reporting by Charities (SORP 2005).

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing Document:
Re-Live is constituted as a Charitable Incorporated Organisation registered with The Charity Commission on 6 July 2015. Its governing document is its constitution.

Organisational Structure:
The charity trustees are responsible for managing the affairs of the charity. The trustees give their time freely and do not receive any remuneration or financial benefit. The trustees meet on a quarterly basis. The day to day running of Re-Live is managed by Karin Diamond (Re-Live Artistic Director) with support of the Trustees. Quarterly reports are shared with the Trustees.

Recruitment and Appointment of Trustees:
Apart from the first charity trustees, every trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees. In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO. Potential trustees are invited to attend trustees' meetings as observers and given more information about the charity's aims and activities and, if all agree, they are then proposed as new trustees at the subsequent meeting.

OBJECTIVES AND ACTIVITIES

Re-Live's Charitable Objectives

1. To promote social inclusion for the public benefit by preventing people from becoming socially excluded, relieving the needs of those people who are socially excluded and assisting them to integrate into society through the provision of arts activities.

2. To advance the education of the public in arts, in particular but not exclusively in the art of theatre.

For the purpose of the above 'socially excluded' means being excluded from society, or parts of society, as a result of one of more of the following factors: unemployment; financial hardship, youth or old age; ill health (physical or mental); substance abuse or dependency including alcohol and drugs; discrimination on the grounds of sex, race, disability, ethnic origin, religion, belief, creed, sexual orientation or gender re-assignment; poor educational or skills attainment, relationship and family breakdown; poor housing (that is housing that does not meet basic habitable standards); crime (either as a victim of crime or as an offender rehabilitating into society).

In shaping our objectives and planning our activities for the year, the trustees have considered The Charity Commission's guidance on public benefit and have endeavoured to keep the activities we provide as low cost as possible, and free of charge for all participatory projects. This policy reflects our central charitable objective; to prevent and relieve social exclusion through the provision of arts activities.

RE-LIVE MISSION

Re-Live create inspirational Life Story theatre and group work with people on the margins of society. We believe that everyone has a story to tell and that theatre can be a transformative arena for these stories to be heard. Our unique creative process takes people on a transformative journey and places their stories centre stage. The next five years will see Re-Live continuing to create challenging and pioneering work at the intersection between arts, social care and wellbeing; supporting the voices of underrepresented people in our society to tell their story, embracing new technologies to spread those stories to as wide an audience as possible, creating exciting new collaborations and enabling audiences to witness the experiences - ordinary and extraordinary - that remind us what it is to be human.

Alongside our productions, we have developed a stimulating programme of creative engagement at our base at Chapter Arts Centre and out in the community, bringing life story work and creativity into residential care settings and bringing isolated older people and people affected by mental health into Chapter Arts Centre. There is a strong public demand for our work, with performances at our regular base, Chapter Arts Centre, selling out quickly and touring audiences developing strongly. Audience feedback continues to be exciting and encouraging, as does the range of audience members. We regularly have an audience with an age range of 10 - 85. Our strong partnerships with health and social care organisations enable us to bring in new audience members who may not in the past have seen theatre as being for them.

STRATEGIES

During the year ended 31 March 2021 we have met our objectives through the following activities:

- the delivery of a programme of participatory Arts in Health group work in Life Story Work and Life Story Theatre, targeting those at risk of social exclusion including military veterans living with complex mental health and families, people affected by addiction, people living with dementia and isolated older people.

- the production and programming of professional theatre work of the highest quality which reflects the lived experiences of people living with complex mental illness in Wales.

- working with a range of partner organisations across the health and social care sector to ensure that we are reaching the people who are at risk of social exclusion and creating real opportunities for engaging with the arts and particularly, Life Story Theatre, Life Story Comics, and Life Story Choirs.

- the delivery of high-quality training across the arts, health and social care sector raising awareness of the needs of people at risk of social exclusion, in particular, those affected by mental health challenges and dementia.

Re-Live

Trustees' Report

ACHIEVEMENTS AND PERFORMANCES – YEAR ENDING MARCH 2021

Covid-19 resulted in the closing of Chapter, which was Re-Live's primary base of operations and where we delivered all our existing Arts in Health groups for veterans living with PTSD and complex mental health needs, older people and people living with dementia and their families.

We stopped in-person sessions in March 2020 when it became clear that public gatherings indoors were a significant risk factor in transmitting the virus. The sudden closure shocked us as practitioners and even more so for our participants. However, with no road map for the journey that lay ahead, we felt an urgent need to keep the Re-Live door open for participants despite society shutting down.

Re-Live was one of the first companies in Wales to transfer all our Arts in Health and wellbeing work online via Zoom, which enabled participants to continue to engage with the arts and derive the health and wellbeing benefits it brings.

From April 2020 – to March 2021, we have delivered 169 Zoom sessions in Life Story Work, drama, music, movement, and experiential training. We have connected to 329 participants, employed six freelance arts practitioners, and reached 2,198 audience members from across the world due to our ground-breaking online theatre performances.

Whilst we look forward to returning to in-person group work as soon as the science suggests it is safe, our evidence indicates that online creative work can provide high-quality arts engagement for participants. Especially for people whose physical, mental health or geographical circumstances might prevent them from joining an in-person group.

Participants have Zoomed from their living rooms, kitchens, gardens, bedrooms, and even from their hospital beds. It's been an astonishing time of growth in facilitating creative, holistic communities online.

While we've been isolated from each other physically, the experience of making online creative work has allowed Re-Live to continue to build thriving communities. It has given us the platform to expand and develop our arts and wellbeing engagement programme during this unforeseen period of global disruption.

Re-Live

Trustees' Report

COMING HOME PROJECT FOR VETERANS AND FAMILIES

Re-Live support veterans and veteran families living with complex mental health needs which includes complex PTSD, moral injury and dependency on alcohol and drugs. We work closely with Veterans NHS Wales, Adferiad Recovery, Woody's Lodge and Welsh Veterans Partnership.

The project is supported by a 2 year Positive Pathways Grant from the Armed Forces Covenant Trust (£70,000). We are in the final year of the project.

Due to the pandemic, we reached out to all Coming Home participants. We were surprised at how many of our veterans had access to a smartphone or tablet. We also became aware of the barriers that existed for many veterans in affording hardware and WIFI connectivity. As a result, we purchased three tablets and WIFI support which enabled three veterans to continue to access our services.

Due to the speed of lockdown, we had very little time to prepare for how sessions would run and the content of each session. The big questions were, can you run a high-quality drama, music, or movement session online? Can we connect in a meaningful way, or is Zoom a cold teleconference space reserved for business meetings?

At the end of one session, a veteran living with complex PTSD shared -

"This session has been medicine for my soul and spirit, like a suit of armour. You leave the Zoom room knowing that you matter, and where the hell else are you going to get that right now?"

We decided to keep the session length to 60 minutes, shorter than an in-person session to avoid 'Zoom fatigue'. Interestingly, as the lockdown rolled into months, we developed a sort of 'Zoom resilience,' which meant sessions became longer and more profound, sometimes up to 2 hours long.

We were initially concerned about how participants living with complex PTSD and other mental health problems would find working on Zoom. However, with supportive adaptations to the way we operate, the experience has proved incredibly positive.

One Veteran living with complex PTSD and Borderline Personality Disorder Zoomed in to a Re-Live session from hospital.

"I didn't want to miss it! It's brought my anxiety right down"

The Coming Home Zoom sessions have supported veterans and veteran families to explore and express themselves through the arts and sustained a network of online peer support through this challenging time.

COMING HOME TO THE ARTS FOR VETERANS AND FAMILIES (CONT)

"We are an armed forces veteran family, both my partner and I were service members of the royal signals. We were sadly impacted by coronavirus last week with positive test results and very poorly family members. This meant that not only were we isolating but our 10 year old child was without school and at Home with her 8 week old brother. Re-Live were able to provide us with a drama session that the whole family could participate in. Before the session we were all feeling quite flat and our daughter was feeling especially anxious about Covid. During and after the session our daughter's confidence and mood was massively uplifted and she showed much improvement during the day, which in turn of course made us as parents feel more settled, happy and less lonely. Without that session I believe our moods would have increasingly got worse so we are so thankful for having Re-Live in our lives, especially at this time" Veteran, Coming Home participant

Despite the pandemic and intense restrictions, we created an online 75th anniversary of VE Day Zoom performance for family, friends and the wider community on Friday 8th May 2020. Robert Aitken, CBE, Joining Forces Development Officer, was in attendance.

"It was lovely to be with you all this morning, and I am so impressed at what you have managed to achieve without physically getting together. Thank you for inviting me along" Robert Aitken CBE, Joining Forces Development Officer

COMING HOME COMIC

In February 2021, Re-Live began working with three military veterans with complex mental health issues relating to their service. The project aims to create and publish the first issue of a comic, Coming Home, based on their true stories.

Coming Home explores the themes of complex mental health due to their military service and the transition between military and civilian life. It involves our veterans working alongside professional comic artists to illustrate their stories to the highest standard.

We aim to complete the first 32-page issue **by April 2022** and make it available to veterans and a general comic audience. We envisage that if Re-Live can raise additional funding, the comic has the clear potential to become a long running anthology comic involving the stories of many more veterans in the future, including female veterans.

COMING HOME TO THE ARTS FOR VETERANS AND FAMILIES (CONT)

Feedback about the process of making the comic from a Royal Marine veteran participant:

"I am a former Royal Marine who faithfully served the Corps for 14 years. Support groups or help groups have never been on my radar due to my wariness of them... that is until I joined the NHS. I then saw on our daily newsletter last October, a call for former service men & women to join a project with Re-Live and for some inexplicable reason I decided to take a blind leap of faith and asked to join Re-Live…I am so happy I did. With Re-Live's Life Story approach and the outstanding way Karin and her team have guided us, it was not long before we all began to form strong bonds of trust, moving from a bunch of strangers to a group of friends. I felt I was able to open up about a great many things from my military career, as I have always had some difficulty in sharing personal memories, especially to strangers. But the patience of the Re-Live team, Karin's empathy and her humanity has been something of a breath of fresh air and I cannot speak highly enough of her and her incredible team to the point that I look forward to each weekly session" Royal Marine Veteran

Feedback from a Northern Ireland veteran participant:

"My involvement with the Veteran's storytelling group came via my long term councillor / therapist. My involvement is extremely beneficial, and I am grateful to all involved. Sharing a part of my story and listening to the other Veteran's stories has been a profoundly moving experience. The camaraderie of the group is wonderful and reminiscent of some of my experiences of times past. It is only because of the Re-Live team; Karin, Rachel, Neil and Steve, who have created a safe place for me to share painful memories that have haunted me for nearly fifty years. I hear other storytellers opening their hearts to the group which is humbling, inspirational and supports the beneficial nature of voicing painful memories within a safe environment (without re-triggering the negative symptoms of combat related Post Traumatic Stress Injury); something all of us storytellers share. For me the process directed by Karin has allowed me to revisit a twenty four hours incident of forty eight years ago in detail. Previously I have twice tried clinical exposure therapy which caused me considerable negative effects; the Re-Live storytelling doesn't attempt any formal therapy yet telling, writing my draft of the script has to my mind achieved a positive result where the previous exposure therapies failed. The process of facing and comprehending the morally injurious effects of forty eight years ago hasn't been without challenges. These I have dealt with knowing and utilising the support of the Re-Live team and my fellow veterans. We all have a respect for each other and boundaries set by the Re-Live team negate what could have resulted in false expectations. We all share the goal to reach out to other veterans and their families; via the comic publication, with the hope that the readers may recognise part of them through our storytelling and are moved to reach out and seek help " Northern Ireland, Veteran

COMING HOME TO THE ARTS FOR VETERANS AND FAMILIES (CONT)

Re-Live have delivered 72 sessions from April 2020 – March 2021. The sessions, facilitated by experienced Re-Live practitioners, have included Life Story Work, drama, singing, and movement.

COMING HOME CHOIR – NORTH WALES

In March 2021, we secured an Armed Forces Covenant grant (£35,000) to support a new choir for veterans and families in North Wales. Coming Home Choir: North Wales will build on the successes and experiences learned through our work with our existing Coming Home group in South Wales. We aim to extend the opportunities and support that our South Wales veterans and families gain through arts participation to veterans and families living in North Wales.

The project will launch when it is safe to do so, as it will be an "in the room" group, meaning the group will open to veterans and families when Government advice says it is safe to do so. We anticipate this will be **around April 2021**.

CREATIVE AGEING – LOCKDOWN STORIES – SECRET COUNTRY

At Re-Live, we have been committed to creative engagement with older people since we opened our doors in 2006. We believe that discovering and developing a creative practice as we age has an enormous impact on participants' health and wellbeing. We offer challenging, fun and dynamic projects and opportunities where older people can forge friendships and social connections and where their contributions are visible, valued and celebrated.

With support from a Stabilisation Grant from The Arts Council of Wales (£20,633) and The Atlantic Fellows Institute (£4,800) Re-Live established a Company of Elders; a dedicated group of 10 older people who met weekly on Zoom and created a new Life Story performance, which was shared online with the public, health and social care professionals, and policymakers.

Our Company of Elders' sharing in December 2020, ***Secret Country***, received national and international attention for its groundbreaking practice. It was profiled in The Guardian and featured on BBC Radio 4's Front Row.

As well as the cultural value of ***Secret Country***, it also had a positive impact on the health and wellbeing of our participants, reducing isolation and loneliness. One participant even used the process as part of his rehabilitation due to having a stroke during the first lockdown.

CREATIVE AGEING – LOCKDOWN STORIES – SECRET COUNTRY (CONT)

"This Zoom has been a life-saver. It's as if I've got a blanket of friends around my shoulders. I love the improvisations and the Life Story theatre sessions. I'm addicted now!" 84-year-old Secret Country performer/participant

Secret Country performances were held in the evening for the public and at lunchtimes, to support health and social care professionals to hear directly from older people. This direct access to the concerns and insights of older people helped to build compassion and knowledge of the lived experience of older people in Wales today.

In Wales, we are at the forefront globally of Arts in Health practice, and Re-Live is a flagbearer for this work. Due to the benefits of being online, our performances attracted a sizeable proportion of its audience from countries outside of Wales, including Lithuania, Ethiopia, Nigeria, the USA, Peru, India, and the EU. Despite all the challenges we face as a society, we must continue to lead the way internationally in this field, informing and inspiring our international colleagues.

"I was so glad to attend Secret Country yesterday. What a gorgeous production and achievement! The cast were brilliant, the stories so powerful and personal" Dr Clark Baim, Audience Member

"So moving. Thank you all. Watching from San Francisco" Audience Member

Re-Live delivered 30 sessions from April 2020 – March 2021, which included Life Story work, drama, singing, and dance with ten older people.

TRAINING

EXPERIENCING DEMENTIA TRAINING

Due to the pandemic, Re-Live transferred and adapted their experiential training courses online and created new training courses for arts practitioners looking to work online for the very first time.

Training arts practitioners in how to run creative groups online.

Due to the speed at which Re-Live transitioned online, we learned a great deal about facilitating virtual Arts in Health group work. For all the problems online work creates,

it also offers new creative possibilities for people experiencing multiple health and wellbeing challenges. In response to the growing need, Re-Live designed and delivered 12 training sessions to introduce arts practitioners to best practice in working creatively with participants via Zoom.

TRAINING (CONT)

We trained 40 Welsh arts practitioners in June and July 2020, including actors, dancers, drama practitioners, and choir leads. Evaluation from the training was very positive. With support from a Stabilisation Grant from The Arts Council of Wales, we offered the training to practitioners on a 'pay what you can' scheme.

"This was my most positive experience of Zoom to date. I felt safe, supported and connected to the others in the training. To have that experience was incredibly powerful as it showed me what is possible on an online class. It has raised my expectations and confidence in the possibility of achieving something meaningful online" Freelance dance practitioner

"I've done quite a few different types of training during this pandemic and yours was by far the most relatable. You made some really insightful comments about me during the session and that flicked a switch in my head, and made me feel this online malarky was a possibility for me. This led me to go on and accept online group work, I would have otherwise ran away from!" Arts Practitioner

Dementia Training online

From April 2020 – March 2021, Re-Live was commissioned by Blaenau Gwent County Council, Powys County Council, Denbighshire Council and Pembrokeshire County Council to deliver **24 experiential dementia training sessions for health and social care professionals**. These dementia training sessions were very well received, with trainees reporting increased awareness, compassion, and competency in dementia care.

"I just wanted to say how powerful and insightful the training was this morning" Shared Lives Support Worker

"Training with Karin Diamond from Re-Live was excellent. She has such a lovely way of delivering the training that it doesn't feel like training. She has such a good understanding of the emotional impact of dementia, and makes you feel at ease and confident. She allows time for discussion even if it goes over the allocated time. One of the best trainers around". Care Home Manager

Re-Live delivered 33 training sessions from April 2020 – March 2021. We trained 250 health, social care and arts practitioners in Life Story Work and compassionate approaches to dementia care on Zoom.

Re-Live

Trustees' Report

GLOBAL BRAIN HEALTH FELLOWSHIP AWARD FOR RE-LIVE'S ARTISTIC DIRECTOR, KARIN DIAMOND.

Karin Diamond, Re-Live's Artistic Director, completed her 1-year Global Brain Health Fellowship at the University of California, San Francisco (UCSF), which started in August 2019. Karin spent eight months in San Francisco, returning in March 2020 due to the global pandemic. The fellowship continued online until August 2020.

The Global Brain Health Institute (GBHI) is a leader in the global community dedicated to protecting the world's aging populations from threats to brain health. GBHI works to reduce the scale and impact of dementia in three ways: by training and connecting the next generation of leaders in brain health through the Atlantic Fellows for Equity in Brain Health program: by collaborating in expanding preventions and interventions: by sharing knowledge and engaging in advocacy.

The fellowship brought together a powerful mix of disciplines, professions, backgrounds, skill sets, perspectives, and approaches to develop new brain health solutions, focusing on working compassionately with people in vulnerable populations to improve health inequities and promote dignity for all people.

Artistic Director, Karin Diamond, is delighted to be invited back to run Life Story Group Sessions for the new cohort of GBHI fellows.

Re-Live

Trustees' Report

MEMORIA GROUP

Re-Live ensured the Memoria group remained connected and supported during the first lockdown by designing and delivering weekly creative sessions for people living with dementia and their family caregivers online via Zoom to help reduce stress and isolation and promote health and wellbeing.

"Thank you for creating such a brilliant opportunity for myself and my husband, who is living with dementia, to access such fun and creative sessions via Zoom during this dreadful time. We love the spontaneity of the sessions and find it quite thrilling sometimes to follow where the imagination sharing techniques take us. The stories and the movements allow us to laugh, cry, feel and experience. I didn't think the sessions would feel as connected, creative or emotionally close as being in the same room, but I've been proved wrong! We look forward to each online session" - Family caregiver's thoughts on the benefits of being a participant in the Memoria creative group online.

Due to the positive impact of the online group work, we successfully applied for a Communities Lottery Fund (£8,400) to continue our online creative work.

Re-Live delivered 34 online sessions to a group of 12 people living with dementia and family members between April 2020 – March 2021.

THANK YOU

We want to take this opportunity to thank all Re-Live practitioners for continuing to support so many participants through a global pandemic. Your creative skills, compassion, and kindness have created safe and creative online spaces for participants to find shelter during the height of the pandemic storm. We would also like to thank our grant funders and individual donors, for whom none of this work would be possible - The Arts Council of Wales, The Armed Forces Covenant Trust, The National Lottery and The Atlantic Fellows Institute.

Re-Live

Trustees' Report

FINANCIAL REVIEW

Reserves Policy - The trustees have reviewed the reserves of the charity. In line with best practice, we are endeavouring to build and maintain the reserves of the charity to enable the work of the charity to continue for 3 months should funding unexpectedly cease.

Principal Funding Sources

The charity's main source of income is through grants from the Arts Council of Wales and other charitable funds such as the Community Covenant Grant. The charity also generates income through ticket sales for productions and the provision of arts-based training which seeks to prevent and/or relieve social exclusion.

Plans for future periods

While Re-Live is currently project funded, we ensure that if activity does not achieve initial funding aims the project is scaled down to fit the budget but always without compromising the quality and integrity of the work. The charity is committed to achieving sustainability and recognises that in these challenging times we need to be resourceful, enterprising and resilient whilst keeping the charity's objectives at the heart of all we do. Re-Live aims to develop its reach (virtual and in person) and expand its team of associate practitioners over the coming year.

Trustees' Meetings

The ongoing financial situation is discussed at every quarterly Trustees meeting, with conversations taking place between meetings in response to any unexpected changes occurring. The Trustees are committed to ensuring prudent finances which underpins the delivery of all the work.

The above report has been prepared in accordance with the Statement of Recommended Practice – Accounting and Reporting by Charities.

The annual report was approved by the trustees on 27 January 2022 and signed on its behalf by:

…….

S Belson
Trustee

Statement of Trustees' Responsibilities

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

The trustees are required to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the incoming resources and application of resources, including the income and expenditure, of the charity for that period and for safeguarding its assets. In preparing those financial statements the trustees are required to: -

- select suitable accounting policies and then apply them consistently.
- observe the methods and principles in the Charity SORP.
- make judgements and estimates that are reasonable and prudent.
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statement comply with the Charities Act 2011, the applicable Charities (Accounts and Report) Regulations, and the provisions of the constitution. 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.

Approved by the trustees of the charity on **27th January 2022** and signed on its behalf by:

……
S Belson
Trustee

Re-Live

Independent Examiner's Report to the Trustee's of Re-Live

I report to the charity trustees on my examination of the accounts of the charity for the year ending March 2021 which are set out on pages 19 to 22.

Respective responsibilities of trustees and examiner

As the charity's trustees of Re-Live are responsible for the preparation of the accounts in accordance with the requirements of the Charities ACW 2011 ("the Act").

I report in respect of my examination of the Re-Live's accounts carried out under section 145 of the 2011 Act and in carrying out of 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 have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in ant material respect:

1 - Accounting records were not kept in respect of Re-Live as required by section 130 of the Act, or

2 – the accounts do not accord with those records; or

3 – the accounts do not comply with the accounting requirement 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 reached.

M. J. Sullivan
.....

Michael J Sullivan FFA FFTA FIPA Financial Accountants
24 Kingsway West
Penwortham, Preston
Lancashire, PR1 0JA

Date: 27 January 2022

RE-LIVE
STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2021
(Registered charity number 1162546)

Statement of Financial Activities

	Notes	Unrestricted fund	Restricted fund	Total Funds 31 March 2021	Total Funds 31 March 2020
		£	£	£	£
Incoming and Endowments					
Donations & Legacies		3,670	0	3,670	10,015
Charitable Activities	**5**	0	102,184	102,184	45,450
General Trading Activities		16,316	0	16,316	16,139
Total Income		19,986	102,184	122,170	71,604
Resources Expended on:					
Charitable Activities	**5**	0	66,227	66,227	36,863
General Trading Activities	**6**	13,336	0	13,336	15,754
Total Resources Expended		13,336	66,227	79,563	52,617
Net Incoming Resources for the year		6,650	35,957	42,607	18,987
Total Funds Brought Forward		2,138	21,082	23,220	4,233
Balances carried forward at 31 March 2021		**8,788**	**57,039**	**65,827**	**23,220**

RE-LIVE
BALANCE SHEET
FOR THE YEAR ENDED 31 MARCH 2021
(Registered charity number 1162546)

Balance sheet

	Notes	2021 £	2020 £
Fixed Assets			
Tangible Fixed Assets		**2,509**	**2,834**
Current Assets			
Debtors	**5**	0	0
Cash at Bank and in Hand		63,968	21,036
		63,968	21,036
Creditors falling due within 1 year	**6**	650	650
Net Current Assets		**63,318**	**20,386**
Total Assets less Current Liabilities		**65,827**	**23,220**
Funds of the Charity			
Restricted Funds		57,039	21,082
Unrestricted Funds		8,788	2,138
		65,827	**23,220**

Declaration

The financial statements were approved by the trustees, and authorised for issue on 27th January 2022 and signed on their behalf by:

S Belson

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S Belson
Trustee

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2020
Registered charity number 1162546

1 Accounting policies

Statement of compliance
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) w (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

Basis of preparation
Re-live meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

Exemption from preparing a cash flow statement
The charity opted to early adopt Bulletin 1 published on 2 February 2016 and have therefore not included a cash flow statement in these financial statements.

Going concern
The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

Charitable activities
Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Taxation
The charity is a registered charity and is therefore exempt from taxation.

Tangible fixed assets
Individual fixed assets costing £100.00 or more are initially recorded at cost, less depreciation based on 20% pa.

Fund structure
Unrestricted income funds are general funds that are available for use at the trustees's discretion in furtherance of the objectives of the charity.

Restricted income funds are those donated for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

2 Independent Examiners Fees: £650

3 Trustees remuneration and expenses

There were no employees during the year and no payments to Trustees.

4 Tangible fixed assets

	£
Cost to 31.3.2020	4,235
Additions	302
Cost to 31.3.21	**4,537**
Depreciation to 31.3.20	1,401
Charge for the year	627
Depreciation to 31.3.21	**2,028**

5 Charitable Activities

	Income £	Expenditure £	Balance at 31.3.21 £
Balance at 31.3.20			21,082
Memoria	8,400	8,400	0
Coming Home	68,250	32,459	35,791
Lockdown Stories	25,534	25,368	166
Total at 31.3.21			**57,039**

6 Unrestricted General Trading Activities Expenditure

Stationery and software	773
Props. and Materials	802
Motor and Travelling	2,326
Practitioner Fees	7,345
Web Site	187
Training and Research	394
Depreciation of Fixed Assets	627
Flowers	232
Accountancy	650
	13,336