

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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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 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.

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."

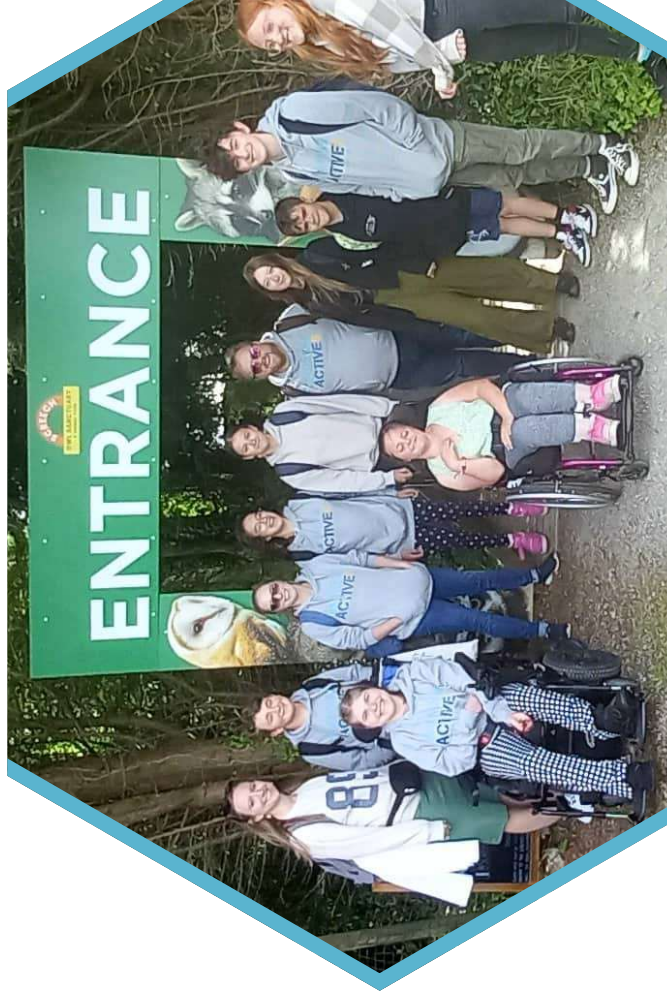
Active8 participant's Mum Feb, 2024

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
Restricted		
Acceler8	£11,927	£63,671
Illumin8	---	£49,503
Total	£11,927	£113,174
Unrestricted	£101,409	£77,692
Total	£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

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Julian Tyson
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Treasurer - Paul Staniland

Signed by:
Paul Staniland
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Active8 CEO - John Sweeting

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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**

		2024			2023
		Unrestricted	Restricted	Total	Total
		£	£	£	£
<u>Receipts</u>					
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
		46,054	180,472	226,526	142,327
Income from assets					
	Bank deposit interest	3,149	-	3,149	1,261
Total receipts		49,203	180,472	229,675	143,588
<u>Payments</u>					
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
		65,621	75,317	140,938	161,692
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
		7,299	3,908	11,207	9,129
Total payments		72,920	79,225	152,145	170,821
Surplus/(deficit) for the year		(23,717)	101,247	77,530	(27,233)
Balances brought forward		101,409	11,927	113,336	140,569
Balances in hand at 31 July 2024		77,692	113,174	190,866	113,336

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
	£ 190,866	£ 113,336

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	£ -
	£ 113,174	£ 11,927

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
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08/01/2025

DocuSigned by:
Julian Tyson
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14/01/2025

Active 8
Restricted Funds

	Total	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	11,927	1,813	114	10,000	-	-	-	-	-	-	-	-	-
Introduced in the year	180,472	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	(79,225)	-	-	(10,377)	-	(100)	-	-	-	-	-	(58,748)	(10,000)
Cfwd	113,174	3,661	1,082	4,623	1,000	-	20,000	5,305	5,000	3,000	20,000	49,503	-

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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 £3,522 (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

Total		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
Spent in the year		-	-	10,377	-	100	-	-	-	-	-	58,748	10,000
Youth Work Delivery	Activities	-	-	2,319	-	22	-	-	-	-	-	15,940	-
	Accommodation	128	-	-	-	-	-	-	-	-	-	128	-
	Equipment, food and transport	2,774	-	461	-	4	-	-	-	-	-	2,309	-
	Manager	16,606	-	1,578	-	16	-	-	-	-	-	5,012	10,000
	Fundraiser	3,478	-	-	-	-	-	-	-	-	-	3,478	-
	Youth Workers	28,800	-	4,548	-	44	-	-	-	-	-	24,208	-
		3,201	-	551	-	5	-	-	-	-	-	2,644	-
	Staff expenses	326	-	74	-	1	-	-	-	-	-	252	-
	IT	501	-	113	-	1	-	-	-	-	-	387	-
	Communications	505	-	114	-	1	-	-	-	-	-	390	-
	Insurance	2,867	-	619	-	6	-	-	-	-	-	2,242	-
	Office rent and utilities	536	-	-	-	-	-	-	-	-	-	536	-
	Training	1,222	-	-	-	-	-	-	-	-	-	1,222	-
	Recruitment												
Total		-	-	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.

