



Charity registration number: 1162546

Annual Report and Financial Statements

For the Year Ended 31 March 2023

Re-Live

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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.

Re-Live

Trustees' Report

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.

Re-Live Trustees' Report

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.



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

Re-Live Trustees' Report

A poster for the Forces Festival Wales. At the top, there are logos for re-live, Welsh Veterans Partnership, Woody's Lodge, VC Gallery, Veterans Hub, and a red 'V' logo. The main text reads: 'FORCES FESTIVAL WALES', 'A FREE 1-DAY FESTIVAL FOR VETERANS AND VETERAN FAMILIES', 'SUNDAY 26TH JUNE', '12PM – 5PM', 'FESTIVAL LOCATION: PAVILION MID WALES, SPA ROAD, LLANDRINDOD WELLS, LD1 5EY', 'ACCESSIBLE VENUE WITH GOOD PARKING', 'FREE BUFFET & REFRESHMENTS'. Below this is an invitation: 'You are warmly invited to join us for this 1-day festival to celebrate the creative voices of our Armed Forces community in Wales.' The 'FESTIVAL LINE UP:' includes 'THE COMING HOME CHOIRS', 'SPOKEN WORD PERFORMANCES', 'SHOWCASE OF VETERANS ARTWORK', 'DRUMMING WORKSHOPS FOR CHILDREN', and 'LOTS OF STALLS'. Contact information for Rachel Clark-Yeo is provided. The bottom features logos for Change Step Newid Cam, The Armed Forces Covenant Fund Trust, Positive Pathways, and the Armed Forces Covenant.

re-live
everyone has a story to tell

WELSH VETERANS PARTNERSHIP
PARTNERIAETH
CYNFILWR CYMRU

WOODY'S LODGE
82A, 82B, LLAND

VC
GALLERY

VETERANS HUB

FORCES FESTIVAL WALES
A FREE 1-DAY FESTIVAL FOR VETERANS AND VETERAN FAMILIES

SUNDAY 26TH JUNE
12PM – 5PM

FESTIVAL LOCATION:
PAVILION MID WALES, SPA ROAD, LLANDRINDOD WELLS, LD1 5EY
ACCESSIBLE VENUE WITH GOOD PARKING

FREE BUFFET & REFRESHMENTS

You are warmly invited to join us for this 1-day festival to celebrate the creative voices of our Armed Forces community in Wales.

FESTIVAL LINE UP:
THE COMING HOME CHOIRS
SPOKEN WORD PERFORMANCES
SHOWCASE OF VETERANS ARTWORK
DRUMMING WORKSHOPS FOR CHILDREN
LOTS OF STALLS

To attend the festival or book a stall to promote your services to our Armed Forces community, please get in touch with Re-Live's Veterans Coordinator, Rachel Clark-Yeo.
07474 797775 or rachel@re-live.org.uk
www.re-live.org.uk/forcesfestivalwales

CHANGE STEP
NEWID CAM

THE ARMED FORCES COVENANT FUND TRUST

POSITIVE PATHWAYS
BY VETERANS, FOR VETERANS

ARMED FORCES COVENANT

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.

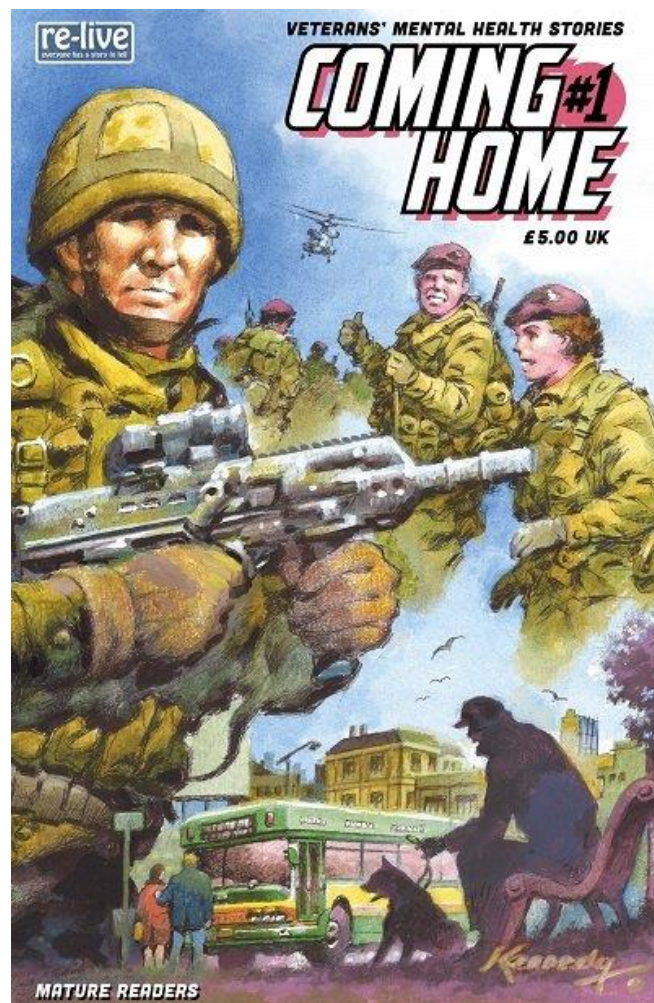
Re-Live Trustees' Report

- 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.

Re-Live Trustees' Report

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

Re-Live Trustees' Report

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.

Re-Live Trustees' Report

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

Re-Live Trustees' Report

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').

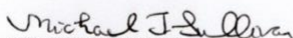
I report in respect of my examination of the Re-Live's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

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 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

<i>Notes</i>	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		<u>23,203</u>	<u> </u>	<u>23,203</u>	<u>9,504</u>
<u>Total Income</u>		<u>23,203</u>	<u>151,544</u>	<u>174,747</u>	<u>102,212</u>
Resources Expended on :					
Charitable Activities	5		130,331	130,331	119,616
Transfer		2,850	-2,850		
General Trading Activities	6	<u>21,374</u>	<u> </u>	<u>21,374</u>	<u>11,647</u>
Total Resources Expended		<u>24,224</u>	<u>127,481</u>	<u>151,705</u>	<u>131,263</u>
Net Incoming Resources			24,063	24,063	
Net Outgoing Expenditure		1,021		-1,021	29,051
Total Funds Brought Forward		<u>7,135</u>	<u>29,641</u>	<u>36,776</u>	<u>65,827</u>
Balances carried forward at 31 March 2023		<u>6,114</u>	<u>53,704</u>	<u>59,818</u>	<u>36,776</u>

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

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

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	<u>6,122</u>
Depreciation to 31.3.22	2,847
Charge this year	<u>819</u>
Depreciation to 31.3.23	<u>3,666</u>
Net Value	<u>2,456</u>

5 Charitable Activities

	Balance 31.3.22	Income	Expenditure	Transfers	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	<u>4,908</u>	<u>8,236</u>	<u>12,208</u>	<u> </u>	<u>936</u>
Total at 31.3.23	<u>29,641</u>	<u>151,544</u>	<u>130,331</u>	<u>(2,850)</u>	<u>53,704</u>

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	<u>650</u>
	<u>21,374</u>

7 Debtors

Grants Receivable:	
Company of Elders	5,000
Coming Home	<u>25,000</u>
	<u>30,000</u>

8 Creditors

Accountancy	1,000
Independent Scrutineer	<u>650</u>
	<u>1,650</u>