

# ACTIVE8

England & Wales · Charity number 1163942

## Details

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**Status** Registered

**Legal form** CIO

**Registered** 2015-10-12

**Register** [View on the Charity Commission register](#)

## Contact

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**Address** B108 Beacon Place  
Station Approach  
Victoria  
Cornwall  
PL26 8LG

**Phone** 07800876421

**Email** [manager@active8online.org](mailto:manager@active8online.org)

**Website** [www.active8online.org](http://www.active8online.org)

## Activities

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**Objects:** TO EMPOWER AND MOTIVATE YOUNG PEOPLE WITH PHYSICAL DISABILITIES IN CORNWALL TO BECOME AUTONOMOUS INDIVIDUALS BY DEVELOPING THEIR SKILLS, CONFIDENCE, SUPPORT STRUCTURES AND ASPIRATIONS'.

**Activities:** Active8 projects aim to empower and motivate young people with physical disabilities in Cornwall to become autonomous individuals by developing their skills, confidence, support structures and aspirations. We support Active8 members to challenge the status quo and be a catalyst for improvement in the quality of life of young individuals and our community.

## Classification

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- **How:** Other Charitable Activities
- **What:** Disability
- **Who:** People With Disabilities

## Geography

- Cornwall
- Devon

## Finances

Period end	Income	Expenditure	Assets	Employees
2025-07-31	£191,299	£229,664	-	-
2024-07-31	£229,675	£152,145	-	-
2023-07-31	£143,588	£170,821	-	-
2022-07-31	£157,634	£177,787	-	-
2021-07-31	£124,462	£111,077	-	-

## Trustees

Name	Role	Appointed
<b>MARK STEVENS</b>	Chair	2015-10-12
Alison Thomas		2024-12-16
Cheryl Everitt		2019-11-20
Chloe Walker		2023-06-21
FELICITY GIBBINS		2018-07-18
James Ball		2025-08-19
Kelly Marie Mckernan		2025-09-24
Laura Dawn Saunders		2025-09-24
Mark Curtis		2022-03-16
Paul John Staniland		2018-12-01

**ACTIVE8**

England & Wales - Charity number 1163942

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# Accounts

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# ACTIVE8

youth disability charity

CORNWALL

Charity number: 1163942

# ANNUAL

# REPORT

# 2024-2025





**“To me Active8 means a place to belong, and it also means trying new things with the right support. I have enjoyed Active8 because it has made me push my limits but also supported me in doing so and I love every month away with all my best friends. Active 8 has given me a lot more confidence and independence than I would’ve had without it, and also given me friendships that I know will last a lifetime.”**

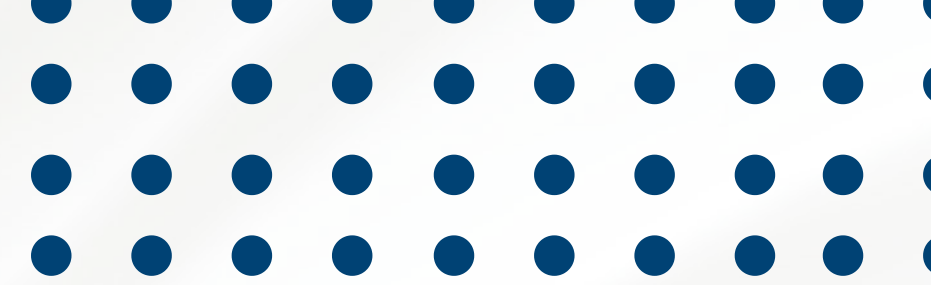
**Acceler8 member 2025**

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# EXECUTIVE SUMMARY

Active8 is a Cornwall based charity supporting young people with physical disabilities. Our mission is to provide accessible opportunities to young people with physical disabilities to become more independent.

We support Active8 members to challenge the status quo and be a catalyst for improvement in the quality of life of young individuals and our community. The Trustees have complied with their duty to have regard to the Charity Commissions' public benefit guidance when planning activities for the year.



# MISSION

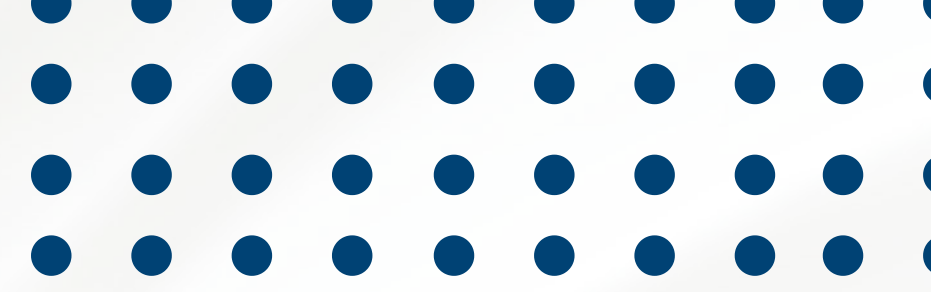
Our mission is to support young people with physical disabilities in Cornwall to become autonomous individuals and to have their voices heard.



# VISION

Our vision is for a world where all young people are accepted for the person they are and the person they want to be so that they can fully embrace life's opportunities.





# ACTIVE8'S PILLARS

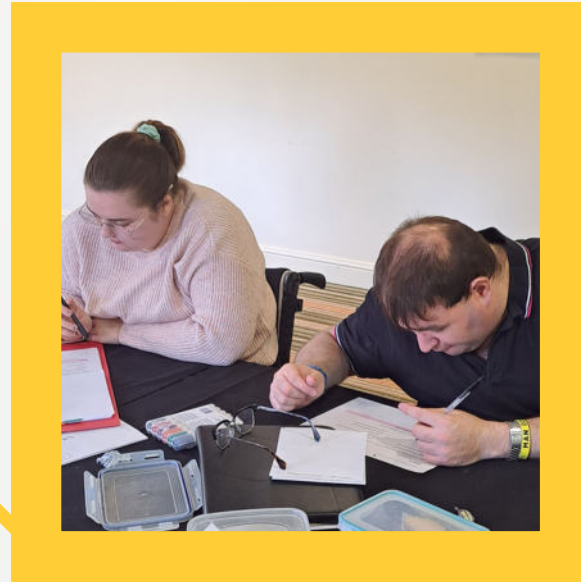
**ACCELER8**



**ILLUMIN8**



**MENTORING**



**ADVOCACY**

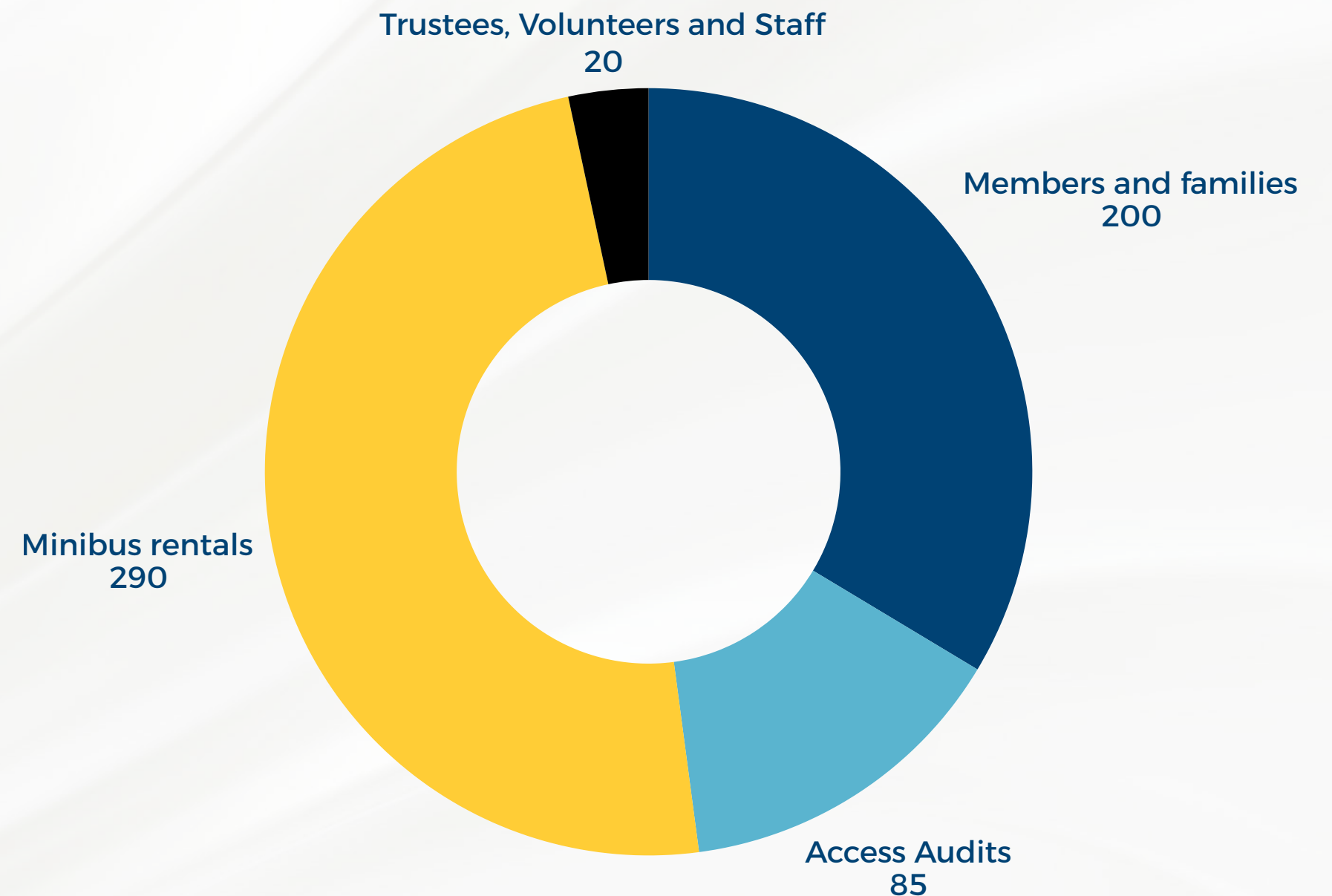
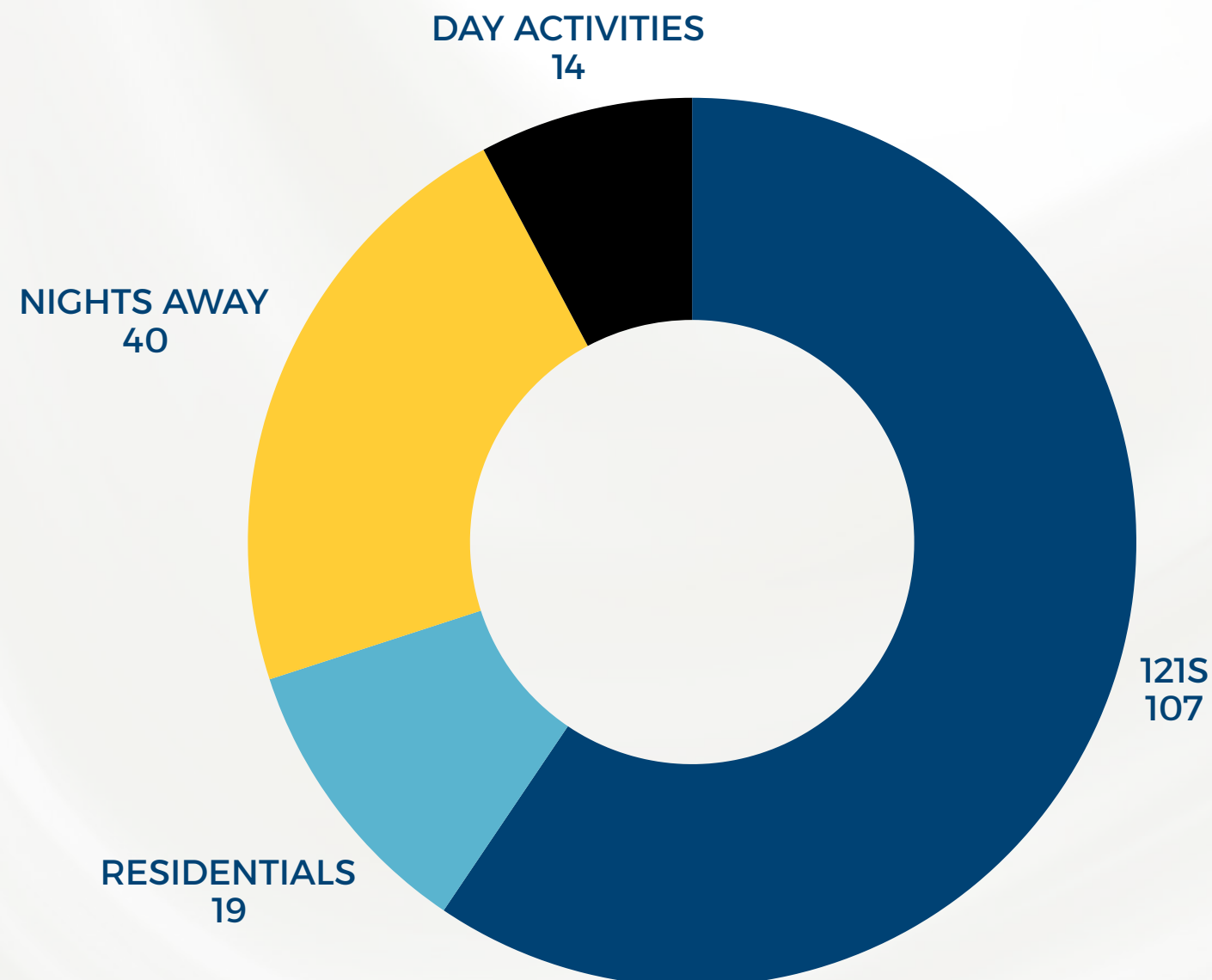


**ACCESSIBLE  
TRANSPORT**



# OUR IMPACT

OVER THE LAST 12 MONTHS WE HAVE SUPPORTED OVER 600 INDIVIDUALS, FAMILIES AND ORGANISATIONS THROUGH THE VARIOUS ACTIVE8 PILLARS.



# ACCELER8

This year we continued to progress with our March 2024 cohort as they completed the first year of their programme and continued into their second year.

Over the last 12 months the group have met for a residential weekend each month as well as a week long trip in June to the Wheelpower National Junior Games at Stoke Mandeville.

Aug - Camping, surfing and canoeing

Sept - Mental health training and escape room

Oct - Try a train and fright night

Nov - Woodturning and wheelchair

basketball



Dec - Christmas crafts and present shopping

Jan - Radio show and ice skating

Feb - First aid training and trip to the seal sanctuary

Mar - Stain glass window workshop and murder mystery

Apr - Driving assessments and lesson and screen printing

May - Graffiti workshop and lightsaber choreography

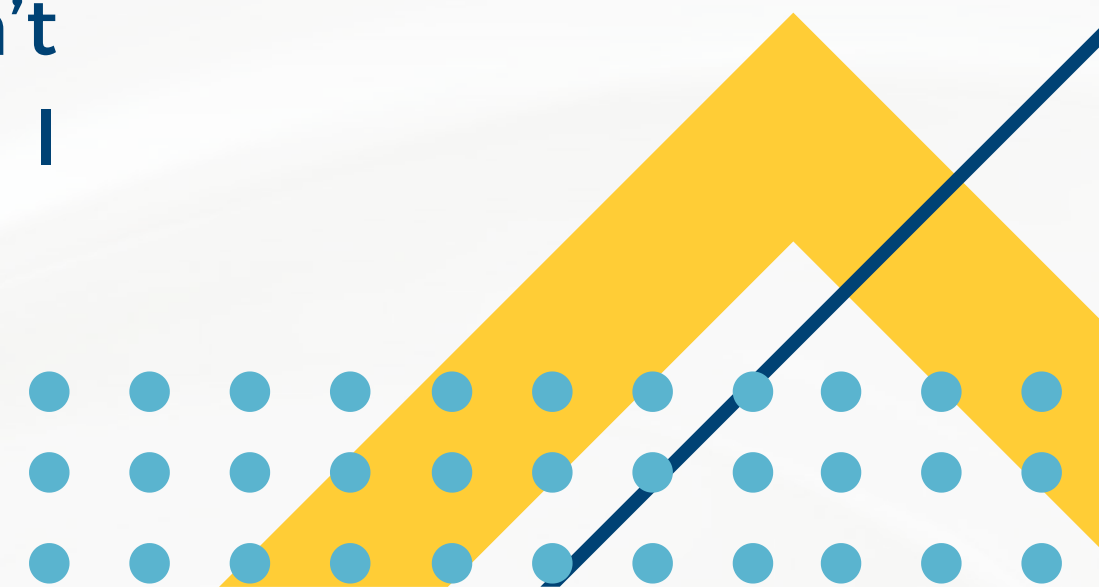
June - Week at the Wheelpower National Junior

Games in Stoke Mandeville

July - Escape room, mentoring evaluation  
and music festival

“I’ve learnt that my barriers aren’t  
really a big deal at all, and that I  
can do more than I thought.”

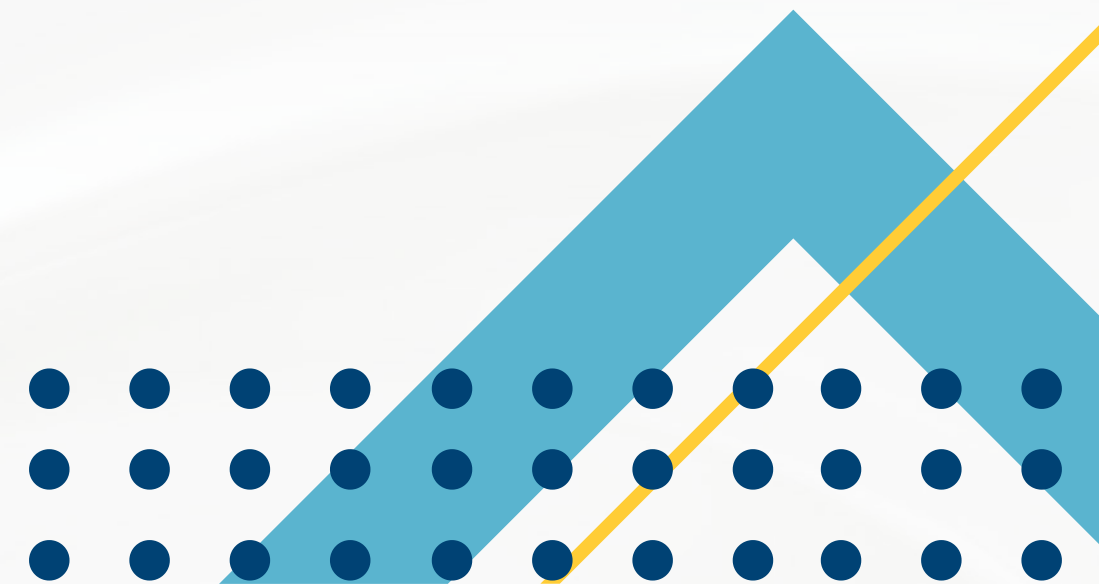
Acceler8 member



# ILLUMIN8

This year starts the evolution of the project as we secured continuation funding for an additional 5 years from the National Lottery. It has meant we have been able to continue to deliver our services to our 18-30 year olds and with newly recruited staff progress our offering and recruit new young people to our programme.

In the last 12 months we have been able to recruit an additional five young people to the group over 30.



This year the Illumin8 group have done five residentials (over 10 nights) and seven day activities including:

Aug - Flying lessons with Aerobility

Sept - City residential to Bath

Oct - Escape room

Nov- Christmas shopping in Exeter

Dec - Christmas party residential

Jan - Butlins Back to the 00's weekend

Feb - Cooking workshop

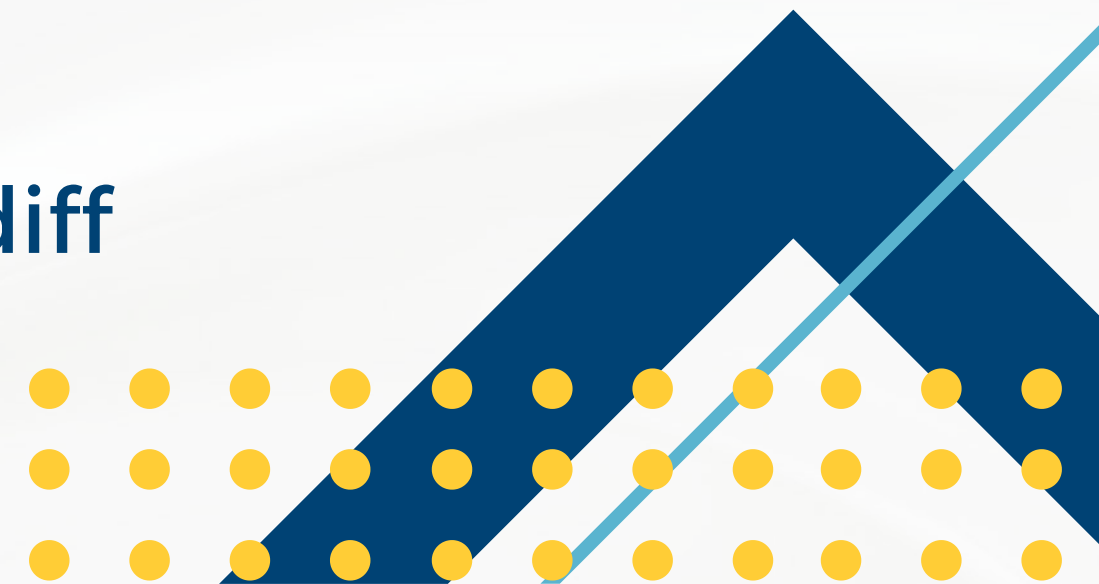
Mar - Sports and Crafts Hotel residential

Apr - A trip to Dartmoor Zoo

May - City residential to Cardiff

June - Cookery workshop

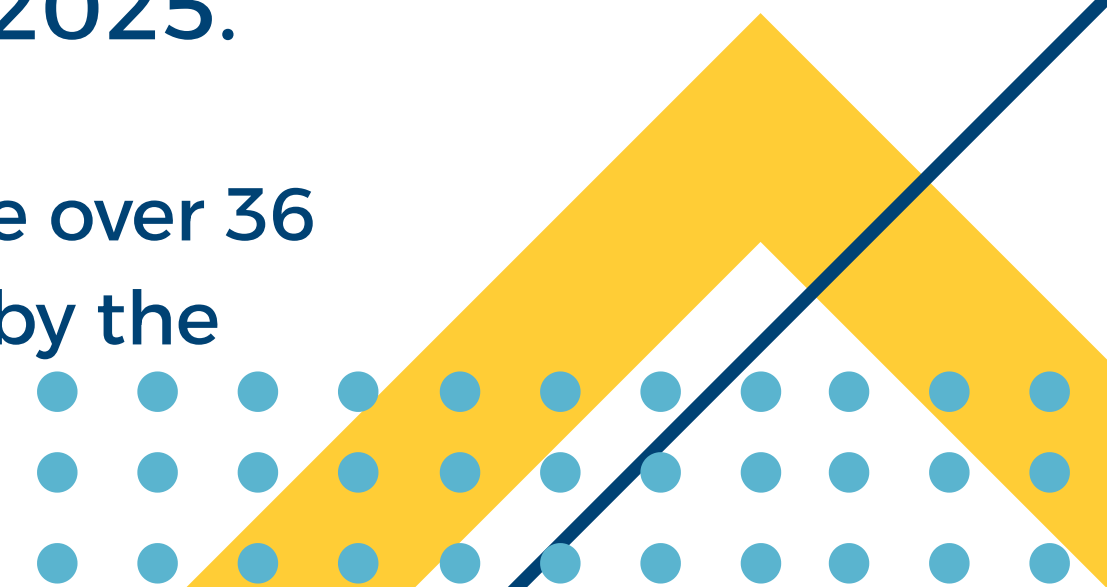
July - Music concert



# MENTORING

After securing funding in the last financial year we were able to role out the next cohort of mentoring with our Illumin8 members in September 2024. Active8 staff ran two residential weekends in September and October 2024 for 8 Illumin8 members who all complete their AQA Level 3 Mentoring Qualification. After the training was complete the group hosted a get to know you event with their mentees in November and began 121 sessions in January 2025.

During the programme, there were over 36 mentoring sessions carried out by the members.



# MENTORING

At the first mentoring sessions the pairs identified a number of objectives for them to work towards. Over the following 6 months the pairs worked to achieve these objectives.

In July 2025 the mentors and mentees met as a group again to talk about their experiences, feedback on the journey and discuss the future of their mentoring.

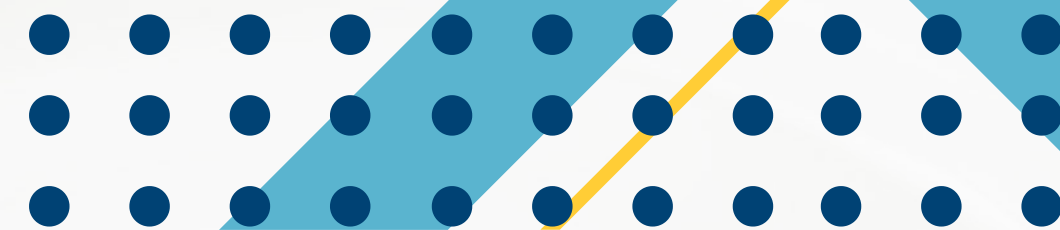
4 of the 8 pairs decided to carry on past the 6 months and create some new objectives.

There were a range of objectives completed by the mentees such as:  
“To pass my driving theory test and to find a course for university.”  
“To have sleepovers more.”  
“To buy items from the shop independently.”

Our members feel that their mentors were supportive and able to give valuable advice. Quotes from the mentees about their mentors:

“They are good at finding solutions to things I might be struggling with as well as providing advice and opportunities for the things I’d like to do.”

“They shared their experiences with college and how to deal with exam stresses.”



# ADVOCACY

At Active8 we endeavor to support organisations and local communities to engage young people with disabilities and to support our members to advocate for better access.

Over the last 12 months we have been involved in a number of projects supporting advocacy for disabled people, young people and those living in Cornwall.

We have supported various organisations including the following:

The Royal Cornwall Hospital Trust

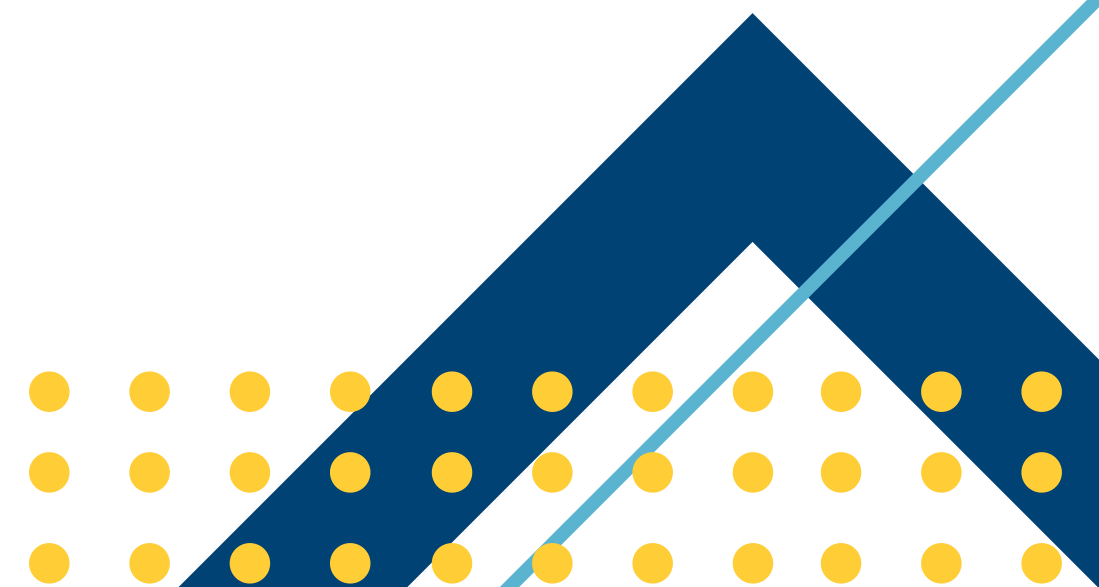
The Environment Agency

Cornwall Council

Cormac

Bude Town Council

Gwennap Parish Council



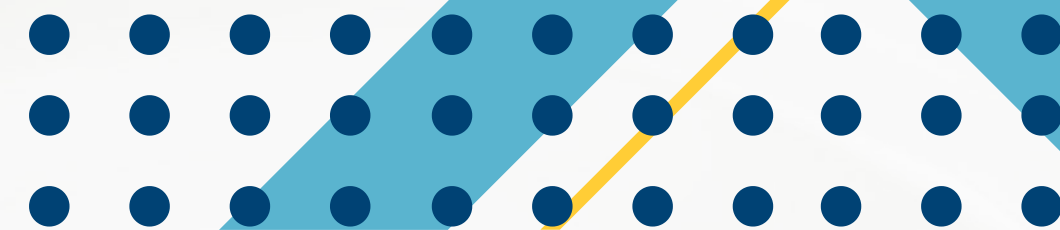
# ACCESSIBLE TRANSPORT

An important member of the Active8 team is our fully accessible minibus. This provides a lifeline to some of our members that wouldn't be able to attend Active8 events without it.

Along with supporting Active8 members we are able to support other like minded organisations from across Cornwall.

This year we have been able to support schools, community projects, churches, youth clubs, sports clubs and scouting groups.

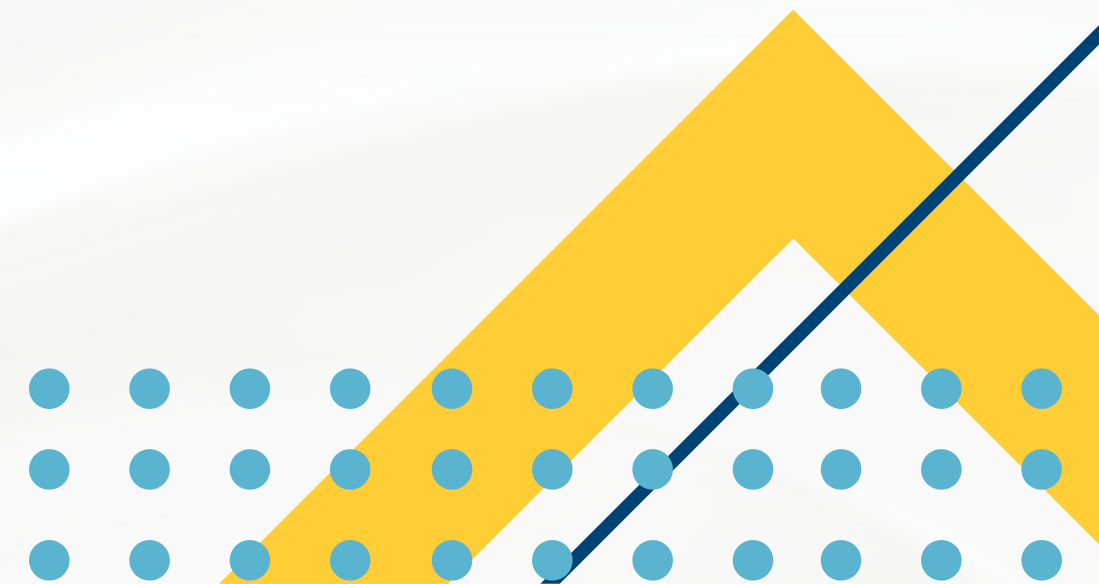
Without this not for profit, accessible transport available in Cornwall our local community would struggle to attend these lifechanging and aspirational events.



# OTHER ACHIEVEMENTS

We are also very proud to have been involved in:

- A Royal visit from the Duchess of Edinburgh
- Nomination for the Kings Award for Voluntary Services
- The opening of the Liz Olive garden by Cornwall Rural Housing Association
- Continued involvement in the Cornwall Disability Alliance
- Run two brilliant family and friends events
- Run one of the only accessible minibuses in the North of Cornwall
- Continue to offer amazing opportunities and life changing experiences to our members



# ORGANISATIONAL STRUCTURE

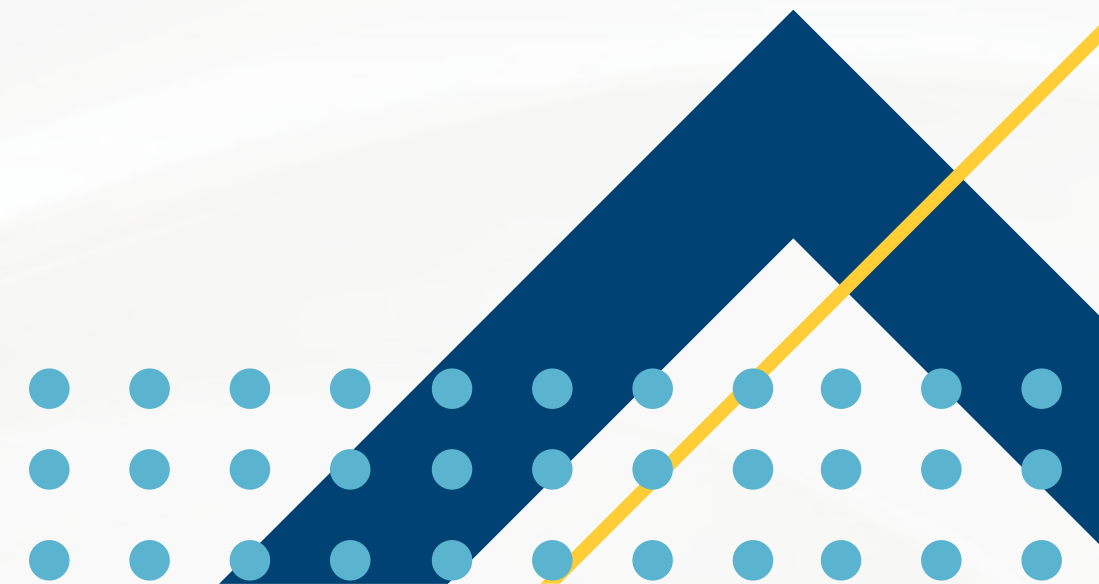
## STAFFING

Over 2024-2025 our team of 5 have grown into their roles with Tom and Clare celebrating their first year with the charity.

Lindsey continues to provide support to staff and members and is thriving with the Acceler8 group. Lindsey celebrated 5 years of working for Active8 in January 2025 and we look forward to her continuing to grow in her role and developing the charity for years to come.

Stacey has flourished in her adapted role supporting on Acceler8 and Illumin8 events, running the mentoring programme and organising the family and friends events.

John continues to lead the charity on its aims and looks to develop the charity in the coming years. In March John celebrated 15 years of involvement with Active8 and in June 2025 celebrated 10 years of employment with the charity.



## **TRUSTEES**

Mrs Anne Jeffery - Chair of Trustees

Mr Mark Stevens - Deputy Chair of Trustees & Safeguarding

Mr Paul Staniland - Treasurer

Ms Felicity Gibbins - wellbeing

Ms Cheryl Everitt - voice of a parent

Mr Mark Curtis - legal, technology and GDPR

Ms Chloe Walker

Newly appointed

Ms Alison Thomas - GDPR & Data Protection - appointed Dec  
2024

Mr James Ball - Aug 2025

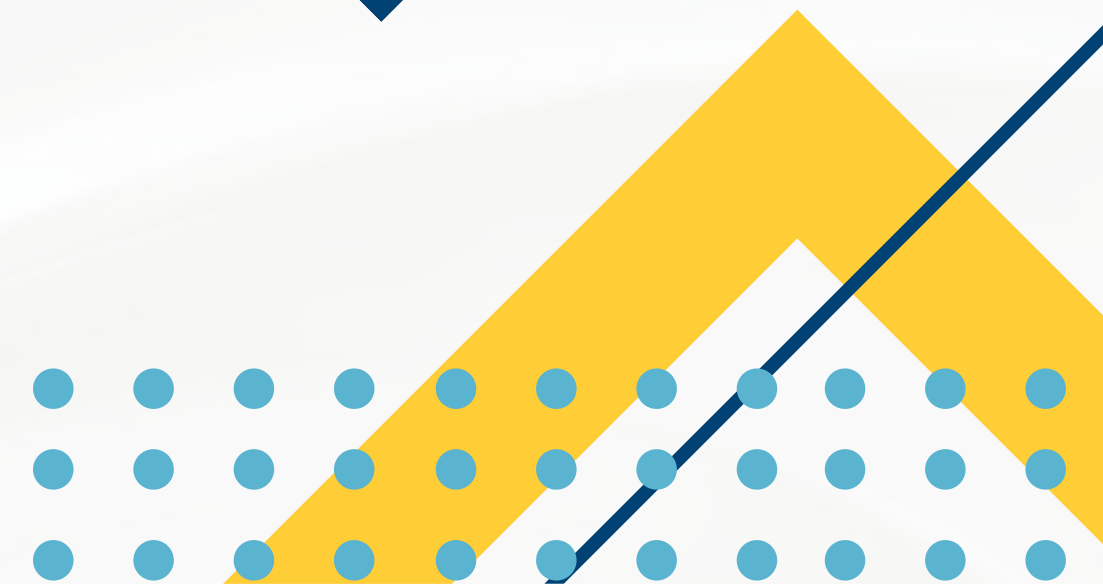
Ms Kelly McKernan - Sept 2025

Ms Laura Saunders - Sept 2025

Stepped down within the last 12 months:

Mrs Penny Monger - January 2025

Mr Julian Tyson - June 2025



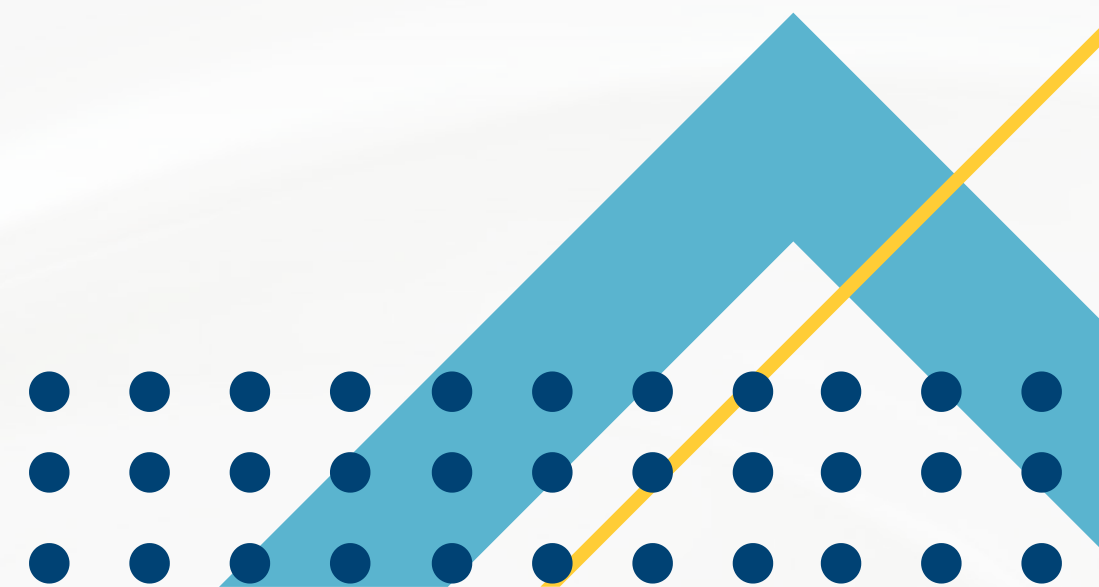
## TRUSTEES CONTINUED

Active8 trustees are appointed by the existing trustees for 3 years of service. In selecting individuals for appointment by charity trustees, the trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

Every trustee must be appointed by a resolution passed at a properly convened meeting of the charity trustees with 21 days' notice.

It is the responsibility of all trustees to operate within the agreed procedure when inviting new or re-electing trustees to ensure the safety of themselves and others, as well as representing the organisation in an appropriate manner.

It is the responsibility of the trustees to ensure the policy is adhered to and any issues are dealt with quickly to minimise the impact on others and the organisation.



# FUNDRAISING

The past year has been a challenging time for fundraising, with rising costs, increased competition for charitable funding, and uncertainty around longer-term support for much-needed charitable programmes. Despite this difficult backdrop, Active8 has worked hard to adapt and respond with resilience and creativity. The appointment of a dedicated fundraiser has enabled us to focus our efforts more effectively and explore new opportunities to generate the essential income we need.

This renewed focus is already delivering tangible results, with a number of multi-year grants secured that are vital for sustainability and reducing financial risk to our core programmes. We are proud to have secured funding for our Acceler8 programme 2024-2026, with long-term contributions also achieved; including a two-year grant from National Global's Make Some Noise and funding from The Clare Milne Trust. Our priority now is to build on this momentum and secure additional, sustainable, ongoing support for 2026-2028 and beyond.

Our goal is to achieve five-year, funding commitments for Acceler8 – as we have successfully achieved for our Illumin8 programme – giving us the space to plan strategically, focus on other essential funding requirements, such as a new accessible minibus, and continue improving our delivery, impact, and reach.

We are deeply grateful for the generosity and commitment of our supporters, partners, and funders, whose belief in our mission is enabling Active8 to keep improving young disabled lives and plan confidently ahead for the future.



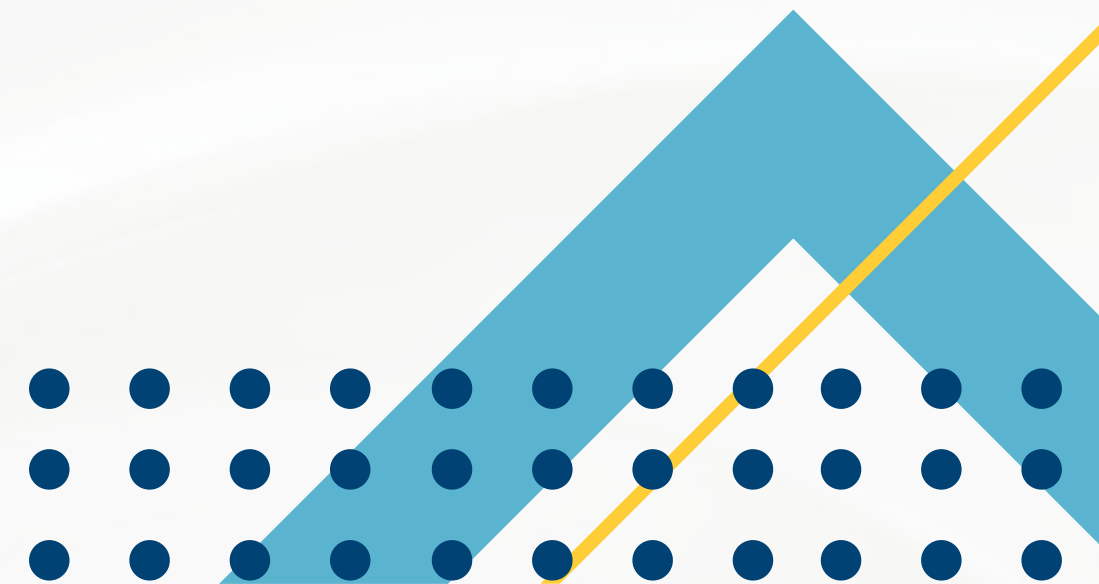
# LOOKING TO THE FUTURE

Building on the progress already made, we identified and delivered our 2024 strategy plan prioritising of our five-year key strategic aims.

In 2024 the board of trustees have worked with members and staff to create the next strategy plan that the charity will work towards from 2025-2030. This is a working document and will evolve over the life of the document.

Using the various inputs and building on the organisation's strengths and opportunities, while addressing its weaknesses and external threats, Active8 has set the following five goals for the period 2025 – 2030:

1. Young people with physical disabilities in Cornwall are empowered to be self-advocates and their voices are heard within their community.
2. Active8 has the necessary human, material and financial resources to make the organisation sustainable.
3. Active8 has increased public awareness both locally and nationally
4. Active8 has access to reliable, cost-effective transport.
5. Active8 has access to an accessible building suitable for our needs



# FINANCES

## REVIEW OF RISK

The charity Trustees have considered the major risks to the charity and are satisfied that the systems and procedures in place manage those risks. At the Trustee meetings time is allocated to this and the charity has a risk register and strategy plan including a SWOT analysis to identify the major risks.

## OVERVIEW

Active8 are committed to providing a reliable and consistent provision to its members. Therefore, we aim to have secured funding for each of the project cycles. The table below shows the funding situation at the end of the financial year 2024/25:

	Funding at 1st August 2024	Funding at 31st July 2025
<b>Restricted</b>		
Acceler8	£63,671	£28,500
Illumin8	£49,503	£24,401
Total	£113,174	£52,901
<b>Unrestricted</b>	£77,692	£99,600*
<b>Total</b>	£190,866	£152,501

\*DONATIONS DURING THE YEAR INCLUDE £23,921 RAISED THROUGH A BIG GIVE CAMPAIGN. WHILST THESE WERE UNRESTRICTED, THE TRUSTEES HAVE AGREED TO ALLOCATE THESE FUNDS TO THE ACCELER8 PROGRAMME. AT THE END OF JULY 2025 £23,191 OF THESE FUNDS REMAINED UNSPENT AND INCLUDED WITHIN THE UNRESTRICTED FUNDS OF £99,600.

## RESERVES

ACTIVE8 ENDEAVORS TO SECURE SUFFICIENT FUNDING TO COMPLETE THE CURRENT CYCLE OF PROJECTS THAT IT RUNS, ALLOCATING ITS UNRESTRICTED RESERVES TO MEET ANY TEMPORARY SHORTFALL. THE CHARITY ENSURES THAT £53,000 IS HELD IN UNRESTRICTED RESERVE AT ALL TIMES. ANY RESERVES HELD IN EXCESS OF THIS MINIMUM FIGURE WILL BE USED TO SUPPORT THE ONGOING MANAGEMENT OF THE CHARITY AND TO SUPPORT PROJECTS IN FUTURE PERIODS.



# SIGNATORIES

Chair of Trustees - Anne Jeffery

*Anne Jeffery*

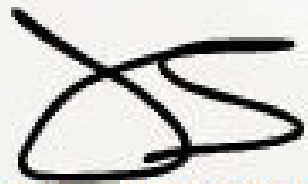
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Treasurer - Paul Staniland

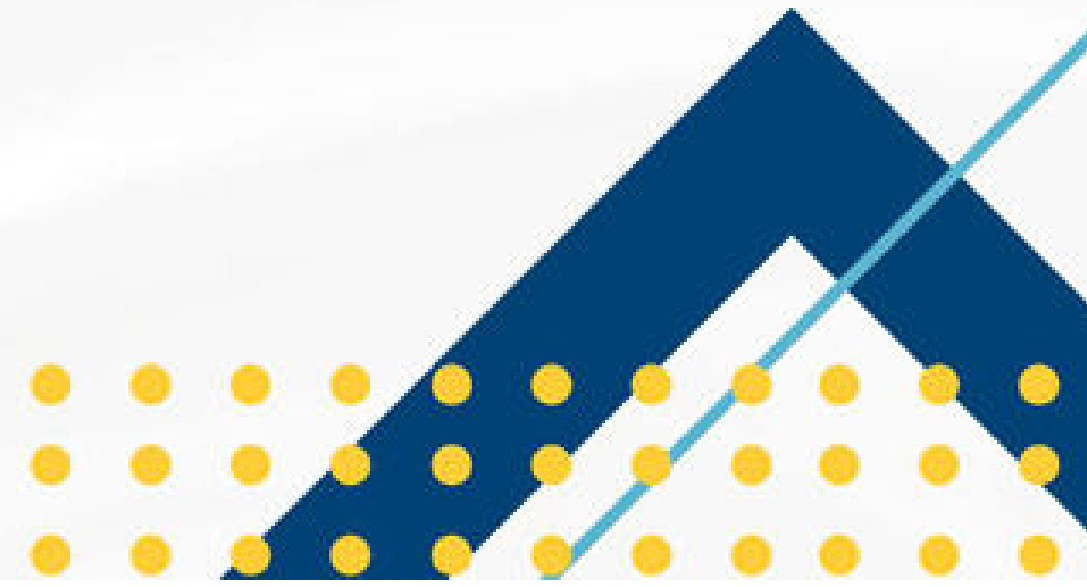
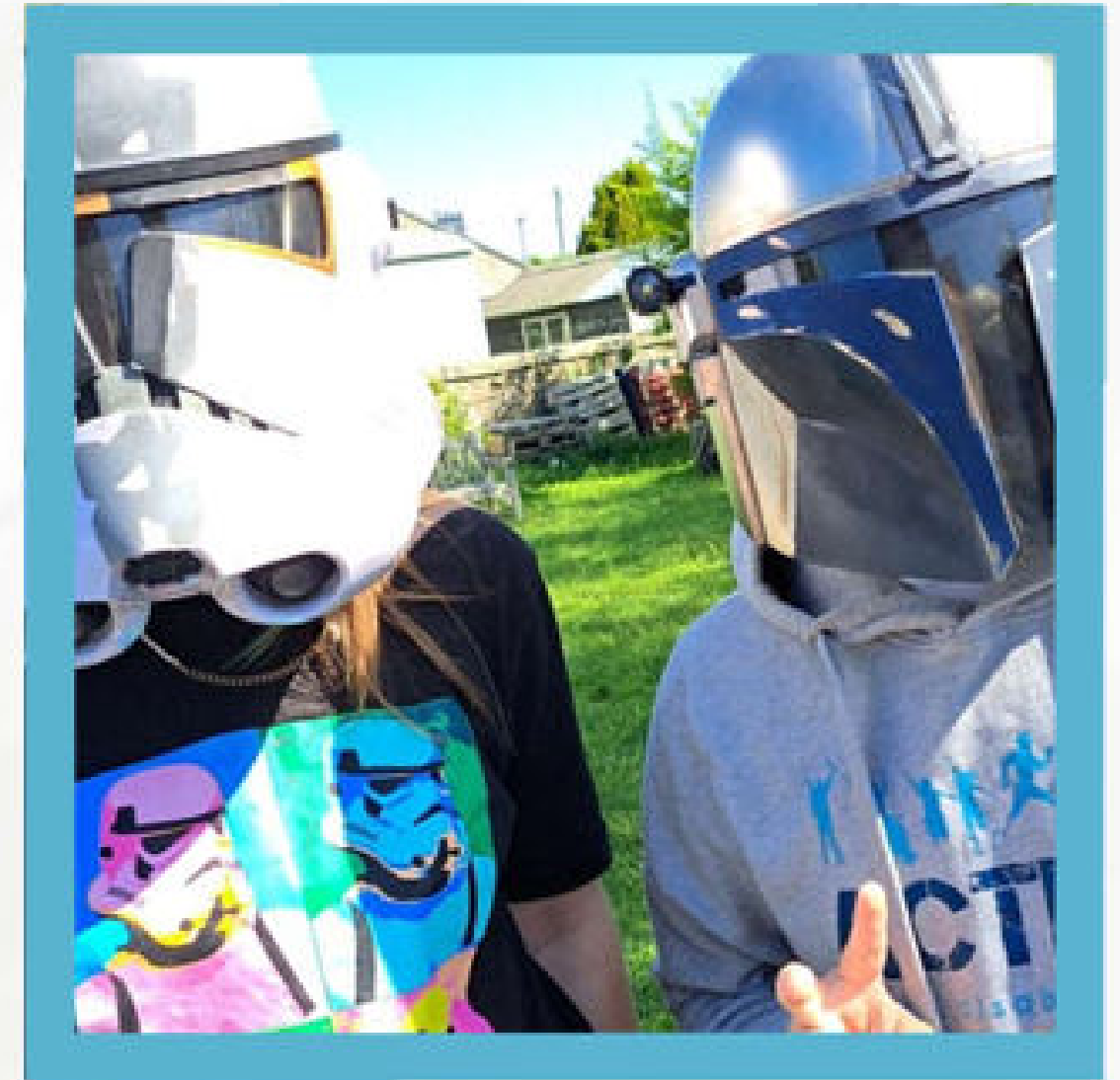


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Active8 CEO - John Sweeting



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## **Independent Examiner's Report to the Trustees of Active8**

I report to the trustees on my examination of the accounts of the Active8 (the Trust) for the year ended 31 July 2025.

### **Responsibilities and basis of report**

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

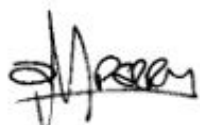
I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

### **Independent examiner's statement**

I have completed my examination. I can 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 the Trust as required by section 130 of the Act; or
- (2) the accounts do not accord with those records.

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.



**Darren Perry BA (Hons) ACA DChA**  
**Chartered Accountant**

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**Date:** 27 November 2025

**Francis Clark LLP**  
**Lowin House**  
**Tregolls Road**  
**TRURO**  
**TR1 2NA**

# Active8

## Receipts and payments account for the year ended 31 July 2025

	£	2025 £	£	2024 £	
	Unrestricted	Restricted	Total		
<b>Receipts</b>					
<b>Voluntary sources</b>					
Grant from National Lottery Community Fund	-	80,971	80,971	108,251	
Grants from other associations and trusts	-	67,309	67,309	99,697	
Fundraising	421	-	421	1,670	
Donations and Gift Aid	32,926	-	32,926	4,906	
Other Income	4,401	-	4,401	12,002	
	<u>37,748</u>	<u>148,280</u>	<u>186,028</u>	<u>226,526</u>	
<b>Income from assets</b>					
Bank deposit interest	5,271	-	5,271	3,149	
<b>Total receipts</b>	<u>43,019</u>	<u>148,280</u>	<u>191,299</u>	<u>229,675</u>	
<b>Payments</b>					
<b>Direct charitable expenditure</b>					
Youth delivery work	Activities	186	41,323	41,509	25,468
	Mentoring	-	7,272	7,272	-
	Care costs	-	19,274	19,274	-
	Accommodation	-	-	-	128
	Equipment, food and transport	3,450	4,718	8,168	7,613
Staff wages & NI	Manager	3,351	36,284	39,635	39,993
	Fundraiser	5,837	11,712	17,549	13,701
	Youth Workers	1,008	71,607	72,615	43,607
Staff expenses		1,250	6,797	8,047	6,387
IT		438	1,911	2,349	1,927
Communications		3	709	712	892
Recruitment costs		-	-	-	1,222
		<u>15,523</u>	<u>201,607</u>	<u>217,130</u>	<u>140,938</u>
<b>Other expenditure</b>					
Professional fees		2,158	-	2,158	1,799
Independent examination fee		1,500	-	1,500	1,380
Publicity		662	-	662	1,280
Insurance		6	1,182	1,188	779
Office rent and utilities		371	4,192	4,563	4,702
Training		420	1,572	1,992	979
General expenses		411	-	411	228
Bank charges		60	-	60	60
		<u>5,588</u>	<u>6,946</u>	<u>12,534</u>	<u>11,207</u>
<b>Total payments</b>		<u>21,111</u>	<u>208,553</u>	<u>229,664</u>	<u>152,145</u>
<b>(Deficit)/surplus for the year</b>		<u>21,908</u>	<u>(60,273)</u>	<u>(38,365)</u>	<u>77,530</u>
<b>Balances brought forward</b>		<u>77,692</u>	<u>113,174</u>	<u>190,866</u>	<u>113,336</u>
<b>Balances in hand at 31 July 2025</b>		<u>99,600</u>	<u>52,901</u>	<u>152,501</u>	<u>190,866</u>

# Active8

## Statement of assets and liabilities at 31 July 2025

	2025 £	2024 £
<b>Non monetary assets</b>		
Capital vehicle assets costing £15,500 were purchased in 2022 with funds from the National Lottery Community Fund, relating to a minibus purchase.		
<b>Monetary assets</b>		
<b>Cash and bank balances</b>		
CAF bank	4,144	5,382
CAF deposit	15,842	15,000
Charity bank	47,476	85,409
United Trust bank	85,000	85,000
Expense accounts	-	-
Cash in hand	39	75
	<u>152,501</u>	<u>190,866</u>

### Liabilities

At the 31st July 2025, payments of £1,454 were outstanding for employee and employer pension contributions, together with an accrual for Independent Examination fees of £1,650+VAT in respect of the year.

### Restricted fund balances

Co-op	-	3,661
Dorota	-	1,082
Cornwall Community Fund	-	4,623
Cornwall Community Fund Clare Milne	10,000	-
Albert Van den Bergh	-	1,000
National Lottery Community Fund	-	20,000
Disability Cornwall	-	5,305
Whirlwind	-	5,000
Hedley Foundation	-	3,000
Cornwall Council	5,000	20,000
Cornwall Council Time2Move	-	-
Global Charities	13,500	-
National Lottery Community Fund	24,401	49,503
	<u>52,901</u>	<u>113,174</u>

The above statement of assets and liabilities and the attached receipts and payments account for the year ended 31 July 2025 are as approved by the Trustees



ANNE JEFFERY  
On behalf of the Trustees

Active8  
Restricted Funds

	Total	Co-op	Dorota	Cornwall Community Fund	Cornwall Community Fund Tanner Phoenix	Cornwall Community Fund Clare Milne	A Van den Bergh	National Lottery Community Fund	Disability Cornwall	Whirlwind	Hedley Foundation	Cornwall Council	Cornwall Council Time2Move	Cornwall Council Care Costs	Global Charities	National Lottery Community Fund	Liz Olive Fund
Bfwd	113,174	3,661	1,082	4,623	-	-	1,000	20,000	5,305	5,000	3,000	20,000	-	-	-	49,503	-
Introduced in the year	148,280	-	-	-	3,000	10,000	1,000	-	7,660	-	-	500	5,000	16,649	13,500	80,971	10,000
Spent in the year	(208,553)	(3,661)	(1,082)	(4,623)	(3,000)	-	(2,000)	(20,000)	(12,965)	(5,000)	(3,000)	(15,500)	(5,000)	(16,649)	-	(106,073)	(10,000)
Cfwd	52,901	-	-	-	-	10,000	-	-	-	-	-	5,000	-	-	13,500	24,401	-
		Acceler8	Acceler8	Acceler8	Acceler8	Acceler8	Acceler8	Acceler8	Acceler8	Acceler8	Acceler8	Acceler8	Acceler8	Acceler8	Acceler8	Illumin8	Active 8

**Related Party Transactions**

Due to the nature of the charity's operations and some members of the board being involved in the organisation's charitable activity, transactions may take place with the organisations and individuals in which a member of the Board of Trustees may have an interest. All transactions involving such organisations are conducted at arms length and in accordance with the charity's financial regulations and normal procurement procedures.

**Income related party transactions**

During the year the charity received unrestricted donations to the value of £3,120 (2024: £3,522) from 1 (2024:7) trustee.

**Expenses related party transactions**

During this and the previous year the charity did not make any reimbursement of expenses to trustees.

Active8  
Restricted Funds

Breakdown

Costs allocated to Funds based on a pro rata spend by cost type in the Project they were given to

	Total	Co-op	Dorota	Cornwall Community Fund	Cornwall Community Fund Tanner Phoenix	Cornwall Community Fund Clare Milne	A Van den Bergh	National Lottery Community Fund	Disability Cornwall	Whirlwind	Hedley Foundation	Cornwall Council	Cornwall Council Time2Move	Cornwall Council Care Costs	Global Charities	National Lottery Community Fund	Liz Olive Fund
Spent in the year	208,553	3,661	1,082	4,623	3,000	-	2,000	20,000	12,965	5,000	3,000	15,500	5,000	16,649	-	106,073	10,000
Youth Work Delivery																	
Activities	41,323	931	275	1,175	763	-	508	84	8,296	1,271	763	3,940	1,271	-	-	22,048	-
Mentoring	7,272	-	-	-	-	-	-	-	-	-	-	-	-	-	-	7,272	-
Care costs	19,274	-	-	-	-	-	-	-	-	-	-	-	-	16,649	-	2,625	-
Equipment, food and transport	4,718	97	29	122	79	-	53	528	343	132	79	410	132	-	-	2,714	-
Staff wages & NI																	
Manager	36,284	631	187	797	517	-	345	3,449	2,236	862	517	2,673	862	-	-	13,205	10,000
Fundraiser	11,712	-	-	-	-	-	-	-	-	-	-	-	-	-	-	11,712	-
Youth Workers	71,607	1,642	485	2,073	1,345	-	897	13,968	813	2,242	1,345	6,950	2,242	-	-	37,605	-
Staff expenses	6,797	169	50	213	139	-	92	923	599	231	139	716	231	-	-	3,296	-
IT	1,911	20	6	25	16	-	11	108	70	27	16	84	27	-	-	1,501	-
Communications	709	17	5	22	14	-	9	95	61	24	14	73	24	-	-	350	-
Insurance	1,182	28	8	36	23	-	16	155	101	39	23	120	39	-	-	594	-
Office rent and utilities	4,192	101	30	127	83	-	55	550	357	138	83	426	138	-	-	2,106	-
Training	1,572	25	8	32	21	-	14	139	90	35	21	108	35	-	-	1,045	-
	208,553	3,661	1,082	4,623	3,000	-	2,000	20,000	12,965	5,000	3,000	15,500	5,000	16,649	-	106,073	10,000

# REFERENCE AND ADMINISTRATION INFORMATION

Charity name: Active8

Registered number 1163942, first registered 12th October 2015.

Registered Charity address & Office Address: Active8, B108 Beacon Place, Station Approach, Victoria, St Austell, PL26 8LG.

Nature of governing document Charitable Incorporated Organisation (CIO) – Foundation Trust Registered 12 Oct 2015 (a copy can be provided upon request).

## Bankers

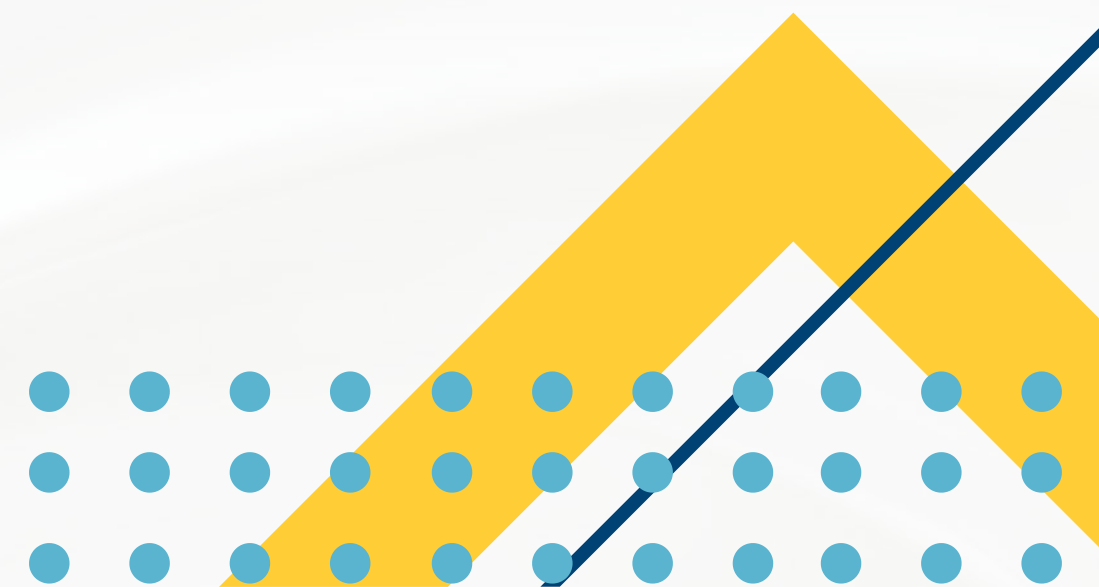
CAF Bank Limited, 25, Kings Hill Avenue, Kings Hill, West Malling, Kent, ME19 4JQ.

The Charity Bank Limited, Fosse House, 182 High Street, Tonbridge, Kent, TN9 1BE.

United Trust Bank, One Ropemaker Street, London, EC2Y 9AW.

## Independent Examiner

Francis Clark LLP, Lowin House, Tregolls Road, Truro, Cornwall TR1 2NA.



**ACTIVE8**

England & Wales - Charity number 1163942

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# Accounts

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registered charity no. 1163942

# ANNUAL REPORT 2023-2024





*"How do I say  
'Thank you',  
to a charity that has  
changed my life for the better?  
If it wasn't for Active8 I don't  
now where I would be. Thank you."  
Active8 participant*

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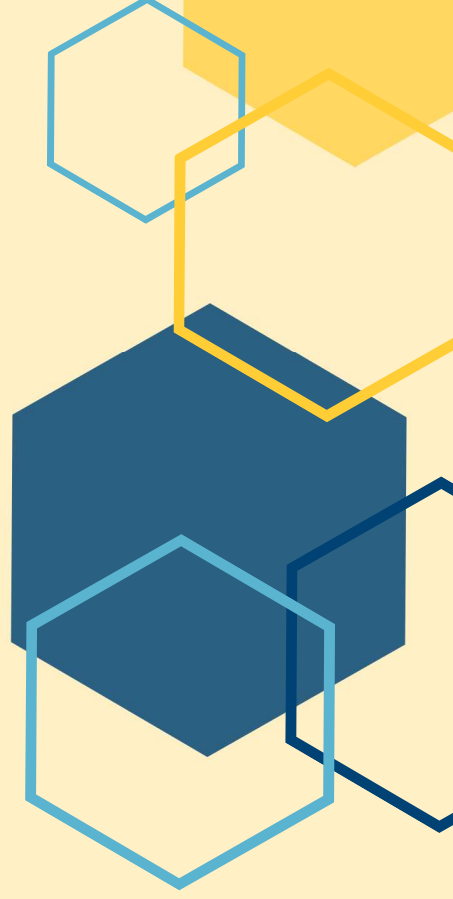
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# Aims and Organisation

Active8 is a Cornwall based charity supporting young people with physical disabilities. Our mission is to provide accessible opportunities to young people with physical disabilities to become more independent.

We support Active8 members to challenge the status quo and be a catalyst for improvement in the quality of life of young individuals and our community. The Trustees have complied with their duty to have regard to the Charity Commissions' public benefit guidance when planning activities for the year.



# MISSION

Our mission is to support young people with physical disabilities in Cornwall to become autonomous individuals and to have their voices heard.



# VISION

Our vision is for a world where all young people are accepted for the person they are and the person they want to be so that they can fully embrace life's opportunities.

## ACCELER8

A personal development programme for young people aged 14-18 years. This is structured as a multi-activity program delivered over one residential weekend every month for a two-year period, each with the same group of young people. Activities are challenging and fun and aim to develop the young people's skills and self-esteem.

This programme also offers individual support for members, family and group support and members are mentored by our older members from Illumin8.

## ILLUMIN8

A personal development programme for young people aged 18-30 years, to develop their life skills so that they can move towards being autonomous individuals in either a personal, employment or social capacity. Each year, the project delivers at least four residential, eight day activities and peer mentoring. This programme also offers individual support for members, family and group support and members have the opportunity to be trained to become mentors for our younger members from Acceler8.

## MENTORING

This is a bespoke piece of training that Active8 has developed over the last four years aimed at our older members of Active8. The training consists of four days of training, working on various modules created in order to develop mentoring skills and understanding of supporting young people with physical disabilities. On completion of the course mentors gain a level 3 award in mentoring and begin supporting younger members of Active8 through small group and supervised 1-2-1 sessions.

## ADVOCACY

Advocacy is a key element for ensuring lasting changes and improvements for young people with physical disabilities. Members constantly show an interest in raising awareness of disability rights and support Active8 in requests from other organisations for guidance, support and research. This has included making presentations at meetings and conferences, carrying out access audits and being a member of the Cornwall Disability Alliance.

# Our Impact

Over the last year we have supported over 600 individuals, families and organisations in various ways through Active8.



We have run:

- 84 1-2-1s
- 10 Day activities
- 8 Residentials
- 4 Access audits
- 20 Other pieces of advocacy work
- 59 days of Accessible minibus use hire

*"B's confidence has grown dramatically since joining Active8, he is taking ownership of his own life without depending on me so much. Without Activate he wouldn't have the social life that he does and he's able to do much more without getting overwhelmed."*

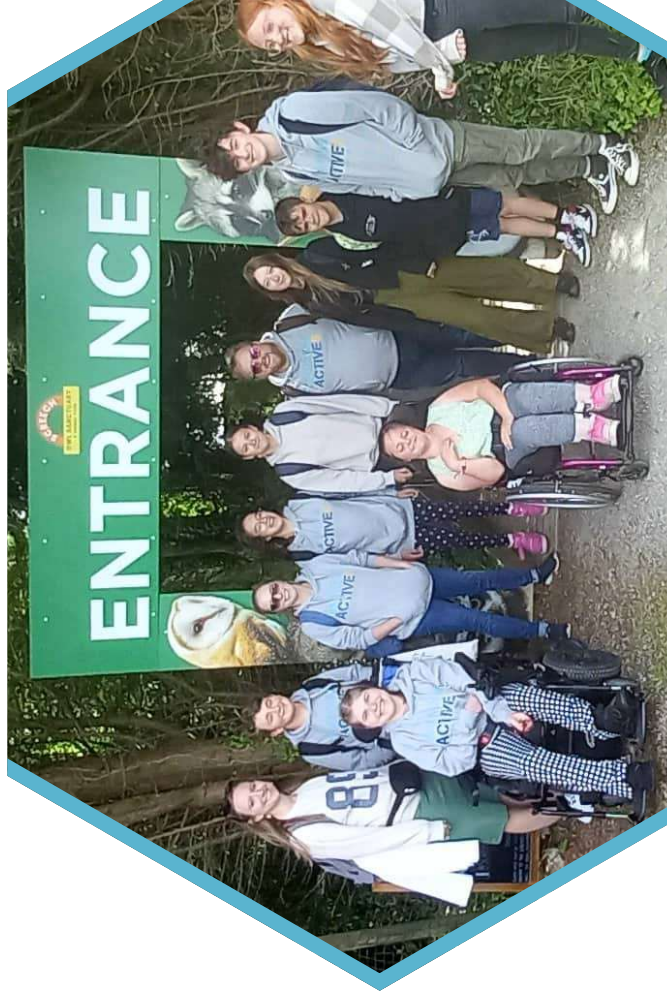
Active8 participant's Mum Feb, 2024

# ACCELER8

This year saw the recruitment, preparation and start of our latest cohort of young people. From September to February staff worked on recruiting members, having family meetings and completing care plans in preparation for the start of the activities.

In March we welcomed 11 young people from Cornwall and Devon to our new residential home at The Roseland Centre. Since the start of the programme the group have been lucky enough to try some amazing activities and start to bond with their peers.

We have been amazed how well this group has gelled and are now forming positive relationships.



March - Introductory day at Treverbyn Community Centre.  
The members met each other for the first time, were given more information on Active8 and ice breakers, with families present.



April - Activity day for the members only (chocolate making) and a parents forum for parents to socialise and discuss their needs for the year ahead.



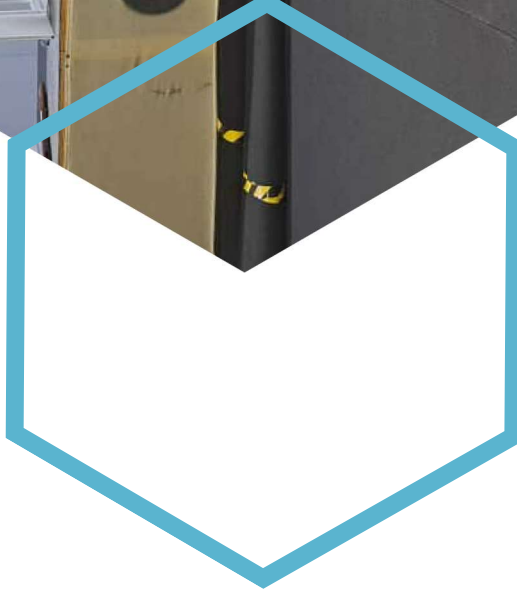
May - One night residential, Taskmaster  
June - The start of two night residentials, a trip to Screech Owl Sanctuary and Wheelchair Rugby  
July - Pottery throwing, member rep elections, para fencing and parents forum

# ILLUMIN8

This year saw the completion of our five year project funded by the National Lottery. After the success and number of people we have been able to support we were very grateful to receive continuation of funding for a further five years so this resulted in the project continuing and building strength at the start of 2024.

Over the last year we have welcomed new members, said goodbye to older members reaching our age limit and had some big highs. These have included some great activities and 1-2-1 outcomes. We have also had a number of lows including continued issues with members finding PAs to support them, poor mental health of some members and increased stress with the uncertainty members have had in their day to day lives.

It has proved that Illumin8 is as important now as it was when we created the group and we continue to support our members the best we can.



**August - Outdoor Cinema**

**September - Harry Potter Studios Residential in London**

**October - Laser Tag**

**November - Christmas Party Residential with Silent Disco at St Mellion Resort**

**December - The Manor House Sport and Craft Hotel Residential**

**January - Try a train and shopping trip from St Austell to Plymouth**

**February - Youth Voice Matters Conference Residential in Birmingham**

**March - Woodturning in Lostwithiel**

**April - Project planning day for the next year**

**May - Anime Con in Exeter**

**June - Cookery Workshop in Padstow**

**July - Glamping Residential with surfing and 5km walk in Bude**



# MENTORING

With funding secured for the next five years we were able to recruit a new member of staff into the role. Stacey, who previously worked as our fundraiser has taken on the responsibility of planning and recruiting our Illumin8 members for our next cohort of peer mentors. They will complete their AQA Level 3 Mentoring Qualification in Autumn 2024. Then will start mentoring the Acceler8 group by the end of the year.



# ADVOCACY

Over the last year we have been able to support our young people to have their voices heard in various ways.

Attending events such as Cornwall Council's Annual Conversation and the National Youth Voice Matters Conference were opportunities for members to talk about what effects them and what needs to be done at a local and national level to improve that.

Members have also been involved in workshops and presentations around Disability Awareness including at the Cornwall Youth Work Conference where members and staff presented on how to make Youth Work more accessible.

Members have also been able to support local businesses and council through various access audits, including NHS hospitals, beaches and town centres, new buildings and playgrounds to name a few.



# Other achievements



We are also very proud to have:

- Secured long term funding for the Illumin8 project
- Recruited two new amazing members of staff to help diversify our work
- Become a member of the Cornwall Disability Alliance, which is leading on a lot of disabled rights work in Cornwall
- Run two brilliant family and friends events
- Run one of the only accessible minibuses in the North of Cornwall
- Continued to offer amazing opportunities and life changing experiences to our members

# ORGANISATIONAL STRUCTURE

## Staffing

At the beginning of the financial year Active8 had four members of staff: John Sweeting, the CEO; Lindsey Cooper, the Acceler8 and Illumin8 activities co-ordinator; Stacey Towner, fundraising officer and Faye Dymond mentoring co-ordinator.

In November 2023 Faye resigned from her post to focus on family life as she came towards the end of her temporary contract.

In April after a successful applications for funding we were able to look at restructuring the charity and recruited two new members of staff to join our team. In May we recruited Tom Howard as the Illumin8 co-ordinator and Clare Stanley as fundraising officer. This has allowed Lindsey to focus solely on Acceler8 and Stacey to focus more on youth work delivery leading the mentoring programme and supporting on the Acceler8 and Illumin8 projects.



## Trustees

- Mr Julian Tyson - Chair of Trustees
- Mrs Penny Monger - Deputy Chair of Trustees
  - Mr Paul Staniland - Treasurer
  - Mr Mark Stevens - safeguarding
  - Mrs Anne Jeffery - leadership mentor
  - Ms Felicity Gibbins - wellbeing
- Ms Cheryl Everitt - voice of a parent
- Mr Mark Curtis - legal, technology and GDPR
  - Ms Chloe Walker - care

Stepped down within the last 12 months:

Ms Dawn Cook - voice of a parent (stepped down January 24)



## Trustees continued

Active8 trustees are appointed by the existing trustees for 3 years of service. In selecting individuals for appointment by charity trustees, the trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO. Every trustee must be appointed by a resolution passed at a properly convened meeting of the charity trustees with 21 days' notice.

It is the responsibility of all trustees to operate within the agreed procedure when inviting new or re-electing trustees to ensure the safety of themselves and others, as well as representing the organisation in an appropriate manner.

It is the responsibility of the trustees to ensure the policy is adhered to and any issues are dealt with quickly to minimise the impact on others and the organisation.



# FUNDRAISING

Our charitable outputs are already running successfully, but we will always strive to keep improving the impact of our work and continuously reach more disabled young people in need in of support, motivation and acceptance. The main sources of funding for all projects run by Active8 are from grant-giving trusts, individual donations and general fundraising. We take a very proactive approach to fundraising, utilising every opportunity to generate ongoing support for our much-needed youth disability programmes. We will continue to seek funding from relevant trusts, foundations, grant-making and corporate organisations, as well as through community fundraising initiatives, sponsorships and events.

We aim to grow and diversify Active8's revenue resources to improve sustainability and limit risk, by creating novel fundraising initiatives, partnerships and collaborative opportunities, both financial and in-kind, and explore new philanthropic territories that we have not yet had the resources to focus on such as legacy funding.

By increasing awareness of Active8's mission, we hope to inspire and encourage public donations and support, especially amongst those who understand and appreciate the importance of our work. We are in the process of onboarding some influential and passionate Ambassadors, both philanthropic and aspirational representatives of the disabled community, who are willing to help raise awareness and funds, plus we have committed to taking part in the Big Give Christmas Challenge 2024. The entire Active8 team is extremely committed to growing our charity's support network to ensure a more secure and sustainable future for the charity, its members and wider beneficiaries.

It is worth noting Active8 has recruited a new experienced fundraiser this year (2024) to help evolve the charity's funding programme to include more diverse, strategic and sustainable income generation. By extending the range, number and nature of our revenue streams and resources, we will limit risk and allow the charity to become less reliant on its small number of large grant funders.



# FINANCES

## Review of Risk

The charity Trustees have considered the major risks to the charity and are satisfied that the systems and procedures in place manage those risks. At the Trustee meetings time is allocated to this and the charity has a risk register and strategy plan including a SWOT analysis to identify the major risks.

## Overview

Active8 are committed to providing a reliable and consistent provision to its members. Therefore, we aim to have secured funding for each of the project cycles. The table below shows the funding situation at the end of the financial year 2023/24:

	Funding at 1st August 2023	Funding at 31st July 2024
<b>Restricted</b>		
Acceler8	£11,927	£63,671
Illumin8	----	£49,503
Total	£11,927	£113,174
<b>Unrestricted</b>	£101,409	£77,692
<b>Total</b>	£113,336	£190,866

## Reserves

Active8 endeavors to secure sufficient funding to complete the current cycle of projects that it runs, allocating its unrestricted reserves to meet any temporary shortfall. The charity ensures that £53,000 is held in unrestricted reserve at all times. Any reserves held in excess of this minimum figure will be used to support the ongoing management of the charity and to support projects in future periods.

# SIGNATORIES

Chair of Trustees - Julian Tyson

DocuSigned by:

*Julian Tyson*

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Treasurer - Paul Staniland

Signed by:

*Paul Staniland*

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Active8 CEO - John Sweeting

DocuSigned by:

*John Sweeting*

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Active8  
For the year ended 31 July 2024

### **Independent Examiner's Report to the Trustees of Active8**

I report to the trustees on my examination of the accounts of the Active8 (the Trust) for the year ended 31 July 2024.

#### **Responsibilities and basis of report**

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

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

#### **Independent examiner's statement**

I have completed my examination. I can 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 the Trust as required by section 130 of the Act; or
- (2) the accounts do not accord with those records.

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.

**Darren Perry BA (Hons) ACA DChA**  
Chartered Accountant

**Francis Clark LLP**  
Lowin House  
Tregolls Road  
TRURO  
TR1 2NA



Date: 16 January 2025

**Active 8****Receipts and payments account for year ended 31 July 2024**

	<b>2024</b>			<b>2023</b>
	<b>Unrestricted</b>	<b>Restricted</b>	<b>Total</b>	<b>Total</b>
	£	£	£	£
<b><u>Receipts</u></b>				
Voluntary sources				
Grant from National Lottery Community Fund	-	108,251	108,251	65,453
Grant from Children in Need	-	-	-	14,388
Grants from other associations and trusts	27,476	72,221	99,697	49,681
Fundraising	1,670	-	1,670	86
Donations and Gift Aid	4,906	-	4,906	7,818
Other Income	12,002	-	12,002	4,901
	<u>46,054</u>	<u>180,472</u>	<u>226,526</u>	<u>142,327</u>
Income from assets				
Bank deposit interest	3,149	-	3,149	1,261
<b>Total receipts</b>	<b><u>49,203</u></b>	<b><u>180,472</u></b>	<b><u>229,675</u></b>	<b><u>143,588</u></b>
<b><u>Payments</u></b>				
Direct charitable expenditure				
Youth delivery work				
Activities	7,187	18,281	25,468	38,783
Mentoring	-	-	-	16
Accommodation	-	128	128	-
Equipment, food and transport	4,839	2,774	7,613	7,456
Staff wages & NI				
Manager	23,387	16,606	39,993	26,525
Fundraiser/Facilitator	10,223	3,478	13,701	6,947
Youth Workers	14,807	28,800	43,607	72,301
Staff expenses	3,186	3,201	6,387	5,936
Volunteers' expenses	-	-	-	135
IT	1,601	326	1,927	2,857
Communications	391	501	892	416
Recruitment costs	-	1,222	1,222	320
	<u>65,621</u>	<u>75,317</u>	<u>140,938</u>	<u>161,692</u>
Other expenditure				
Professional fees	1,799	-	1,799	1,162
Independent examination fee	1,380	-	1,380	1,260
Consultants	-	-	-	-
Publicity	1,280	-	1,280	578
Insurance	274	505	779	632
Office rent and utilities	1,835	2,867	4,702	3,835
Printing, postage and stationery	-	-	-	20
Training	443	536	979	1,022
General expenses	228	-	228	560
Bank charges	60	-	60	60
	<u>7,299</u>	<u>3,908</u>	<u>11,207</u>	<u>9,129</u>
<b>Total payments</b>	<b><u>72,920</u></b>	<b><u>79,225</u></b>	<b><u>152,145</u></b>	<b><u>170,821</u></b>
Surplus/(deficit) for the year	(23,717)	101,247	77,530	(27,233)
Balances brought forward	101,409	11,927	113,336	140,569
<b>Balances in hand at 31 July 2024</b>	<b><u>77,692</u></b>	<b><u>113,174</u></b>	<b><u>190,866</u></b>	<b><u>113,336</u></b>

**Active 8**

**Statement of assets and liabilities**

**2024**

**2023**

**Non monetary assets**

Capital vehicle assets costing £15,500 were purchased in 2022 with funds from the National Lottery Community Fund, relating to a minibus purchase.

**Monetary assets**

Cash and bank balances

CAF bank	£	5,382	£	6,745
CAF deposit	£	15,000		-
Charity bank	£	85,000	£	65,247
United Trust Bank	£	85,409	£	35,000
Expense accounts		-	£	6,241
Cash in hand	£	75	£	103
	£	<u>190,866</u>	£	<u>113,336</u>

**Liabilities**

At the 31st July 2024, payments of £491 were outstanding for employee and employer pension contributions, together with an accrual for Independent Examination fees of £1,250+VAT in respect of the year.

**Restricted fund balances**

(included above)

Co-op	£	3,661	£	1,813
Dorota	£	1,082	£	114
Cornwall Community Fund	£	4,623	£	10,000
Albert Van den Bergh	£	1,000	£	-
National Lottery Community Fund	£	20,000	£	-
Disability Cornwall	£	5,305	£	-
Whirlwind	£	5,000	£	-
Hedley Foundation	£	3,000	£	-
Cornwall Council	£	20,000	£	-
National Lottery Community Fund	£	49,503	£	-
	£	<u>113,174</u>	£	<u>11,927</u>

The above statement of assets and liabilities and the attached receipts and payments account for the year ended 31 July 2024 are as approved by the Trustees

Trustee  
Date

Signed by:  
*Paul Staniland*  
B4F8303E66A0490...

08/01/2025

DocuSigned by:  
*Julian Tyson*  
782E87E00CEB483...

14/01/2025

**Active 8  
Restricted Funds**

	Co-op	Dorota	Cornwall Community Fund	A Van den Bergh	Sported Foundation	National Lottery Community Fund	Disability Cornwall	Whirlwind	Hedley Foundation	Cornwall Council	National Lottery Community Fund	Liz Olive Fund
Bfwd	1,813	114	10,000	-	-	-	-	-	-	-	-	-
Introduced in the year	1,848	968	5,000	1,000	100	20,000	5,305	5,000	3,000	20,000	108,251	10,000
Spent in the year	-	-	(10,377)	-	(100)	-	-	-	-	-	(58,748)	(10,000)
Cfwd	3,661	1,082	4,623	1,000	-	20,000	5,305	5,000	3,000	20,000	49,503	-

Acceler8    Acceler8    Acceler8    Acceler8    Acceler8    Acceler8    Acceler8    Acceler8    Acceler8    Acceler8    Illujimin8    Active 8

**Related party transactions**

Due to the nature of the charity's operations and some members of the board being involved in the organisation's charitable activity, transactions may take place with the organisations and individuals in which a member of the Board of Trustees may have an interest. All transactions involving such organisations are conducted at arm's length and in accordance with the charity's financial regulations and normal procurement procedures.

**Income related party transactions**

During the year the charity received unrestricted donations to the value of £3,522 (2023: £3,279) from 7 (2023: 5) trustees.

**Expenses related party transactions**

During the year the charity reimbursed expenses to no (2023: 1) trustees to the total value of £nil (2023: £160).

**Active8  
Restricted Funds**

Costs allocated to Funds based on a pro rata spend by cost type in the Project they were given to

**Breakdown**

	Co-op	Dorota	Cornwall Community Fund	A Van den Bergh	Sported Foundation	National Lottery Community Fund	Disability Cornwall	Whirlwind	Hedley Foundation	Cornwall Council	National Lottery Community Fund	Liz Olive Fund
<b>Total</b>	-	-	10,377	-	100	-	-	-	-	-	58,748	10,000
Spent in the year												
Youth Work Delivery												
Activities	-	-	2,319	-	22	-	-	-	-	-	15,940	-
Accommodation	-	-	-	-	-	-	-	-	-	-	128	-
Equipment, food and transport	-	-	461	-	4	-	-	-	-	-	2,309	-
Manager	-	-	1,578	-	16	-	-	-	-	-	5,012	10,000
Fundraiser	-	-	-	-	-	-	-	-	-	-	3,478	-
Youth Workers	-	-	4,548	-	44	-	-	-	-	-	24,208	-
IT	-	-	551	-	5	-	-	-	-	-	2,644	-
Communications	-	-	74	-	1	-	-	-	-	-	252	-
Insurance	-	-	113	-	1	-	-	-	-	-	387	-
Office rent and utilities	-	-	114	-	1	-	-	-	-	-	390	-
Training	-	-	619	-	6	-	-	-	-	-	2,242	-
Recruitment	-	-	-	-	-	-	-	-	-	-	536	-
	-	-	-	-	-	-	-	-	-	-	1,222	-
<b>Total</b>	-	-	10,377	-	100	-	-	-	-	-	58,748	10,000

# REFERENCE AND ADMINISTRATION INFORMATION

Charity name: Active8

Registered number 1163942, first registered 12th October 2015.

Registered Charity address & Office Address: Active8, B108 Beacon Place, Station Approach, Victoria, St Austell, PL26 8LG.

Nature of governing document Charitable Incorporated Organisation (CIO) – Foundation Trust  
Registered 12 Oct 2015 (a copy can be provided upon request).

Bankers

CAF Bank Limited, 25, Kings Hill Avenue, Kings Hill, West Malling, Kent, ME19 4JQ.

The Charity Bank Limited, Fosse House, 182 High Street, Tonbridge, Kent, TN9 1BE.

United Trust Bank, One Ropemaker Street, London, EC2Y 9AW.

Independent Examiner

Francis Clark LLP, Lowin House, Tregolls Road, Truro, Cornwall TR1 2NA.



**ACTIVE8**

England & Wales - Charity number 1163942

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# Accounts

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(Registered Charity Number: 1163942)

## **The Trustees' Annual Report and Statement of Accounts**

1<sup>st</sup> August 2022 – 31<sup>st</sup> July 2023



## **The Trustees' Annual Report and Statement of Accounts**

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## Overview

### Reference and administrative information

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*Nature of governing document* Charitable Incorporated Organisation (CIO) – Foundation Trust Registered 12 Oct 2015 (a copy can be provided upon request).

*Trustees:*

#### Current

Mr Julian Tyson - Chair of Trustees  
Mrs Penny Monger – Deputy Chair of Trustees  
Mr Paul Staniland - Treasurer  
Mr Mark Stevens - safeguarding  
Mrs Anne Jeffery – leadership mentor  
Ms Felicity Gibbins – wellbeing  
Ms Dawn Cook – voice of a parent  
Ms Cheryl Everitt – voice of a parent  
Mr Mark Curtis – legal, technology and GDPR  
Ms Chloe Walker – (appointed June 2023)

Stepped down within the last 12 months

Ms Nicola Tomkinson (stepped down February 2023)  
Mr Alex Brewer (stepped down February 2023)

Bankers

CAF Bank Limited, 25, Kings Hill Avenue, Kings Hill, West Malling, Kent, ME19 4JQ.

The Charity Bank Limited, Fosse House, 182 High Street, Tonbridge, Kent, TN9 1BE.

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*Independent Examiner*

Francis Clark LLP, Lowin House, Tregolls Road, Truro, Cornwall TR1 2NA.



## **Aims and Organisation**

Active8 is a Cornwall based charity supporting young people with physical disabilities. Our mission is to provide accessible opportunities to young people with physical disabilities to become more independent.

We support Active8 members to challenge the status quo and be a catalyst for improvement in the quality of life of young individuals and our community. The Trustees have complied with their duty to have regard to the Charity Commissions' public benefit guidance when planning activities for the year.

The objective of the charity is to support young people with physical disabilities in Cornwall to become autonomous individuals and have their voices heard.

## **Active8's Projects**

To meet our aims Active8 has four projects:

### **Acceler8**

A personal development programme for young people aged 14-18 years. This is structured as a multi-activity program delivered over one residential weekend every month for a two-year period, each with the same group of young people. Activities are challenging and fun and aim to develop the young people's skills and self-esteem.

This programme also offers individual support for members, family and group support and members are mentored by our older members from Illumin8.

### **Illumin8**

A personal development programme for young people aged 18-30 years, to develop their life skills so that they can move towards being autonomous individuals in either a personal, employment or social capacity. Each year, the project delivers at least four residentials, eight day activities and peer mentoring.

This programme also offers individual support for members, family and group support and members have the opportunity to be trained to become mentors for our younger members from Acceler8.

## Mentoring

This is a bespoke piece of training that Active8 has developed over the last four years aimed at our older members of Active8. The training consists of four days of training, working on various modules created in order to develop mentoring skills and understanding of supporting young people with physical disabilities. On completion of the course mentors gain a level 3 award in mentoring and begin supporting younger members of Active8 through small group and supervised 1-2-1 sessions.

## Advocacy

Advocacy is a key element for ensuring lasting changes and improvements for young people with physical disabilities. Members constantly show an interest in raising awareness of disability rights and support Active8 in requests from other organisations for guidance, support and research. This has included making presentations at meetings and conferences, carrying out access audits and being a member of the Cornwall Disability Alliance.



## Organisation structure

Over the past 12 months Active8 has been run by five paid members of staff, supported by 3 volunteers and a board of 12 trustees. We have the ongoing support of many organisations and people within the local community who help and continue to spread the word about the work our organisation does.

As an organisation, we have had a challenging but rewarding year with the charity having a number of external factors affecting the running of our project delivery. Active8 is in a stable position and is currently working to fund our projects into the next financial year.

### Staffing

At the beginning of the financial year Active8 had four members of staff: John Sweeting, the CEO; Lindsey Cooper, the Acceler8 and Illumin8 activities co-ordinator; Faye Dymond, sick leave cover; and Marika Cathrow the mentoring co-ordinator (who was on long term sick leave).

In December 2022 Active8 appointed a new fundraising officer, Stacey Towner. Stacey came into the charity with a background of school teaching and, along with co-ordinating the fundraising and grant applications, she also has supported Lindsey on Acceler8 residentials, enabling John to prioritise his managerial workload.

In January 2023 Marika returned from long term sick leave to return to her role as mentoring co-ordinator, supported on a phased return by Faye. In June 2023 Marika decided it was the right time for her to leave the role and, in July 2023, she resigned from the role. Faye is now continuing to cover this role until January 2024 when the funding ends and, if successful with new funding bids, we will appoint a new full-time member of staff to replace Marika.

With additions to staffing and changes with individuals' roles, the team have been successful in their objectives due to the flexibility and capability shown by staff.



## **Trustees**

Our trustee numbers have changed over the financial year.

At the AGM in February 2023 there were several trustees who had completed their three years of service. Julian, Anne, Mark and Alex were thanked for the work over the last three years and, after consultation, Julian, Anne and Mark were re-elected into their previous positions. At this point Alex decided to step down from his role. Alex had been a member of our project work for over 15 years and due to deteriorating health, decided now was the right time to step down. At this time Nicola also decided to step down from her role. Nicola, who had been a carer on the Acceler8 project for many years, had made a change in career and wasn't able to commit her time any longer.

In June 2023 Trustees welcomed Chloe on to the board. Chloe has joined us whilst working within Cornwall Council and has a large knowledge base on supporting young people from disadvantaged backgrounds.

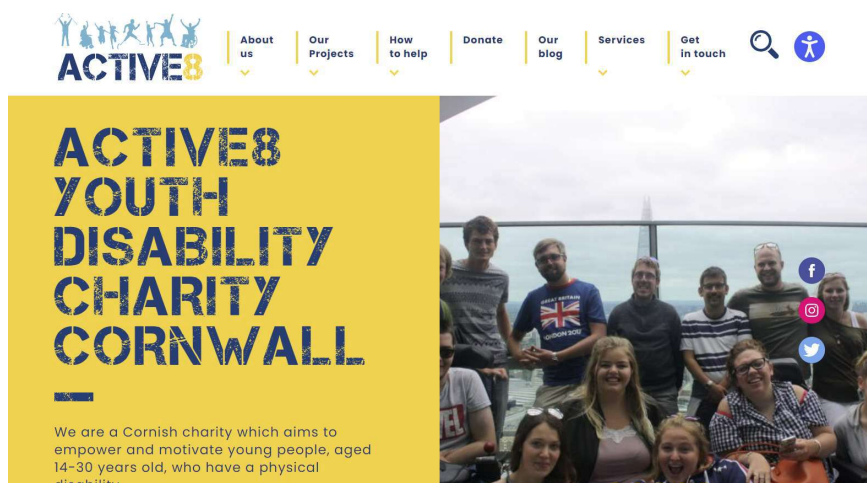
We thank all our trustees for their work over the last year and wish Alex and Nicola all the best for the future and look forward to seeing them at our friends and family events in the future.

## Achievements and Performance

### Website development

Thanks to the support of Cornish organisation Cosmic we have been able to rebrand the charity and create a new website with the charity's new colours of blues and gold. The new website was created to be more user friendly, advertise all the work the charity does, be an area where members can get involved and share their stories through blogs and create a referrals form so potential referrers do not have to contact the charity to get a form.

All of this has helped improve the way we work and the new website is colourful and informative for the different groups of people we want viewing our site.



### Christmas Family and Friends event

This year we set the challenge of running our biggest and best Christmas party to date and we felt we succeeded. We hosted the event at the St Mellion International Resort for an evening of fun.

100 members, friends and family were welcomed with arrival drinks, followed by a three course sit down meal. Following the meal, Yvette Yates from Cornwall Council supported Faye and Marika to present certificates to all mentors who completed the AQA accredited mentoring training.

Everyone was then left to dance the night away to the DJ or use their party coins on the casino tables. It was a great evening of fun, with a little competition thrown in to see who could make the most coins!

During the evening we had a few activities: a raffle, Guess where Santa is hiding in Cornwall and a silent auction on various items, such as Goodwood Revival tickets and artwork from the Acceler8 members.



### **Young People focus groups**

With funding for both our Acceler8 and Illumin8 projects coming to an end in the next six months we used this opportunity to dedicate some time with our members to discuss the future of the projects and in turn what they would like to see the charity do in the future. This information was then collated and is being used by the staff to develop the projects and begin applying for funds to ensure these projects continue in line with the members wishes.

On the 10<sup>th</sup> and 17<sup>th</sup> June we held two group sessions for our members to voice their opinions and had follow up 121 sessions with members that weren't able to attend the group gatherings. In total we have heard from more than 30 members and although the majority of our project work is to continue in the same way, there were some new suggestions to improve the projects.

## Acceler8

This year saw the conclusion of our Acceler8 group for young people aged 14-18. In the past year, the group have been lucky enough to try some amazing activities (listed below):

- August – 5-day residential to Birmingham Para Athletics, Cadbury World, Bath’s historic baths and day spa.
- September – Water sport weekend with sailing, paddle boarding, canoeing, and cookery skills.
- October – Outdoor adventure weekend with zipwire, art therapy, bush craft, archery, and abseiling.
- November – Craft weekend with glass fusion, glass engraving, candle making, rifle shooting, and pistol shooting.
- December – Residential weekend with charity fundraising, karaoke, and group Christmas meal.
- January – Residential weekend with emergency first aid course, and wheelchair basketball taster session.
- February – Residential weekend with chocolate making, food hygiene introduction, and laser tag.
- March – Residential weekend cancelled due to non-availability of accommodation and care.
- April – Residential weekend with event planning, and photography.
- May – Residential weekend planned and booked by the group, with aquarium trip, and escape room team building.
- June – Residential weekend with canoeing and project planning workshop.
- July – 5-day residential to London with musical theatre trip, science museum, London Zoo, navigating the London Underground and visiting the Sky Garden.

There were also a number of one to one visits and small group work where we worked with members on individual goals, tailored to their personal situation.



Over the past year, staff have supported members to have more input in the planning and implementation of residential. In May 2023, we delivered a residential weekend which had been entirely chosen, researched, and booked by the group. This involved working together as a team to reach group decisions and taking into consideration the interests of the whole group, phoning possible venues to check accessibility, working to a budget, and booking activities for themselves and care staff. This experience will better prepare group members to arrange activities independently following completion of the project.

In July 2023, this Acceler8 project group completed their two years of residential activities (totalling 3 ½ years of activities, due to Covid delaying the start of the project). The group have now progressed to become part of the Illumin8 group for young people aged 18-30. Staff have been working with this cohort and their families to make a smooth transition between project groups. It is hoped that many of these individuals will be active members within Illumin8.



## Illumin8

Below you can see the range of activities we have experienced with the group over the last year, which we found to be the best way to engage the young people. Through these activities we were able to work on independence skills such as planning, communication skills, travelling on public transport, money management and more.

- August – Day trip to Boardmasters music festival, in Newquay.
- September – Residential weekend to Goodwood Revival motorsport event, in Sussex.
- October – Paranormal activity evening, at Bodmin Jail.
- November – Christmas Party residential trip, in Saltash.
- December – Wreath making and Christmas market shopping, cancelled due to snow and dangerous driving conditions.
- January – Murder Mystery dinner, at Jamaica Inn.
- February – 2000’s live music ‘Weekender’, at Butlins in Minehead.
- March – Evening out at Russell Howard comedy show.
- April – Easter Egg making day and food hygiene introduction.
- May – Escape room team building day.
- June – Residential weekend with sailing, canoeing, cooking and project planning.
- July – Afternoon tea social.

Group activities have been heavily influenced by the suggestions of group members and online polls are frequently used to choose the events that we deliver.



There were also a number of one to one visits and some small group work, based on the needs of each individual. For example, staff have supported members with university applications, personal statement writing, job interview preparation, apprenticeship research, and supported some members through times of mental ill-health.

Over the past year, Active8 has been focussing on working with our members to evaluate the Illumin8 project as it has run over the past five years, and find out from our members what support they need or would like moving forward into the next phase of the project. Staff have involved members in project planning focus groups, surveys and feedback polls to develop what the project will become after new funding is secured.

## **Mentoring**

To complete the first round of mentoring an evaluation day was arranged and completed in September 2022. We used this opportunity to get everyone together for a social event and to gain valuable feedback to help shape the project moving forwards. It was decided that whilst most had enjoyed the mentoring programme they did not want to continue at this stage. The mentors/mentees who wanted to continue could do so via the communication app discord.

In March 2023 it was decided that all the communication on discord would come to an end, due to both mentors and mentees not having the time to communicate.

The mentoring programme on a whole was a success and we now have the feedback from mentors/mentees to ensure the next programme builds on what was achieved during the first programme.



## Advocacy

Over the last year we have continued to grow our advocacy work. We have been asked to complete access audits and consult on a number of projects including work being carried out on the Royal Cornwall Hospital Trust buildings and the Roseland Outdoor Activity Centre.

We have also been involved in various disability awareness events including the St. James Place Southwest Conference, the Our Safeguarding Childrens Partnership conference in Cornwall and the Children and Young People Self Advocacy board.

We continue to seek opportunities to work with organisations locally and nationally to help elevate our members voices.



## Review of Risk

The charity Trustees have considered the major risks to the charity and are satisfied that the systems and procedures in place manage those risks. At the bi-monthly Trustee meetings time is allocated to this and the charity has a risk register and strategy plan including a SWOT analysis to identify the major risks.

## Finances

### Overview

Active8 are committed to providing a reliable and consistent provision to its members. Therefore, we aim to have secured funding for each of the project cycles. The table below shows the funding situation at the end of the financial year 2022/23:

	Funding at 1 <sup>st</sup> August 2022	Funding at 31 <sup>st</sup> July 2023
<b>Restricted</b>		
Acceler8	£32,296	£11,927
Active8	£10,000	-
Illumin8	£346	-
	£42,642	£11,927
<b>Unrestricted</b>	£97,927	£101,409
<b>Total</b>	£140,569	£113,336

### Reserves

Active8 endeavours to secure sufficient funding to complete the current cycle of projects that it runs, allocating its unrestricted reserves to meet any temporary shortfall. The charity ensures that £52,000 is held in unrestricted reserve at all times. Any reserves held in excess of this minimum figure will be used to support the ongoing management of the charity and to support projects in future periods.



A handwritten signature in blue ink, consisting of the initials 'J.T.' followed by a horizontal line.

Julian Tyson (Chair of Trustees)

A handwritten signature in blue ink, appearing to be 'J. Sweeting'.

John Sweeting (Active8 CEO)

A handwritten signature in blue ink, appearing to be 'Paul Staniland'.

Paul Staniland (Treasurer)

**Independent Examiner's Report to the Trustees of Active8**

I report to the trustees on my examination of the accounts of the Active8 (the Trust) for the year ended 31 July 2023.

**Responsibilities and basis of report**

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


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

**Independent examiner's statement**

I have completed my examination. I can 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 the Trust as required by section 130 of the Act; or
- (2) the accounts do not accord with those records.

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.



**Darren Perry BA (Hons) ACA DChA  
Chartered Accountant**

.....

**Date:** 1 February 2024

**Francis Clark LLP  
Lowin House  
Tregolls Road  
TRURO  
TR1 2NA**

## Active 8

Receipts and payments account for the year ended 31 July 2023

	2023			2022
	Unrestricted	Restricted	Total	
	£	£	£	£
<b>Receipts</b>				
Voluntary sources				
Grant from National Lottery Community Fund	-	65,453	65,453	63,873
Grant from Children in Need	-	14,388	14,388	34,112
Grants from other associations and trusts	10,400	39,281	49,681	47,665
Fundraising	86	-	86	3,620
Donations and Gift Aid	7,818	-	7,818	5,489
Other Income	4,901	-	4,901	2,426
	<u>23,205</u>	<u>119,122</u>	<u>142,327</u>	<u>157,185</u>
Income from assets				
Bank deposit interest	1,261	-	1,261	449
<b>Total receipts</b>	<u>24,466</u>	<u>119,122</u>	<u>143,588</u>	<u>157,634</u>
<b>Payments</b>				
Direct charitable expenditure				
Youth delivery work				
Activities	314	38,469	38,783	21,903
Mentoring	-	16	16	8,135
Accommodation	-	-	-	3,437
Equipment, food and transport	1,007	6,449	7,456	26,656
Staff wages & NI				
Manager	6,525	20,000	26,525	21,054
Fundraiser/Facilitator	6,947	-	6,947	-
Youth Workers	185	72,116	72,301	69,348
Staff expenses	1,271	4,665	5,936	5,130
Volunteers' expenses	98	37	135	203
IT	628	2,229	2,857	3,400
Communications	-	416	416	1,657
Recruitment costs	320	-	320	156
	<u>17,295</u>	<u>144,397</u>	<u>161,692</u>	<u>161,079</u>
Other expenditure				
Professional fees	1,162	-	1,162	1,321
Independent examination fee	1,260	-	1,260	1,230
Consultants	-	-	-	5,756
Publicity	578	-	578	1,446
Insurance	-	632	632	838
Office rent and utilities	-	3,835	3,835	3,692
Printing, postage and stationery	10	10	20	172
Training	302	720	1,022	1,856
General expenses	317	243	560	301
Bank charges	60	-	60	96
	<u>3,689</u>	<u>5,440</u>	<u>9,129</u>	<u>16,708</u>
<b>Total payments</b>	<u>20,984</u>	<u>149,837</u>	<u>170,821</u>	<u>177,787</u>
<b>Surplus/(deficit) for the year</b>	<u>3,482</u>	<u>(30,715)</u>	<u>(27,233)</u>	<u>(20,153)</u>
Balances brought forward	97,927	42,642	140,569	160,722
Balances in hand at 31 July 2023	<u>101,409</u>	<u>11,927</u>	<u>113,336</u>	<u>140,569</u>

**Active 8****Statement of assets and liabilities****2023****2022****Non monetary assets**

Capital vehicle additions in the year totalling £nil (2022: £15,500) were purchased with funds from the National Lottery Community Fund.

**Monetary assets****Cash and bank balances**

CAF bank	£ 6,745	£ 23,761
Charity bank	£ 65,247	£ 41,148
Shawbrook bank	£ -	£ 70,000
United Trust Bank	£ 35,000	£ -
Expense accounts	£ 6,241	£ 5,562
Cash in hand	£ 103	£ 98
	<u>£ 113,336</u>	<u>£ 140,569</u>

**Liabilities**

At the 31st July 2023, an accrual for Independent Examination fees of £1,425 (including VAT) was outstanding.

**Restricted fund balances**

(included above)

Children in Need	£ -	£ 11,796
National Lottery Community Fund	£ -	£ 346
Co-op	£ 1,813	
Dorota	£ 114	
Cornwall community fund	£ 10,000	
Bruce Wake Trust	£ -	£ -
DM Thomas	£ -	£ -
Claire Milne Trust	£ -	£ 5,000
Sported Foundation	£ -	£ 500
Disability Cornwall	£ -	£ 15,000
Liz Olive Fund	£ -	£ 10,000
	<u>£ 11,927</u>	<u>£ 42,642</u>

The above statement of assets and liabilities and the attached receipts and payments account for the year ended 31 July 2023 are as approved by the Trustees



Trustee

P. J. Staniland

Date

17 January 2024

Active 8  
Restricted Funds

	Total	Children in Need	DM Thomas	Claire Milne Trust	A Van den Berg	TK Max	Co-Op	Dorota	St James Place	Cornwall Community Fund	Sported Foundation	Disability Cornwall	National Lottery Community Fund	Liz Olive Fund
Bfwd	42,642	11,796	-	5,000	-	-	-	-	-	-	500	15,000	346	10,000
Introduced in the year	119,122	14,388	-	10,000	1,000	500	1,813	968	5,000	10,000	-	-	65,453	10,000
Spent in the year	(149,837)	(26,184)	-	(15,000)	(1,000)	(500)	-	(854)	(5,000)	-	(500)	(15,000)	(65,799)	(20,000)
Cfwd	11,927	-	-	-	-	-	1,813	114	-	10,000	-	-	-	-
		Acceler8	Acceler8	Acceler8	Acceler8	Acceler8	Acceler8	Acceler8	Acceler8	Acceler8	Acceler8	Acceler8	Illumin8	Active 8

**Related party transactions**

Due to the nature of the charity's operations and some members of the board being involved in the organisation's charitable activity, transactions may take place with the organisations and individuals in which a member of the Board of Trustees may have an interest. All transactions involving such organisations are conducted at arm's length and in accordance with the charity's financial regulations and normal procurement procedures.

**Income related party transactions**

During the year the charity received unrestricted donations to the value of £3,279 (2022: £3,120) from 5 (2022: 1) trustees.

**Expenses related party transactions**

During the year charity reimbursed expenses to one (2022: 2) trustees to the total value £160 (2022: £46)

Active8

Restricted Funds

Breakdown

Costs allocated to Funds based on a pro rata spend by cost type in the Project they were given to

Spent in the period	Children in Need	Clare Milne Trust	Disability Cornwall	Sported Foundation	A Van den Berg	TK Maxx	Dorota	St James Place	National Lottery Community Fund	Liz Olive Fund
	26,184	15,000	15,000	500	1,000	500	854	5,000	65,799	20,000
Youth Work Delivery										
Activities	9,911	5,678	5,678	189	379	189	323	1,893	14,230	-
Mentoring	-	-	-	-	-	-	-	-	16	-
Equipment, food and transport	1,614	925	925	31	62	31	53	308	2,501	-
Manager	20,000	-	-	-	-	-	-	-	-	20,000
Youth Workers	12,302	7,047	7,047	235	470	235	401	2,349	42,029	-
Staff wages & NI	4,665	528	528	18	35	18	30	176	2,412	-
Staff expenses	37	-	-	-	-	-	-	-	37	-
Volunteers' expenses	2,229	201	201	7	13	7	11	67	1,369	-
IT	416	16	16	1	1	1	1	5	347	-
Communications	632	129	74	2	5	2	4	25	316	-
Insurance	3,835	709	406	14	27	14	23	135	2,100	-
Office rent and utilities	10	3	2	0	0	0	0	1	2	-
Printing, postage and stationery	720	114	66	2	4	2	4	22	440	-
Training	243	99	57	2	4	2	3	19	-	-
General expenses										
	26,184	15,000	15,000	500	1,000	500	854	5,000	65,799	20,000

**ACTIVE8**

England & Wales - Charity number 1163942

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# Accounts

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## **The Trustees' Annual Report and Statement of Accounts**

1st August 2021 – 31st July 2022

(Registered Charity Number: 1163942)



Image above: Acceler8 members canoeing in Bude July 2022.

## **The Trustees' Annual Report and Statement of Accounts** 1st August 2021 – 31st July 2022

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## Overview

### Reference and administrative information

*Charity name:* Active8

*Registered number:* 1163942, first registered 12<sup>th</sup> October 2015.

*Registered Charity address & Office Address:* Active8, B108 Beacon Place, Station Approach, Victoria, St Austell, PL26 8LG

*Nature of governing document* Charitable Incorporated Organisation (CIO) - Foundation Trust Registered 12 October 2015 (a copy can be provided upon request). The objective of the charity is to support young people with physical disabilities in Cornwall to become autonomous individuals and have their voices heard.

*Trustees:*

Current

Mr Julian Tyson – Chair of Trustees  
Mrs Penny Monger – Deputy Chair of Trustees  
Mr Paul Staniland – Treasurer  
Mr Mark Stevens - safeguarding  
Mrs Anne Jeffery – leadership mentor  
Ms Felicity Gibbins – wellbeing  
Ms Dawn Cook – voice of a parent  
Mr Alex Brewer – Technology and GDPR  
Ms Cheryl Everitt – voice of a parent  
Ms Nicola Tomkinson – care lead and safeguarding  
Mr Mark Curtis – legal guidance (appointed March 2022)

Stepped down within the last 12 months

Mrs Heather Campbell - Secretary (stepped down September 2021)  
Ms Lauren Coulson (nee Woolsey) (stepped down July 2022)

*Bankers:*

CAF Bank Limited, 25, Kings Hill Avenue, Kings Hill, West Malling, Kent, ME19 4JQ.

The Charity Bank Limited, Fosse House, 182 High Street, Tonbridge, TN9 1NE.

Shawbrook Bank Limited, Lutea House, Warley Hill Business Park, Great Warley, CM13 3BE.

*Independent Examiner:*

Francis Clark LLP, Lowin House, Tregolls Road, Truro, Cornwall TR1 2NA



## **Aims and Organisation**

Active8 is a Cornwall-based charity supporting young people with physical disabilities. Our mission is to support young people with physical disabilities in Cornwall to become autonomous individuals and to have their voices heard.

We support Active8 members to challenge the status quo and be a catalyst for improvement in the quality of life of young individuals and our community. The Trustees have complied with their duty to have regard to the Charity Commissions' public benefit guidance when planning activities for the year.

### **Active8's Projects**

To meet our aims Active8 has three projects:

#### **Acceler8**

A personal development programme for young people, aged 14-18 years. This is structured as a multi-activity programme delivered over one residential weekend every month for a two-year period, each with the same group of young people. Activities are challenging and fun and aim to develop the young peoples' skills and self-esteem.

#### **Illumin8**

A personal development programme for members aged 18 -30 years, to develop their life skills so that they can move towards being autonomous individuals be it in a personal, employment or social capacity. Each year, the project delivers at least four residential sessions, eight day-long activities and peer mentoring. The peer mentoring scheme has been developed in 2019 and 2020, started training mentors in 2021, and the trained members started to mentor others in 2022.

#### **Advocacy**

Advocacy is a key element for ensuring lasting changes and improvements for young people with physical disabilities. Members constantly show an interest in raising awareness of disability and support the charity in requests from other organisations for guidance, support and research. This has included carrying out Access Audits and being a member of the Voluntary Sector Forum Disability Alliance.

## **Organisation structure**

Over the last 12 months Active8 has been run by four different paid members of staff, supported by three volunteers and a board of 13 trustees bringing a range of knowledge and skills to the charity. We have the ongoing support of many people within the local community who help and continue to spread the word about the work our organisation does.

## **Staffing**

At the beginning of the financial year, Active8 had three members of staff: John Sweeting, the CEO; Lindsey Cooper, the Acceler8 and Illumin8 activities co-ordinator and Marika Cathrow, the Illumin8 mentoring lead.

In April 2022, Marika went on long term sick expecting to be off for a minimum of six months.

Due to the foreseen gap in staffing we successfully appointed Faye Dymond into a part time role, to run the mentoring program in Marika's absence. Faye started in April 2022. She had previously volunteered and supported members as a private PA, so knew the charity well and jumped straight into the role.

Since then, John, Lindsey and Faye have worked well together to develop the projects and the charity and are looking at how to develop the charity in the future to meet the needs of our members. We look forward to having Marika re-join the team in early 2023.

## **Trustees**

Our trustee numbers have changed over 2021-22.

At the September trustee meeting Heather Campbell, who had been a trustee and previously a volunteer with the charity for over 15 years stepped down, due to family commitments. This led to recruitment of a new trustee and we were pleased to invite Mark Curtis, current member and qualified solicitor onto the board. His knowledge of the charity along with his work background will make him a valuable member of the board. Mark was appointed in March 2022.

At the March 2022 meeting we held our AGM where a number of trustees had completed their three years of service. Penny Monger, Paul Staniland, Nicola Tomkinson, Felicity Gibbins, Cheryl Everett, and Dawn Cook were thanked for the work over the last three years and after consultation were all re-elected into their previous positions for the next three-year cycle.

In July 22 Lauren Coulson, who has been a member of the charity for over 10 years and board member for five years, decided it was time for her to step down from the



role. Lauren was recently married and just secured a new job as a proof writer, which she was very excited to be starting.

We thank all our trustees for their work over the last year and wish Heather and Lauren all the best for the future and look forward to seeing them at our friends and families events in the future.

## **Achievements and Performance**

### **Mentoring Program**

This year has seen our mentor program flourish with a group of Illumin8 members completing two weekends of training to complete their AQA accredited level 3 course and begin the journey of mentoring our younger members.

### **Advocacy Work - Access Audits**

This year we have facilitated consultations with our members for the benefit of various service providers. The hope is always that improvements will be made as a direct result of the consultative exercise, which will help create truly inclusive societies where every person has the same opportunities.

We have trained staff over the last year to carry out these access audits to be able to provide legal knowledge and expertise whilst our members have lived experience that can offer practical guidance.

Over the last year we have held focus groups for public and private transport, beach accessibility, accessible holiday accommodation, public conveniences, and Newquay Airport.

### **Minibus**

After many years of uncertainty around accessible transport for our members to get to events we were given the opportunity by the National Lottery Community Fund to be able to purchase a minibus. In December 2021 we purchased a wheelchair accessible minibus and now use it regularly to transport our members to and from events. We have also made the vehicle available to hire to other charities and not for profit organisations.

### **Cornwall Disability Alliance**

Now having worked with the Disability Alliance for over a year we have been part of some real successes as an alliance. Working with the Royal Cornwall Hospital Trust,

Cornwall Council and the Cornwall Voluntary Sector Forum we have been able to use our collective voice to make an impact for our members.

## Acceler8



Image above: the 2021-2023 Acceler8 group at the beach.

### Overview

We have completed the first of the two-year Acceler8 project, which is due to end in July 2023.

The project supports young people with physical disabilities, ages 14-18, by providing one residential weekend away each month, over two years. The young people are provided with activities and experiences that they never thought would be possible to achieve. Our work develops young people's skills, confidence, friendships and aspirations.

In addition to this, Acceler8 members have benefited from individual support by our older members, through our Illumin8 mentoring project, and received one-to-one support from staff as and when needed.

Unfortunately, for personal and health reasons, two of our Acceler8 group have left the project over the past year but we are hopeful that one of these members may re-join the group in 2023.

Events delivered this year include, but are not limited to:

- ▮ Cooking and baking skills
- ▮ Canoeing
- ▮ Surfing
- ▮ Quad biking
- ▮ T-Shirt design and printing
- ▮ Spa pamper day
- ▮ Watching sport and para-sport fixtures

Independent living skills are central to the running of residential trips. With the support of staff and each other, members are encouraged to: prepare meal plans, shop for groceries, cook, wash the dishes, make their beds, Hoover the accommodation, make their own drinks, among other tasks which promote greater day-to-day independence.

Active8 have also arranged for members to take part in a local University Open Day so that they can begin exploring some of their post-16 choices.



Image above, left: Acceler8 members holding up t-shirts they designed and screen printed.

Image above, right: The Acceler8 group at the Eden Project.

## Evaluation and feedback

Between 1<sup>st</sup> August 2021 and 31<sup>st</sup> July 2022, Active8 have provided 438 hours of interaction across 1 day event and 11 residential events. This has resulted in 81 interactions across nine Acceler8 members.

When asked the question, 'has Active8 helped you to develop your confidence over the past year?', 78% of the group said 'yes' and the remaining 22% said 'not sure'. Members then expanded saying:

*"I feel more confident doing new things"*

*"I am more confident to go out on my own"*

*"I've been more confident when talking to people"*

When we asked the group if they feel more independent, compared with a year ago, one of our members told us:

*"100%, cooking at home when I first started Active8 was difficult for me, and Active8 allowed me too increase my food prep skills. This has meant that (now we've had our kitchen re-done) I can now cook and do food prep with the skills I first learnt at Active8. Lindsey also helped me with meal planning when I was deciding weather to go to uni or not and this really helped me and I now plan some of my meals and I also feel this will help me to live independently in the future."*



Image above, left: Acceler8 members packing the bags after completing a supermarket food shop.

Image above, right: Acceler8 member making a cake.

## Illumin8



Image above shows: Illumin8 group at Crufts 2022.

### Overview

We completed year three of the five year project in January 2022.

Since the end of National Coronavirus restrictions, some of our members have been more cautious about the return to “normality” as they are clinically more vulnerable. Staff have been working with members to re-build their confidence in crowds and in social situations. Staff have considered the type and scale of event we attend over the past year, offering a variety of large and small-scale events, so that members can choose what they feel comfortable attending.

Staff have involved members with the decisions around what events we attend and used opinion polls, 1:1 conversations and our Young People’s Board to gather feedback. Our members have told staff that they no longer feel the need for online sessions (which were introduced in response to the Coronavirus Pandemic) and prefer meeting face-to-face.

Events include, but are not limited to:

- ┆ Virtual reality gaming
- ┆ Cinema trips
- ┆ Meals out
- ┆ Watching a sporting fixture
- ┆ A theatre trip
- ┆ A residential trip to Crufts Dog Show, Birmingham
- ┆ Accessible surfing
- ┆ Mentoring project training weekends

Active8 aim to empower our members to be independent and achieve their own life goals. To this end, in July 2022, we supported our Illumin8 members to attend a Motability event at Exeter’s Westpoint Arena. This event provided information and advice to those in the group who are considering/in the process of securing an adapted vehicle, or learning to drive.

## Peer mentoring



Image above, left shows: Illumin8 mentors at the mentoring training session.

Image above, right shows: Acceler8 members and their Illumin8 mentors teambuilding while paddleboarding.

The peer mentoring training programme was completed in October and November 2021, having previously been delayed due to COVID-19. Eight members of Illumin8 spent two weekends together and successfully completed the accredited training and gained an AQA Level 3 qualification in Mentoring. The mentors were then partnered with Acceler8 members and have worked with the mentees via one-to-



one sessions, group events and zoom video calls. During the one-to-one sessions, both the mentors and mentees could get to know each other and discuss goals they would like to work towards, such as applying for a driving licence, applying for university and how to cook a meal for their family. During the project, the mentees have gained confidence when talking to their peers and to the mentors.

## **Evaluation and feedback**

Including the mentoring meetings, the Illumin8 project has provided 76 one-to-one catch ups, phone calls or video calls, between 1<sup>st</sup> August 2021 and 31<sup>st</sup> July 2022.

During the timeframe of this report, Active8 have provided 265 hours of engagement, across 23 day events and residential trips. This has resulted in 145 interactions across 30 Illumin8 members.

## Review of Risks

The charity trustees have considered the major risks to the charity and are satisfied that the systems and procedures in place manage those risks.

## Finances

### Overview

Active8 are committed to providing a reliable and consistent provision to its members. Therefore, we aim to have secured funding for each of the project cycles. The table below shows the funding situation at the end of the financial year 2021/22:

	Funding at 1 <sup>st</sup> August 2021	Funding at 31 <sup>st</sup> July 2022
<b>Restricted</b>		
Acceler8	£27,516	£32,296
Active8	£20,000	£10,000
Illumin8	£32,878	£346
	£80,394	£42,642
<b>Unrestricted</b>	£80,328	£97,927
<b>Total</b>	£160,722	£140,569

### Reserves


Active8 endeavours to secure sufficient funding to complete the current cycle of projects that it runs, allocating its unrestricted reserves to meet any temporary shortfall. The charity ensures that £46,000 is held in unrestricted reserve at all times. Any reserves held in excess of this minimum figure will be used to support the ongoing management of the charity and to support projects in future periods.



Julian Tyson (Chair of Trustees)



John Sweeting (Active8 CEO)



Paul Staniland (Treasurer)

### **Independent Examiner's Report to the Trustees of Active8**

I report to the trustees on my examination of the accounts of the Active8 (the Trust) for the year ended 31 July 2022.

#### **Responsibilities and basis of report**

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

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

#### **Independent examiner's statement**

I have completed my examination. I can 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 the Trust as required by section 130 of the Act; or
- (2) the accounts do not accord with those records.

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.



**Darren Perry BA (Hons) ACA DChA  
Chartered Accountant**

.....

**Date:** 9 December 2022

**Francis Clark LLP  
Lowin House  
Tregolls Road  
TRURO  
TR1 2NA**

## Active8

### Receipts and payments account for the year ended 31 July 2022

	2022			2021	
	£	£	£	£	
	Unrestricted	Restricted	Total		
<b>Receipts</b>					
Voluntary sources					
Grant from National Lottery Community Fund	-	63,873	63,873	74,148	
Grant from Children in Need	-	34,112	34,112	25,068	
Grants from other associations and trusts	13,965	33,700	47,665	15,508	
Fundraising	3,620	-	3,620	54	
Donations and Gift Aid	5,489	-	5,489	4,271	
Other Income	2,426	-	2,426	4,467	
	<u>25,500</u>	<u>131,685</u>	<u>157,185</u>	<u>123,516</u>	
Income from assets					
Bank deposit interest	449	-	449	946	
<b>Total receipts</b>	<u>25,949</u>	<u>131,685</u>	<u>157,634</u>	<u>124,462</u>	
<b>Payments</b>					
Direct charitable expenditure					
Youth delivery work	Activities	-	21,903	21,903	6,330
	Mentoring	-	8,135	8,135	-
	Accommodation	-	3,437	3,437	(440)
	Equipment, food and transport	709	25,947	26,656	8,328
Staff wages & NI	Manager	1,054	20,000	21,054	21,050
	Fundraiser/Facilitator	-	-	-	1,915
	Youth Workers	697	68,651	69,348	60,358
Staff expenses		632	4,498	5,130	2,727
Volunteers' expenses		23	180	203	-
IT		384	3,016	3,400	1,813
Communications		-	1,657	1,657	722
Recruitment costs		-	156	156	-
		<u>3,499</u>	<u>157,580</u>	<u>161,079</u>	<u>102,803</u>
Other expenditure					
Professional fees		1,321	-	1,321	1,424
Independent examination fee		1,230	-	1,230	1,200
Consultants		110	5,646	5,756	-
Publicity		1,010	436	1,446	-
Insurance		-	838	838	832
Office rent and utilities		248	3,444	3,692	3,456
Printing, postage and stationery		4	168	172	114
Training		576	1,280	1,856	850
General expenses		256	45	301	316
Bank charges		96	-	96	82
		<u>4,851</u>	<u>11,857</u>	<u>16,708</u>	<u>8,274</u>
<b>Total payments</b>		<u>8,350</u>	<u>169,437</u>	<u>177,787</u>	<u>111,077</u>
<b>(Deficit)/surplus for the year</b>		<u>17,599</u>	<u>(37,752)</u>	<u>(20,153)</u>	<u>13,385</u>
Balances brought forward		80,328	80,394	160,722	147,337
<b>Balances in hand at 31 July 2022</b>		<u>97,927</u>	<u>42,642</u>	<u>140,569</u>	<u>160,722</u>

## Active8

### Statement of assets and liabilities at 31 July 2022

	2022 £	2021 £
<b>Non monetary assets</b>		
Capital vehicle additions totalling £15,500 were purchased during the year with funds from the National Lottery Community fund.		
<b>Monetary assets</b>		
<b>Cash and bank balances</b>		
CAF bank	23,761	18,062
Charity bank	41,148	70,910
Shawbrook bank	70,000	70,000
Expense accounts	5,562	1,729
Cash in hand	98	21
	<u>140,569</u>	<u>160,722</u>

#### Liabilities

At the 31st July 2022, payments of £1,059 were outstanding for employee and employer pension contributions, together with an accrual for Independent Examination fees of £1,050+VAT in respect of the year.

#### Restricted fund balances (included above)

Children in Need	11,796	2,225
National Lottery Community Fund	346	32,878
Bruce Wake Trust	-	2,280
DM Thomas	-	4,105
Claire Milne Trust	5,000	10,000
E Goslin	-	5,000
John Casson Foundation	-	1,650
Learning Partnerships	-	256
ScrewFix Partnerships	-	2,000
Sported Foundation	500	-
Disability Cornwall	15,000	-
Liz Olive Fund	10,000	20,000
	<u>42,642</u>	<u>80,394</u>

The above statement of assets and liabilities and the attached receipts and payments account for the year ended 31 July 2022 are as approved by the Trustees



JULIAN TYSON  
On behalf of the Trustees

Active8  
Restricted Funds

	Total	Children in Need	DM Thomas	Claire Milne Trust	E Goslin	John Casson Foundation	Bruce Wake Trust	Learning Partnerships	ScrewFix Partnerships	Cornwall Council	Sported Foundation	Disability Cornwall	National Lottery Community Fund	Liz Olive Fund
Bfwd	80,394	2,225	4,105	10,000	5,000	1,650	2,280	256	2,000	-	-	-	32,878	20,000
Introduced in the year	131,685	34,112	-	-	-	-	-	-	-	8,000	700	15,000	63,873	10,000
Spent in the year	(169,437)	(24,541)	(4,105)	(5,000)	(5,000)	(1,650)	(2,280)	(256)	(2,000)	(8,000)	(200)	-	(96,405)	(20,000)
Cfwd	42,642	11,796	-	5,000	-	-	-	-	-	-	500	15,000	346	10,000

Acceler8

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Related Party Transactions

Owing to the nature of the charity's operations, and some members of the Board of Trustees being involved in the organisation's charitable activity, transactions may take place with organisations and individuals in which a member of the Board of Trustees may have an interest. All transactions involving such organisations are conducted at arm's length and in accordance with the charity's financial regulations and normal procurement procedures.

Income Related Party Transactions

During the year the charity received unrestricted donations from one trustee to the value of £3,140 (2021: £3,160)

Expense Related Party Transactions

During the year the charity reimbursed expenses to one trustee to the total value of £26 (2021: £nil)

Active8  
Restricted Funds

Costs allocated to Funds based on a pro rata spend by cost type in the Project they were given to

Breakdown

	Total	Children in Need	DM Thomas	Claire Milne Trust	E Goslin	John Casson Foundation	Bruce Wake Trust	Learning Partnerships	ScrewFix Partnerships	Cornwall Council	Sported Foundation	Disability Cornwall	National Lottery Community Fund	Liz Olive Fund	
Spent in the period	169,437	24,541	4,105	5,000	5,000	1,650	2,280	256	2,000	8,000	200	-	96,405	20,000	
Youth Work Delivery	21,903	3,743	626	763	763	252	348	39	305	1,220	31	0	13,815	-	
Mentoring	8,135	0	0	0	0	0	0	0	0	0	0	0	8,135	-	
Accommodation	3,437	1,591	266	324	324	107	148	17	130	518	13	0	-	-	
Equipment, food and transport	25,947	3,360	562	684	684	226	312	35	274	1,095	27	0	18,687	-	
Manager	20,000	0	0	0	0	0	0	0	0	0	0	0	-	20,000	
Youth Workers	68,651	12,845	2,149	2,617	2,617	864	1,193	134	1,047	4,187	105	0	40,893	-	
Staff expenses	4,498	754	126	154	154	51	70	8	61	246	6	0	2,868	-	
Volunteers' expenses	180	36	6	7	7	2	3	0	3	12	0	0	103	-	
IT	3,016	623	104	127	127	42	58	7	51	203	5	0	1,669	-	
Communications	1,657	352	59	72	72	24	33	4	29	115	3	0	897	-	
Recruitment costs	156	0	0	0	0	0	0	0	0	0	0	0	156	-	
Consultants	5,646	0	0	0	0	0	0	0	0	0	0	0	5,646	-	
Publicity	436	12	2	2	2	1	1	0	1	4	0	0	410	-	
Insurance	838	194	32	40	40	13	18	2	16	63	2	0	419	-	
Office rent and utilities	3,444	694	116	141	141	47	64	7	57	226	6	0	1,944	-	
Printing, postage and stationery	168	0	0	0	0	0	0	0	0	0	0	0	168	-	
Training	1,280	338	57	69	69	23	31	4	28	110	3	0	550	-	
General expenses	45	0	0	0	0	0	0	0	0	0	0	0	45	-	
<b>Total</b>	<b>169,437</b>	<b>24,541</b>	<b>4,105</b>	<b>5,000</b>	<b>5,000</b>	<b>1,650</b>	<b>2,280</b>	<b>256</b>	<b>2,000</b>	<b>8,000</b>	<b>200</b>	<b>-</b>	<b>96,405</b>	<b>20,000</b>	
Total Acceler8	Acceler8	Acceler8	Acceler8	Acceler8	Acceler8	Acceler8	Acceler8	Acceler8	Acceler8	Acceler8	Acceler8	Acceler8	Acceler8	Acceler8	20,000

**ACTIVE8**

England & Wales - Charity number 1163942

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# Accounts

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# The Trustees' Annual Report and Statement of Accounts

1st August 2020 – 31st July 2021

(Registered Charity Number: 1163942)



Image above: Illumin8 members attending a COVID-19 safe BBQ in June 2021.



# The Trustees' Annual Report and Statement of Accounts

## 1st August 2020 – 31st July 2021

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# Overview

## Reference and administrative information

*Charity name:* Active8

*Registered number:* 1163942, first registered 12<sup>th</sup> October 2015.

*Registered Charity address & Office Address:* Active8, B108 Beacon Place, Station Approach, Victoria, St Austell, PL26 8LG

*Nature of governing document* Charitable Incorporated Organisation (CIO) - Foundation Trust Registered 12 October 2015 (a copy can be provided upon request). The objective of the charity is to support young people with physical disabilities in Cornwall to become autonomous individuals and have their voices heard.

*Trustees:*

*Current*

Mr Julian Tyson – Chair of Trustees  
Mrs Penny Monger – Deputy Chair of Trustees  
Mr Paul Staniland – Treasurer  
Mr Mark Stevens - safeguarding  
Mrs Anne Jeffery – leadership mentor  
Ms Felicity Gibbins – wellbeing  
Ms Lauren Woolsey – voice of member  
Ms Dawn Cook – voice of a parent  
Mr Alex Brewer – voice of member and IT  
Ms Cheryl Everitt – voice of a parent  
Ms Nicola Tomkinson – personal assistant (PA) & care lead

*Stepped down within the last 12 months*

Mr Nick Carr – voice of member (resigned July 2021)  
Mrs Heather Campbell – Secretary (resigned September 2021)

*Bankers:*

CAF Bank Limited, 25, Kings Hill Avenue, Kings Hill, West Malling, Kent, ME19 4JQ.

The Charity Bank Limited, Fosse House, 182 High Street, Tonbridge, TN9 1NE.

Shawbrook Bank Limited, Lutea House, Warley Hill Business Park, Great Warley, CM13 3BE.

*Independent Examiner:*

Francis Clark LLP, Lowin House, Tregolls Road, Truro, Cornwall TR1 2NA

# Aims and Organisation

Active8 is a Cornwall-based charity supporting young people with physical disabilities. Our aim is to empower and motivate young people to become more independent by enabling them to make decisions about their lives and to act for themselves.

We support Active8 members to challenge the status quo and be a catalyst for improvement in the quality of life of young individuals and our community. The Trustees have complied with their duty to have regard to the Charity Commissions's public benefit guidance when planning activities for the year.

## Active8's Projects

To meet our aims Active8 has three projects:

### Acceler8

A personal development programme for young people, aged 14-18 years. This is structured as a multi-activity programme delivered over one residential weekend every month for a two-year period, each with the same group of young people. Activities are challenging and fun and aim to develop the young peoples' skills and self-esteem.

### Illumin8

A personal development programme for members aged 18 -30 years, to develop their life skills so that they can move towards being autonomous individuals be it in a personal, employment or social capacity. Each year, the project delivers at least four residential sessions, eight day-long activities and peer mentoring. The peer mentoring scheme has been developed in 2019 and 2020 and will start to train mentors in 2021 (COVID-19 dependent) and the trained members will start to mentor others in 2022.

### After8

For members that are coming to the end of Illumin8 (29-year-olds) and those over the age of 30. We have identified that there is a lack of organisations for us to signpost members on to, so we are supporting members in their transition out of Illumin8. This work is mainly through one-to-one catch ups but, during the COVID-19 pandemic, members were invited to online activities with the Illumin8 group.

### Advocacy

Although this is no longer a standalone project, advocacy is a key element for ensuring lasting changes and improvements for young people with physical disabilities. Members constantly show an interest in raising awareness of disability

and support the charity in requests from other organisations for guidance, support and research. This is an area we will be looking at further over the next 12 months.

## **Organisation structure**

Active8 has been run by four paid members of staff, supported by four volunteers and a board of 13 trustees bringing a range of knowledge and skills to the charity. We have the ongoing support of many people within the local community who help and continue to spread the word about the work our organisation does.

### **Staffing**

At the beginning of the financial year, Active8 had four members of staff: John, the manager; Lindsey the Acceler8 and Illumin8 activities co-ordinator; Marika the Illumin8 mentoring lead; and Jane as fundraiser.

In November 2020 Jane resigned from her part time position due to a change in family circumstances during the pandemic.

Due to the strong position Jane left the charity in, and the multi-year funding she secured, Active8 trustees made the decision not to find a replacement immediately. The responsibilities of fundraising in the short term have been the responsibility of John and Marika.

Since then, John, Marika and Lindsey have worked well together to develop the projects and the charity and are looking at how to develop the charity in the future to meet the needs of our members.

### **Trustees**

Our trustee numbers have stayed the same for the majority of 2020-21. On the 1<sup>st</sup> March 2021 Anne Jeffery stepped down from her role as Chair of Trustees and Julian Tyson stepped into the role. Anne has continued as a trustee. In July 2021 Nick Carr took the decision to step down as a trustee, after nearly 20 years involvement with the charity; both as a member and trustee. He will be moving onto other adventures and personal challenges. In September 2021 Heather Campbell took the decision to step down as a trustee, after 16 years involvement with the charity.

The charity is in the process of looking for replacements for Nick and Heather. Trustees must be appointed by a resolution passed at a properly convened meeting of the charity trustees with 21 days' notice. In selecting individuals for appointment, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO. Our Board of Trustees includes members and members parents as well as qualified trustees with specialist skills e.g; Legal, HR and Finance.

# **Achievements and Performance**

## **Invitation to join the Cornwall Disability Alliance**

Active8 was approached by the Cornwall Voluntary Sector Forum to join the thematic alliances around disability. Along with nine other organisations, we discuss the issues we have in common, build partnerships, support each other, and look at how we can strengthen the sector and Cornwall's views on disability. To date, we have worked on bringing a Mobiloo to Cornwall, carried out various works with Treliske hospital, and on Cornwall Council's disabled passenger PA passes, amongst other things.

## **Digital structure**

Thanks to the work with the Disability Alliance, staff have been able to participate in digital skills workshops and one-to-one support by Cosmic; a Cornish organisation that supports charities to improve their digital awareness and usage. As a result, we have transferred our work to Microsoft Office 365. This has meant all staff are now working in one central place, collaborative working is easier, and file sharing is more secure. This has helped staff with the sharing of information internally and will simplify our work.

## **Logo / rebranding / website**

Over the last year we have been researching and developing our branding. After completing work with our members and trustees, we have created a draft logo which is being developed into the finished article by a graphics artist. This was completed in September 2021. Alongside this, we have been developing our website and have secured funds through the National Lottery to use a website developer to improve our website further. It is hoped this will draw more traffic to the web pages and raise awareness of the work of the charity.

## **Development of our support to members (support plans)**

The pandemic gave us the opportunity to revisit and evolve our services. One of the most important was the development of our provision for members. Firstly, to ensure all the details we have are correct and up to date but also to remind members of their responsibilities to inform us of any changes. We have created a new working document for each member to make things easier and using Docusign to help get signed forms back from members.

## **Funded new equipment**

Through funding from Children in Need and Screwfix we were able to replace our rusting container and get it insulated and ply lined. We were also able to fund a new battery powered mobile hoist, to support the needs of our Acceler8 group, and update our emergency wheelchair.

# Acceler8

## Overview

The Acceler8 group consists of 10 young people from all over the county. Due to the pandemic, and subsequent national lockdowns, planned residential weekends were not possible. Our activities were adapted for online delivery via Zoom. Many of our group have medical conditions which mean they are 'clinically extremely vulnerable' to COVID-19 and have been shielding at home for large portions of the year.

The team delivered: 28 online group activities; 2 parent's sessions; and 55 one-to-one catch ups. We have delivered over 150 hours of support for our Acceler8 members; online and face-to-face, when permissible.

Although the overall aim of the charity remains the same as ever, our primary goal this year has been to support the mental and emotional wellbeing of our members during this difficult time. Staff have been able to offer a diverse range of online activities to keep our members engaged and entertained while shielding. Activities have included (but have not been limited to): quizzes; virtual escape room experiences; online games; and workshops on fitness and wellbeing, beatboxing, British Sign Language, song writing, forensics, and palm reading.

As well as entertaining the group, these group sessions allowed members to chat and feel connected during lockdown and while shielding. Active8 has provided a platform for members to discuss how they are feeling and how they are coping with lockdown life in an informal and supportive setting. Throughout, we have been able to answer questions the group have had about lockdown restrictions, vaccinations, schooling, careers and higher education options.

## Evaluation and feedback

When asked if Active8 had helped develop their confidence this year, members said:

"Yes, I'm less shy to new people and I'm more confident to ask for help when I need it" member D, January 2021

"Yes, because I have done new things that I wouldn't usually do" member C, January 2021

When asked if Active8 had helped them become more independent this year, members said:

"Yes, I have started thinking about College and my driving licence and they have really helped me look into it for myself" member D, January 2021

"No, I see myself as fairly independent" member J, January 2021

"Not sure, nothing has really changed in my day-to-day life" member A, January 2021

"Yes, because it has helped me become more confident and do things that I wouldn't usually do" member C, January 2021

When asked if Active8 had helped them develop supportive relationships this year, members said:

"I feel that I have made friends who understand about having disability" member I, January 2021

"I met people like me, that I can identify with" member J, January 2021

"We all check up on each other and have really random conversations, but it's funny and keeps us all going. Some of us play together on PS4 so we tend to spend too much time together to be honest! But it's great." member F, January 2021



Image above left: Active8 staff supporting Acceler8 member with one-to-one visit.  
Image above right: Active8 staff supporting Acceler8 member with one-to-one visit.

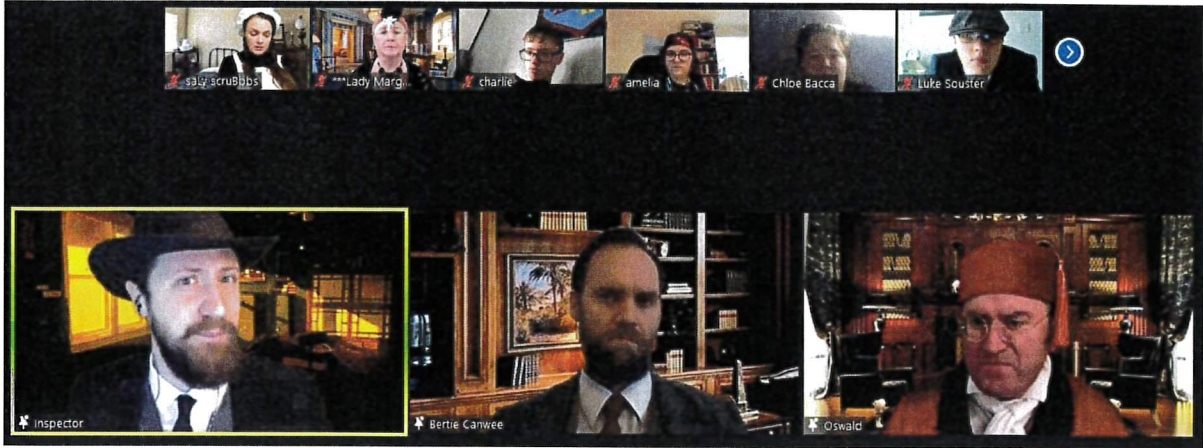


Image above: murder mystery actors in 1920s fancy dress.



Image above: Acceler8 members clapping in British Sign Language.

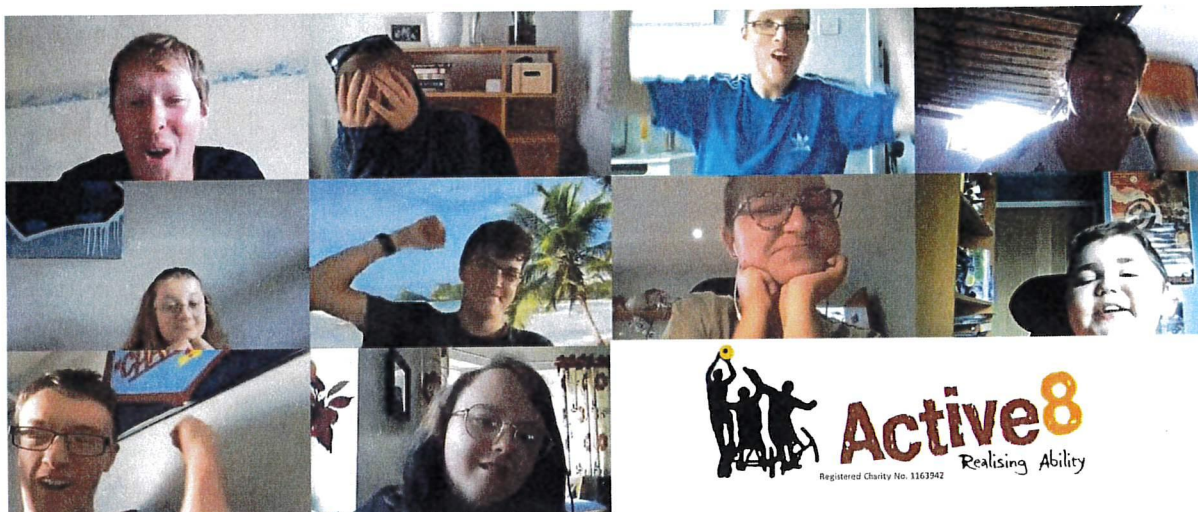


Image above: victory for the boys in our Acceler8 monthly quiz.

## Illumin8

### Overview

We have completed year two of the five year project.

In July 2021 staff were able to organise a long-awaited group BBQ event at the end of the national COVID-19 restrictions. With most of our members classed as 'clinically extremely vulnerable', staff have been offering more frequent one-to-one contact online and in person, when possible. Staff have supported members through a challenging year and helped them build resilience and care for their mental wellbeing. This included online social gatherings and fun online activity evenings to support and entertain members as they shielded at home.

In the past 12 months Active8 staff delivered: 65 online group activities and 100 one-to-one home visits (when permissible), phone calls or video calls.

Our weekly Monday coffee mornings were an informal way for staff to check-in with members (via video chat) to find out how everyone was coping with life in lockdown. These were well attended and became part of members weekly routine. We used these as an opportunity to allow members to talk openly about how they are feeling and to support each other when times are tough (staff then followed up any concerns with members on a one-to-one basis). We also found that many members used this opportunity to ask questions about lockdown restrictions and check with staff that they had interpreted guidance correctly.

In response to the pandemic, staff carefully chose online activities that facilitate conversation among the group, provide entertainment, and enabled our members to develop their wellbeing and resilience.

These have included (but not limited to):

- Wellbeing discussions led by a mental health practitioner
- Indoor workout fitness classes (including weightlifting with cans of beans!)
- Mindfulness and meditation workshops
- Home "spa" evenings
- Quizzes and games nights
- Bingo nights
- Murder mystery experiences
- Virtual escape rooms
- Arts and crafts' workshops
- A book club
- Movie nights



Image above: Illumin8 members taking part in a Zoom palm reading workshop.

In addition to group activities, working with members on a one-to-one basis has allowed staff to support our most vulnerable members who have struggled to manage their mental health and the impact of COVID-19 restrictions on family life, social opportunities, and education. In response to national lockdowns, staff have been offering more regular one-to-one catch ups with members resulting in stronger working relationships. Staff have also noticed that since the start of the COVID-19 restrictions, members are more often reaching out to staff when they need support, help or advice.



Image above left: Illumin8 members enjoying the sunshine at our COVID-19 safe BBQ in June 2021.

Image above right: staff with an Illumin8 member during a one-to-one visit.

## Peer mentoring

Alongside this, the peer mentoring project syllabus has been developed specifically to our members needs and has been fully accredited by AQA. We have created a four-day peer mentoring training programme for members using a combination of learning resources, group discussion, practical activity, and reflective practise. We have involved members at every stage while developing the peer mentoring project, including focus groups online and one-to-one work.

We have eight members involved in the first round of peer mentoring training and other members expressing an interest in taking part in the future. Through regular consultation with members, it is clear our service users want to wait until it is COVID-19 safe to meet as a group to complete the training over two full weekends. Unfortunately, we had to postpone this on two occasions because of the pandemic. We have now scheduled mentor training in October and November 2021, over two residential weekend trips.

## Evaluation and feedback

In a survey of members, completed in February 2021, 89% of members surveyed agreed that Active8 had helped them feel *less socially isolated* over the past 12 months.

Despite the constraints of working during the pandemic, 42% of members surveyed agreed that Active8 had helped them become *more independent* in the past 12 months.

"They've been doing a lot on zoom which has been brilliant for my mental health as I was worried that lockdown would make it really hard. But they really tried their best to find some really great activities that cater to all disabilities!"

Heather (Illumin8 member)

"During lockdown, having not been able to meet anybody has been isolating. However, the Active8 zoom sessions every week provide social events that have helped me to feel less lonely. The diverse range of activities, all carried out via zoom, have been engaging and fun - a chance to relax and socialise with like-minded people who understand the challenges of having a physical disability."

Fenella (Illumin8 member)

"What the hell would I be doing if I didn't have you lot? I'd have gone stir crazy! I feel for people who haven't got groups like you to lean on."

Chris (Illumin8 member)

"Active8 have run weekly activities which have been fun and engaging for both the participants and for myself as a volunteer. Active8 has played an important role for many of the young people over the last 12 months in terms of giving them a support network of mentors as well as friends to turn to when they're struggling at home. They've given them something to look forward to in a time when there was so much uncertainty."

Zoe (Volunteer)

## Review of Risks

The charity trustees have considered the major risks to the charity and are satisfied that the systems and procedures in place manage those risks.

## Finances

### Overview

Active8 are committed to providing a reliable and consistent provision to its members. Therefore, we aim to have secured funding for each of the project cycles. The table below shows the funding situation at the end of the financial year 2020/21:

	Restricted funding as at 1 August 2020	Restricted Funding as at 31 July 2021
Acceler8	£31,934	£27,516
Active8	£20,000	£20,000
Illumin8	£18,716	£32,878
<b>Total</b>	<b>£70,650</b>	<b>£80,394</b>

### Reserves

Active8 endeavours to secure sufficient funding to complete the current cycle of projects that it runs, allocating its reserves to meet any temporary shortfall. The charity ensures that £40,500 is held in reserve at all times. Any reserves held in excess of this minimum figure will be used to support the ongoing management of the charity and to support projects in future periods.

Julian Tyson  
(Chair of Trustees)



Report written by:  
John Sweeting  
(Active8 manager)



Finances completed by:  
Paul Staniland  
(Treasurer)



DATE: 17/11/21

## **Independent Examiner's Report to the Trustees of Active8**

I report to the trustees on my examination of the accounts of the Trust for the year ended 31 July 2021.

### **Responsibilities and basis of report**

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

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

### **Independent examiner's statement**

I have completed my examination. I can 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 the Trust as required by section 130 of the Act; or
- (2) the accounts do not accord with those records.

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.



**Darren Perry BA (Hons) ACA DChA**  
**Independent Examiner**  
**Francis Clark LLP**  
**Lowin House**  
**Tregolls Road**  
**TRURO**  
**TR1 2NA**

Date: 23/11/21

## Active8

### Receipts and payments account for the year ended 31 July 2021

	2021			2020
	£	£	£	£
	Unrestricted	Restricted	Total	
<b>Receipts</b>				
Voluntary sources				
Grant from National Lottery Community Fund	-	74,148	74,148	66,139
Grant from Children in Need	-	25,068	25,068	20,957
Grants from other associations and trusts	13,000	2,508	15,508	71,876
Fundraising	54	-	54	914
Donations and Gift Aid	4,271	-	4,271	9,767
Other Income	258	4,209	4,467	915
	<u>17,583</u>	<u>105,933</u>	<u>123,516</u>	<u>170,568</u>
Income from assets				
Bank deposit interest	946	-	946	611
Total receipts	<u>18,529</u>	<u>105,933</u>	<u>124,462</u>	<u>171,179</u>
<b>Payments</b>				
Direct charitable expenditure				
Youth delivery work				
Activities	-	6,330	6,330	11,329
Accommodation	-	(440)	(440)	849
Equipment, food and transport	-	8,328	8,328	987
Staff wages & NI				
Manager	11,050	10,000	21,050	21,957
Fundraiser/Facilitator	672	1,243	1,915	6,944
Youth Workers	-	60,358	60,358	50,984
Staff expenses	-	2,727	2,727	3,711
Volunteers' expenses	-	-	-	73
IT	24	1,789	1,813	3,504
Communications	-	722	722	1,352
Recruitment costs	-	-	-	243
	<u>11,746</u>	<u>91,057</u>	<u>102,803</u>	<u>101,933</u>
Other expenditure				
Professional fees	1,424	-	1,424	893
Independent examination fee	1,200	-	1,200	1,170
Consultants	-	-	-	1,833
Insurance	16	816	832	825
Office rent and utilities	299	3,157	3,456	3,816
Printing, postage and stationery	20	94	114	170
Training	-	850	850	457
General expenses	101	215	316	896
Bank charges	82	-	82	60
	<u>3,142</u>	<u>5,132</u>	<u>8,274</u>	<u>10,120</u>
	<u>14,888</u>	<u>96,189</u>	<u>111,077</u>	<u>112,053</u>
Surplus/(deficit) for the year	<u>3,641</u>	<u>9,744</u>	<u>13,385</u>	<u>59,126</u>
Balances brought forward	76,687	70,650	147,337	88,211
Balances in hand at 31 July 2020	<u>80,328</u>	<u>80,394</u>	<u>160,722</u>	<u>147,337</u>

## Active8

### Statement of assets and liabilities at 31 July 2021

#### Non monetary assets

Capital equipment additions totalling £8,081 were purchased during the year with funds from the Children in Need restricted fund.

	2021 £	2020 £
<b>Monetary assets</b>		
<b>Cash and bank balances</b>		
CAF bank	18,062	45,591
Charity bank	70,910	50,573
Shawbrook bank	70,000	50,000
Expense accounts	1,729	1,152
Cash in hand	21	21
	<u>160,722</u>	<u>147,337</u>

#### Liabilities

At the 31st July 2021, payments of £910 were outstanding for employee and employer pension contributions, together with an accrual for Independent Examination fees of £1,025+VAT in respect of the year.

#### Restricted fund balances (included above)

Children in Need	2,225	10,854
National Lottery Community Fund	32,878	16,436
Bruce Wake Trust	2,280	2,280
DM Thomas	4,105	4,105
Claire Milne Trust	10,000	10,000
E Goslin	5,000	5,000
John Casson Foundation	1,650	1,650
Pirate FM	-	325
Learning Partnerships	256	-
ScrewFix Partnerships	2,000	-
Liz Olive Fund	20,000	20,000
	<u>80,394</u>	<u>70,650</u>

The above statement of assets and liabilities and the attached receipts and payments account for the year ended 31 July 2021 are as approved by the Trustees



JULIAN TYSON  
On behalf of the Trustees

DATE: 17/11/21

Active8  
Restricted Funds

	Children in Need	DM Thomas	Claire Milne Trust	E Goslin	John Casson Foundation	Pirate FM	Bruce Wake Trust	Learning Partnershi ps	ScrewFix Partnership s	National Lottery Community Fund	National Lottery Community Fund Covid Grant	Liz Olive Fund	Government Furlough
Bfwd	10,854	4,105	10,000	5,000	1,650	325	2,280	-	-	16,436	-	20,000	-
Introduced in the year	25,068	-	-	-	-	-	-	508	2,000	64,148	10,000	-	4,209
Spent in the year	(33,697)	-	-	-	-	(325)	-	(252)	-	(47,706)	(10,000)	-	(4,209)
Cfwd	2,225	4,105	10,000	5,000	1,650	-	2,280	256	2,000	32,878	-	20,000	-

Active8  
Restricted Funds

Breakdown

	Total	Children in Need	DM Thomas	Claire Milne Trust	E Goslin	John Casson Foundation	Pirate FM	Bruce Wake Trust	Learning Partnerships	ScrewFix Partnerships	National Lottery Community Fund	National Lottery Community Fund Covid Grant	Liz Olive Fund	Government Furlough
Spent in the period	96,189	33,697	-	-	-	-	325	-	252	-	47,706	10,000	-	4,209
Youth Work Delivery														
Activities	6,330	1,730	-	-	-	-	325	-	185	-	4,090	-	-	-
Accommodation	(440)	(440)	-	-	-	-	-	-	-	-	-	-	-	-
Equipment, food and transport	8,328	8,261	-	-	-	-	-	-	67	-	-	-	-	-
Manager	10,000	0	-	-	-	-	-	-	-	-	10,000	-	-	-
Fundraiser/Facilitator	1,243	0	-	-	-	-	-	-	-	-	-	-	-	1,243
Youth Workers	60,358	19,641	-	-	-	-	-	-	-	-	37,751	-	-	2,966
Total	2,727	1,017	-	-	-	-	-	-	-	-	1,710	-	-	-
Staff expenses	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Volunteers' expenses	1,789	512	-	-	-	-	-	-	-	-	1,277	-	-	-
IT	722	361	-	-	-	-	-	-	-	-	361	-	-	-
Communications	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Recruitment costs	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Consultants	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Insurance	816	400	-	-	-	-	-	-	-	-	416	-	-	-
Office rent and utilities	3,157	1,375	-	-	-	-	-	-	-	-	1,782	-	-	-
Printing, postage and stationery	94	12	-	-	-	-	-	-	-	-	82	-	-	-
Training	850	798	-	-	-	-	-	-	-	-	52	-	-	-
General expenses	215	30	-	-	-	-	-	-	-	-	185	-	-	-
<b>Total</b>	<b>96,189</b>	<b>33,697</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>325</b>	<b>-</b>	<b>252</b>	<b>-</b>	<b>47,706</b>	<b>10,000</b>	<b>-</b>	<b>4,209</b>

Related Party Transactions

Owing to the nature of the charity's operations, and some members of the Board of Trustees being involved in the organisation's charitable activity, transactions may take place with organisations and individuals in which a member of the Board of Trustees may have an interest. All transactions involving such organisations are conducted at arm's length and in accordance with the charity's financial regulations and normal procurement procedures.

Income Related Party Transactions

During the year the charity received unrestricted donations from one trustee to the value of £3,160 (200: £3,120)