



(Registered Charity Number: 1163942)

The Trustees' Annual Report and Statement of Accounts

1st August 2022 – 31st July 2023



The Trustees' Annual Report and Statement of Accounts

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Overview

Reference and administrative 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).

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.

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

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 residencies, 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.

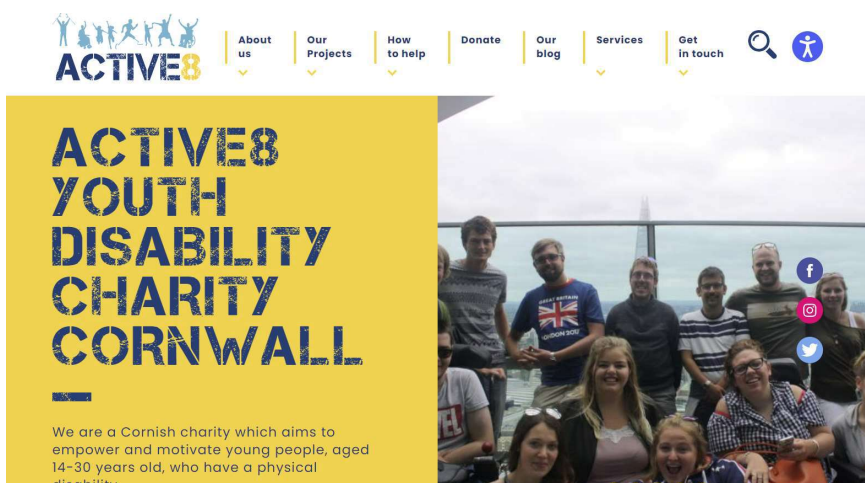
We thank all our trustees for their work over the last year and wish Alex and Nicola all the best for the future and look forward to seeing them at our friends and family events in the future.

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 10th and 17th 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 st August 2022	Funding at 31 st July 2023
Restricted		
Acceler8	£32,296	£11,927
Active8	£10,000	-
Illumin8	£346	-
	£42,642	£11,927
Unrestricted	£97,927	£101,409
Total	£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.



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 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

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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		
	£	£	£		£
Receipts					
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
	23,205	119,122	142,327		157,185
Income from assets					
Bank deposit interest	1,261	-	1,261		449
Total receipts	24,466	119,122	143,588		157,634
Payments					
Direct charitable expenditure					
Youth delivery work	314	38,469	38,783		21,903
Activities	-	16	16		8,135
Mentoring	-	-	-		3,437
Accommodation	1,007	6,449	7,456		26,656
Equipment, food and transport	6,525	20,000	26,525		21,054
Staff wages & NI	6,947	-	6,947		-
Manager	185	72,116	72,301		69,348
Fundraiser/Facilitator	1,271	4,665	5,936		5,130
Youth Workers	98	37	135		203
Staff expenses	628	2,229	2,857		3,400
Volunteers' expenses	-	416	416		1,657
IT	320	-	320		156
Communications	17,295	144,397	161,692		161,079
Recruitment costs					
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
	3,689	5,440	9,129		16,708
Total payments	20,984	149,837	170,821		177,787
Surplus/(deficit) for the year	3,482	(30,715)	(27,233)		(20,153)
Balances brought forward	97,927	42,642	140,569		160,722
Balances in hand at 31 July 2023	101,409	11,927	113,336		140,569

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	-	-	-	-

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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		149,837	26,184	15,000	15,000	500	1,000	500	854	5,000	65,799	20,000
Youth Work Delivery	Activities	38,469	9,911	5,678	189	379	189	323	1,893		14,230	-
	Mentoring	16	-	-	-	-	-	-	-	-	16	-
	Equipment, food and transport	6,449	1,614	925	31	62	31	53	308		2,501	-
	Manager	20,000	-	-	-	-	-	-	-	-	-	20,000
	Youth Workers	72,116	12,302	7,047	235	470	235	401	2,349		42,029	-
	Staff expenses	4,665	921	528	18	35	18	30	176		2,412	-
	Volunteers' expenses	37	-	-	-	-	-	-	-	-	37	-
	IT	2,229	352	201	7	13	7	11	67		1,369	-
	Communications	416	28	16	1	1	1	1	5		347	-
	Insurance	632	129	74	2	5	2	4	25		316	-
	Office rent and utilities	3,835	709	406	14	27	14	23	135		2,100	-
	Printing,postage and stationery	10	3	2	0	0	0	0	1		2	-
	Training	720	114	66	2	4	2	4	22		440	-
	General expenses	243	99	57	2	4	2	3	19		-	-
		149,837	26,184	15,000	15,000	500	1,000	500	854	5,000	65,799	20,000