

Charity registration number 1177031

ASPECT LIVING FOUNDATION
ANNUAL REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 APRIL 2022

ASPECT LIVING FOUNDATION

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees Miss TJ Aristodemou - Chief Executive Officer
S Sharlott
S Renualt
L Kemp
Mr L Taylor - Chairman

Charity number 1177031

Principal address 31 Pembroke Close
Ipswich
IP2 8PE

Registered office 31 Pembroke Close
Ipswich
IP2 8PE

Auditor Aston Shaw Limited
Chartered Certified Accountants
Statutory Auditor
The Union Building, 51-59 Rose Lane
Norwich
Norfolk
England
NR1 1BY

ASPECT LIVING FOUNDATION

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ASPECT LIVING FOUNDATION

TRUSTEES' REPORT

FOR THE YEAR ENDED 30 APRIL 2022

Meals on Wheels – where it all started

The description "Meals on Wheels" was first used in 1943. It was during the Second World War, English towns and cities were being bombed, and a group of women realised the service was needed to help those in need. Those women were the Women's Voluntary Service, later to become the Royal Voluntary Service (RVS). Aspect Living Foundation was formed to take over this service in Suffolk when RVS stopped offering it in May 2018.

What makes Aspect Living Foundation unique?

- Our heritage can be traced back to the original Meals on Wheels, started in 1943.
- We undertake a Health & Wellbeing check on every Customer.
- If required, we will plate up the meals, and ensure the recipient has a drink available.
- We are exempt from VAT, because of the Health & Wellbeing check.
- We are a vital part of Social Care in Suffolk, recognised by the NHS.
- ALF delivers Meals 365 days-a-year.
- All the ALF Team have Advanced DBS checks and are continually updating all required Safeguarding, Equality and Data Protection Training.

Aspect Living Foundation

In ALF's fourth year of trading we continued to build on our partnerships with D.I.S.T (Dementia Intense Support Team) The Red Cross, REACT (NHS Admission avoidance Team) INTs (Integrated Neighbourhood Team) SCC-ACC (Suffolk County Council Adult and Community workers), ESC (East Suffolk Council), Sue Ryder, Ipswich Hospital and West Suffolk Hospital, with whom we work together to support the health and well-being of all customers, with the aim of hospital admittance/readmittance avoidance and supported living independence in their own homes.

Once again in December the very generous Staff of the national BT Research Establishment at Martlesham on the outskirts of Ipswich Donated Gifts at their Giving Tree, these were delivered to all our customers who were alone and received Meals over the Christmas period.

Value Added Taxed and Other Taxes

ALF is exempt from VAT because we are not just a hot meal service, we also provide a Health and Well-being check on every visit, which is very beneficial for Customers who do not have this extra expense. Suffolk is a very rural county which means there can be long distances between Customers, but nevertheless all pay the same subsidised price for their Meal. When our Driver/Support Worker calls they will ensure nothing is amiss. They will plate up the meal if necessary and ensure the customer has a drink available, before moving on. If they are unable to speak to the Customer, the Office will contact the next-of-kin or emergency services as required, until a satisfactory explanation is received.

ASPECT LIVING FOUNDATION

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 30 APRIL 2022

Objectives and activities

The relief of those in need by reason of age in Suffolk and the surrounding area by the provision of a meals on wheels service to assist elderly people who are unable to prepare hot, nutritious meals themselves thereby helping them to live independently in their own homes.

The promotion and protection of good health among elderly people in Suffolk and the surrounding area by the provision of at home assistance to elderly people on discharge from hospital, working in collaboration with partners to help avoid hospital readmissions and to enable a return to independent living.

Aspect Living Foundation (ALF) carries out its charitable purposes principally via the provision of a Meals on Wheels services for the relief of those in need by reason of age. Access to the service will depend on the fulfilment of the criteria this covers the ability and need of the Service user i.e., Age, Dementia, cognitive function, mobility and if they are unable to prepare hot, nutritious meals themselves. This Service will also include a health and wellbeing check thereby helping them to live independently in their own homes.

We deliver hot meal service which operates 7 days per week, 365 days a year, and seeks to support elderly and vulnerable people to continue to live in their own homes and help keep them independent and reduce social isolation and malnutrition.

We have a wide and varied menu choice which can be completely personalised to suit most tastes, including vegetarian, gluten free, diabetic, or just favourites.

We can also provide a tea pack for the evening provision at the same time as delivering the hot meal, we can bring a sandwich, salad or wrap, along with a cake or cold dessert.

Our service is flexible and can be taken any number of days per week, as an on-going delivery option or just to help someone get over a recent hospital discharge or ill health, or even whilst regular carers are on holiday. There is no commitment and customers can stop/start at any time. Customers can normally start receiving our service within 24 hours of contacting us.

Each day starts at 7:30am for Office and Kitchen Staff. There are Meals to prepare, rounds to organise and New Customers to include. In a typical month we take on sixty new Customers, and this is very time-consuming as we need a great deal of information to ensure we can cater for every one of our 550 Customer's individual needs. In addition, Customers can update their requirements before 9.00am, to be effective that day, and as a result Rounds vary every day.

ALF now has a Fleet of twenty-one Vehicles for delivering Meals, and a pool of 65 Driver/Support Workers and Volunteers to call on. Meals are delivered to Customers between 11.30am and 2.15pm every day of the year. This is a complex logistical operation which usually runs very smoothly, unless, for example, the Orwell Bridge is closed because of high winds, when this impacts on every other road in the area.

At all ALF quarterly meetings, we keep in mind the Charity Commission's guidance on public benefit.

We employ 47 staff and 16 volunteers each one of them are dedicated, caring people all with the same objective to support the elderly and vulnerable to live independent.

The Organisation would not be able to offer such a vital service without the valuable contribution of time, care, and dedication from the ALF team.

To establish the business ALF relied heavily on Personal Finance and Personal Guarantees, as well as very generous Grants from a number of organisations. A charity has no Directors, Shareholders or Owners; all earnings are reinvested in the business, and ALF is very grateful to the Private Individuals who had faith in this undertaking and pledged their money to support us. In Year four ALF is sufficiently established to start releasing these liabilities and reducing the Personal Guarantees, as well as buying Vehicles as circumstances allow.

ASPECT LIVING FOUNDATION

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 30 APRIL 2022

Significant activities

There are several factors which prevent malnutrition, hospital admission/readmission and a nutritious meal every day can help particularly when delivered with a smile.

Social isolation is one of the major contributors to limiting life expectancy and our friendly and approachable drivers/Support Workers get to know our customers and spend a bit of time chatting to them as part of our service.

We find this encourages our customers to eat and helps us to recognise when any small change suggests we should alert next of kin or relevant health or social care professionals where we have concerns or if our customers ask us to.

Statistics show that 43% have dementia or other cognitive disease and would be unable to stay in their own homes without such services as Meals on Wheels. All of ALF's Drivers/Support Workers are 'Dementia Friends'.

We have found that we are not only supporting the receiver of the meals but the families as they now know that their loved one is receiving a hot main meal and a visit from someone else to check that they are safe and well.

Working in partnership with the different support groups we have been able to not only to ensure the safety and well-being of the customer but also 'signpost' the relatives or family carers to different organisations that can offer support.

Due to Suffolk being very rural many elderly people will not have any human contact at all during the day therefore social isolation being one of the major problems resulting in depression and malnutrition. Relatives have commented that their loved one is not only healthier from the meals but also happier as they are seeing someone that they can talk to on a daily basis.

We have on numerous occasions, been to deliver a meal and found customers unwell and in need of medical help or on the floor as a result of a fall, being able to assist in getting them the support and help needed is not only a great help to themselves it is a relief to the relative's/family that someone is going into them. We pride ourselves on not just bring a nutritious meal but being there for someone to talk to, an aide or any support we are able to provide.

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

Achievements and performance

Financial review

YEAR FOUR

At the beginning of year four we were all quite enthusiastic for the new year ahead, we had survived a Pandemic, now looking forward to fresh new start but, life had some other challenges in mind!

ALF - Meals on Wheels needs 5 main resources to operate

- Electricity
- Food
- Vehicles
- Fuel
- Great Team

Not in any order of priority as we can't do any without the other.

ASPECT LIVING FOUNDATION

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 30 APRIL 2022

Electricity

Now was that the start or the end or is it just a continuous battle!

Business energy unfortunately has no price cap!

Which leaves all businesses, including Charities, fighting fire from the onset. We have 2 walk in freezers, 3 large ovens and 2 large hot cupboards before we start with the heating and lighting and in 12 months our electricity bills have doubled with no end in sight.

Food

Because of the energy on the rise, food prices have followed. Who can blame them, 10% increase seems to be the magic number across the board. We, as an Organisation took the decision not to join the rising costs for as long as financially possible, therefore we have had no increase in our 2 course meals prices.

Vehicles

We have been lucky that we have only had to buy one car this year as the prices have gone through the roof. Can you actually believe that for all the cars that we have around the world, only 2 companies make the small computer chip that inserts into the main manifold and one of those factories burnt to the ground, leaving just one. The remaining one couldn't cope with demand which limited new cars arriving to the UK which then hiked the resale value for second hand cars.

Fuel

When the Pandemic started fuel dropped to a 'never to be heard of again' price of £0.98 per litre, now the speculation was, it was because of the Pandemic, unfortunately, what 'one can give one can take away', which we all found out later down the line as fuel prices started to rise, and rise, and rise until they hit an all-time high of, in some areas, £2 a litre. With 50% of our cars doing over 50 miles a day, it was a huge extra expense to ALF bringing our monthly fuel cost up to £6000.00 plus.

Team

When the Pandemic started to ease, and businesses were opening up again the market was flooded with vacant staffing positions, but it seemed that a lot of people had the time during the lockdown to reevaluate their lives, ending with more positions than people to fill them. It was definitely an 'employees' market. The Charities Service has grown by 24% and during the Pandemic we were lucky enough to have people join our Team who had been furloughed from their jobs, which at the time was great as we needed the help, but now they were all returning back to their original employment. The extra customers that had joined the Service stayed with us and as we had now become a 'known' and recommended Service the number of people we were delivering too was increasing so we needed to advertise and employ but being a Non-Profit Charity, we could only pay slightly higher than the Living Wage. We had many candidates apply and we employed what we required only to have them refuse the position due to their current employer offered them more money, better hours and basically anything they wanted to get them to stay. Our staff turn over was the worst we had had, with people joining allegedly wanting part time work only to leave 2-3 months into the job as they had been offered full time work.

This was frustrating not only financially, but time wasted training them to the standards that the Charity required

Eventually we managed to get the extra recruits we needed and an excellent Team.

Projects

The Covid-19 pandemic has now been a factor in everyone's lives for a couple of years, and in the Autumn of 2021 the UK, in common with most of the World, was attempting to leave all pandemic restrictions behind; re-open the World to International Travel; rely on the majority of the population being immunised; whilst also controlling pressures on the NHS during the coming Winter.

With the latter in mind, we set up "Hospital to Home". A scheme which allows patients to be discharged from Hospital more quickly, at the end of their treatment, which will free-up beds and nursing staff time giving them a 'care package' to help them get back into independent living and hopefully stop any readmissions back into hospital.

ASPECT LIVING FOUNDATION

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 30 APRIL 2022

We liaised with Suffolk Community Foundation, an “umbrella” charity which invites Donations from local individuals and businesses, and then directs these funds to worthwhile causes. At the same time, ALF Meals on Wheels Suffolk offered Meals and a daily visit to patients leaving Hospital, enabling them to return home earlier than they may otherwise have been able. These Meals are offered for one week as recommended by the Hospital and are funded by the above charitable donations.

In addition, the Winter Warmer Fund (previously E.S. Covid Fund) is financed in advance by East Suffolk County Council, for the purpose of vulnerable people or the elderly struggling to make ends meet.

Both projects have made a massive difference within the community, and we are hoping to continue to assist the NHS moving forward into year five.

Vehicle Fleet

ALF started this Financial Year with twenty-one Vehicles: 16 owned and 5 Leased. To be able to be more versatile when recruiting Driver/Support Worker, in March 2022 we purchased our first Citroen C1, automatic car. Having 21 manual cars limited us in the selection of applicants, it came apparent quite a large number of ideal candidates had only automatic licences. This now had ALF with 22 vehicles but in May 2022 we would be returning, after 3 years, the first car we leased as the contract was ending.

Even though there is a charge for the meals provided to the customer this does not cover all cost due to the rurality of the Suffolk area and therefore a small subsidy must be made by ALF.

We have been lucky enough to have had the support of some Local grants, The Lottery Community Fund which has enabled us to reach out and support more elderly and vulnerable in the rural areas of Suffolk.

We have used any funding to promote awareness of our Service with the aim to expand into more rural areas therefore making these areas more financially viable.

Start-up Finance

In early 2018, when ALF was being conceived, the charity of course had no Published Accounts or Credit History. Nevertheless, two Benefactors came forward and offered open-ended, unsecured Loans to the charity totalling £55,000 from their personal savings.

Without this finance ALF would not have been able to take over the vital Meals on Wheels service.

By November 2021 ALF's finances had improved so dramatically that the charity was able to repay the remainder of these funds and is now “debt-free”. Aspect Living Foundation wishes to record its heartfelt thanks for the confidence shown in its ability to improve and diligently manage Meals on Wheels Suffolk successfully.

Reserves Policy

Our operating reserve is intended to provide an internal source of funds for situations such as a sudden increase in expenses, one-time unbudgeted expenses, unanticipated loss in funding, or uninsured losses.

The reserve may also be used for one-time, nonrecurring expenses that will build long-term capacity, as staff development, research and development, or investment in infrastructure.

Reserves are not intended to replace a permanent loss of funds or eliminate an ongoing budget gap. It is the intention of Aspect Living's reserves to be used and replenished within a reasonably short period of time.

The Reserve Policy will be implemented in concert with our other governance and financial policies and is intended to support the goals and strategies contained in these related policies and in our strategic and operational plans.

ASPECT LIVING FOUNDATION

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 30 APRIL 2022

Plans for future periods

Facing the Future with Confidence

ALF finished this Fourth Financial Year in a strong financial position, and able to look forward to the future with confidence, despite the uncertainties which now accompany the "New Normal".

After being awarded funding by the National Lottery Community Fund for 3 years this has not only enabled us to continue to support the additional influx of people requiring our Service during Covid but has given us the opportunity to offer our much-needed service further afield in Suffolk's rural countryside.

ALF - Meals on Wheels Suffolk is so much more than a meal delivery service, so many elderly and vulnerable would not be able to stay independently in their own homes without it. As we all move into later life and we can't do the things we used to be able to, or God forbid we get Alzheimer's or Dementia, and we can't cook, go to the supermarket, use a laptop to order online and have no family members to help us! The next move is a nursing home, care home or hospital. I don't know about you but moving house at a 'fit' age is stressful enough, imagine, being elderly and having to give up all that's near and dear to you; memories from way back when and even a loving pet which has been your only company for the past few years, to move into one room in a place full of strangers and have your privacy ripped from beneath you!

THAT'S how important Meals on Wheels is, keeping our elderly independent!

We are not JUST a meal service; we are a visit to someone during the day to check all is ok, a friendly face to chat to so they know they are not alone, a contact to the outside world however weird or wonderful it is, and in these times, the lucky ones who do have family, a reassurance for their loved ones and lastly a lovely hot meal and delicious dessert plated and placed in front of them with a drink to ensure they get the nutrition they need.

We are all looking forward to supporting many more elderly and vulnerable to stay happy, healthy, and independent in their own homes.

Structure, governance and management

Governing document

The charity is controlled by its governing document, a deed of trust and constitutes an unincorporated charity.

There is a Data Protection and Safeguarding policies in place. DBS checks are carried out and reference checks prior to commencement of employment in line with the statutory requirements and all the Team are regularly reviewed and updated on all and any amendments.

Aspect Living Foundation (ALF) is partnered with D.I.S.T (Dementia Intense Support Team) The Red Cross, REACT (NHS Admission avoidance Team) INT's (Integrated Neighbourhood Team) SCC-ACC (Suffolk County Council Adult and Community workers) ESC (East Suffolk Council) Sue Ryder, Ipswich Hospital and West Suffolk Hospital whom we work together to support the health and well-being of all customers with the aim of hospital avoidance and supported living independent in their own homes.

The Trustees have a quarterly meeting in which all matters in consideration of the well being of the charity, customers, staff, and volunteers are met.

The trustees who served during the year and up to the date of signature of the financial statements were:

Miss TJ Aristodemou - Chief Executive Officer

S Sharlott

S Renualt

L Kemp

Mr L Taylor - Chairman

Trustees are appointed or reappointed annually (depending on initial term)

ASPECT LIVING FOUNDATION

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 30 APRIL 2022

Statement of trustees' responsibilities

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

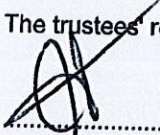
The law applicable to charities in England and Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that year.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping sufficient accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees' report was approved by the Board of Trustees.


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Miss TJ Aristodemou - Chief Executive Officer
Trustee

Date: 10/11/22

ASPECT LIVING FOUNDATION

INDEPENDENT AUDITOR'S REPORT

TO THE TRUSTEES OF ASPECT LIVING FOUNDATION

Opinion

We have audited the financial statements of Aspect Living Foundation (the 'charity') for the year ended 30 April 2022 which comprise the statement of financial activities, the balance sheet, the statement of cash flows and notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland* (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

- give a true and fair view of the state of the charity's affairs as at 30 April 2022 and of its incoming resources and application of resources, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Charities Act 2011.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the *Auditor's responsibilities for the audit of the financial statements* section of our report. We are independent of the charity in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charity's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the annual report other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information contained within the annual report. Our opinion on the financial statements does not cover the other information and we do not express any form of assurance conclusion thereon. Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Matters on which we are required to report by exception

We have nothing to report in respect of the following matters in relation to which the Charities (Accounts and Reports) Regulations 2008 require us to report to you if, in our opinion:

- the information given in the financial statements is inconsistent in any material respect with the trustees' report; or
- sufficient accounting records have not been kept; or
- the financial statements are not in agreement with the accounting records; or
- we have not received all the information and explanations we require for our audit.

ASPECT LIVING FOUNDATION

INDEPENDENT AUDITOR'S REPORT (CONTINUED)

TO THE TRUSTEES OF ASPECT LIVING FOUNDATION

Responsibilities of trustees

As explained more fully in the statement of trustees' responsibilities, the trustees are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error. In preparing the financial statements, the trustees are responsible for assessing the charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

We have been appointed as auditor under section 144 of the Charities Act 2011 and report in accordance with the Act and relevant regulations made or having effect thereunder.

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

The extent to which our procedures are capable of detecting irregularities, including fraud, is detailed below.

A further description of our responsibilities is available on the Financial Reporting Council's website at: <https://www.frc.org.uk/auditorsresponsibilities>. This description forms part of our auditor's report.

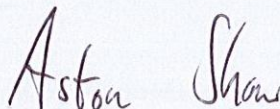
Other matters

Your attention is drawn to the fact that the charity has prepared financial statements in accordance with "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (as amended) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has now been withdrawn.

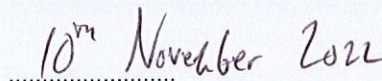
This has been done in order for the financial statements to provide a true and fair view in accordance with current Generally Accepted Accounting Practice.

Use of our report

This report is made solely to the company's members, as a body, in accordance with section 391 of the Companies Act 2014. Our audit work has been undertaken so that we might state to the company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the company and the company's members as a body, for our audit work, for this report, or for the opinions we have formed.



Mr Dominic Shaw FCCA (Senior Statutory Auditor)
for and on behalf of Aston Shaw Limited



Chartered Accountants
Statutory Auditor

Chartered Certified Accountants
Statutory Auditor
The Union Building, 51-59 Rose Lane
Norwich
Norfolk
England
NR1 1BY

ASPECT LIVING FOUNDATION

INDEPENDENT AUDITOR'S REPORT (CONTINUED) TO THE TRUSTEES OF ASPECT LIVING FOUNDATION

Aston Shaw Limited is eligible for appointment as auditor of the charity by virtue of its eligibility for appointment as auditor of a company under section 1212 of the Companies Act 2006.

ASPECT LIVING FOUNDATION

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 30 APRIL 2022

		Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £	Unrestricted funds 2021 £	Restricted funds 2021 £	Total 2021 £
	Notes						
Income and endowments from:							
Donations and legacies	3	11,244	74,400	85,644	7,795	73,751	81,546
Charitable activities	4	976,509	8,126	984,635	954,607	-	954,607
Other income	5	1,440	-	1,440	-	-	-
Total income		989,193	82,526	1,071,719	962,402	73,751	1,036,153
Expenditure on:							
Charitable activities	6	856,368	74,812	931,180	808,719	62,774	871,493
Net incoming resources before transfers		132,825	7,714	140,539	153,683	10,977	164,660
Gross transfers between funds		6,810	(6,810)	-	-	-	-
Net income for the year/ Net movement in funds		139,635	904	140,539	153,683	10,977	164,660
Fund balances at 1 May 2021		199,628	27,093	226,721	45,945	16,116	62,061
Fund balances at 30 April 2022		339,263	27,997	367,260	199,628	27,093	226,721

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

ASPECT LIVING FOUNDATION

BALANCE SHEET

AS AT 30 APRIL 2022

	Notes	2022 £	£	2021 £	£
Fixed assets					
Tangible assets	10		133,425		114,188
Current assets					
Stocks	11	6,865		7,794	
Debtors	12	37,680		38,004	
Cash at bank and in hand		236,247		157,951	
		<u>280,792</u>		<u>203,749</u>	
Creditors: amounts falling due within one year	13	(46,957)		(54,644)	
Net current assets			233,835		149,105
Total assets less current liabilities			367,260		263,293
Creditors: amounts falling due after more than one year	14		-		(36,572)
Net assets			<u>367,260</u>		<u>226,721</u>
Income funds					
Restricted funds	15	27,997		27,093	
Unrestricted funds		339,263		199,628	
		<u>367,260</u>		<u>226,721</u>	

The financial statements were approved by the Trustees on 10/11/22.

Miss TJ Aristodemou - Chief Executive Officer
Trustee

ASPECT LIVING FOUNDATION

STATEMENT OF CASH FLOWS

FOR THE YEAR ENDED 30 APRIL 2022

	Notes	2022 £	£	2021 £	£
Cash flows from operating activities					
Cash generated from operations	18		123,836		185,379
Investing activities					
Purchase of tangible fixed assets		(53,790)		(108,569)	
Proceeds from disposal of tangible fixed assets		8,250		-	
Net cash used in investing activities			(45,540)		(108,569)
Net cash used in financing activities			-		-
Net increase in cash and cash equivalents			78,296		76,810
Cash and cash equivalents at beginning of year			157,951		81,141
Cash and cash equivalents at end of year			236,247		157,951

ASPECT LIVING FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30 APRIL 2022

1 Accounting policies

Charity information

Aspect Living Foundation is a Charitable incorporated organisation.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's [governing document], the Charities Act 2011, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019). The charity is a Public Benefit Entity as defined by FRS 102.

The financial statements have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved following the Statement of Recommended Practice for charities applying FRS 102 rather than the version of the Statement of Recommended Practice which is referred to in the Regulations but which has since been withdrawn.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention, [modified to include the revaluation of freehold properties and to include investment properties and certain financial instruments at fair value]. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the charity.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

ASPECT LIVING FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 APRIL 2022

1 Accounting policies

(Continued)

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Plant and Machinery	20% Reducing Balance
Computer equipment	33% Straight Line
Motor vehicles	20% Reducing Balance

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.7 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.8 Stocks

Stocks are stated at the lower of cost and estimated selling price less costs to complete and sell. Cost comprises direct materials and, where applicable, direct labour costs and those overheads that have been incurred in bringing the stocks to their present location and condition. Items held for distribution at no or nominal consideration are measured the lower of replacement cost and cost.

Net realisable value is the estimated selling price less all estimated costs of completion and costs to be incurred in marketing, selling and distribution.

1.9 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

ASPECT LIVING FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 APRIL 2022

1 Accounting policies

(Continued)

1.10 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.11 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.12 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

ASPECT LIVING FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 APRIL 2022

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Donations and legacies

	Unrestricted funds	Restricted funds	Total	Unrestricted funds	Restricted funds	Total
	2022 £	2022 £	2022 £	2021 £	2021 £	2021 £
Donations	11,244	74,400	85,644	7,795	73,751	81,546

4 Charitable activities

	Charitable Income 2022 £	Charitable Income 2021 £
Meals Delivered	914,349	904,244
Tea Packs	70,286	50,363
	984,635	954,607
Analysis by fund		
Unrestricted funds	976,509	954,607
Restricted funds	8,126	-
	984,635	954,607

5 Other income

	Unrestricted funds	Total
	2022 £	2021 £
Net gain on disposal of tangible fixed assets	1,440	-

ASPECT LIVING FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 APRIL 2022

5 Other income (Continued)

6 Charitable activities

	Charitable Expenditure 2022 £	Charitable Expenditure 2021 £
Meals on wheels service	332,214	301,043
Staff costs	418,630	374,129
Depreciation and impairment	27,743	11,402
Office Expenses	7,081	5,475
Insurance	26,085	28,304
Light and Heat	15,724	16,118
Telephone	1,553	1,445
Postage and Stationery	3,219	2,980
Advertising	1,305	1,651
Motor Expenses	29,389	61,157
Legal and Professional	654	1,387
Computer Costs	9,030	8,755
Repairs and Renewals	1,222	3,760
Premises Rent	46,647	43,379
Bank Charges	4,613	4,390
Bad debts	986	577
Travel expenses	149	247
Volunteer expenses	316	670
	<u>926,560</u>	<u>866,869</u>
Share of support costs (see note 7)	-	424
Share of governance costs (see note 7)	<u>4,620</u>	<u>4,200</u>
	<u>931,180</u>	<u>871,493</u>
Analysis by fund		
Unrestricted funds	856,368	808,719
Restricted funds	<u>74,812</u>	<u>62,774</u>
	<u>931,180</u>	<u>871,493</u>

ASPECT LIVING FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 APRIL 2022

7 Support costs

	Support costs £	Governance costs £	2022 £	Support costs £	Governance costs £	2021 £
Loan Interest	-	-	-	424	-	424
Audit fees	-	4,620	4,620	-	4,200	4,200
	-	4,620	4,620	424	4,200	4,624
Analysed between Charitable activities	-	4,620	4,620	424	4,200	4,624

Governance costs includes payments to the auditors of £4,620 (2021- £4,200) for audit fees.

8 Trustees

Trustees' Remuneration and Benefits

During the year, Trustees received total remuneration and benefits of £40,476 (2021: £36,800).

Trustees' Expenses

There were no trustees' expenses paid for the year ended 30th April 2022 nor for the year ended 30th April 2021.

9 Employees

The average monthly number of employees during the year was:

	2022 Number	2021 Number
Staff	43	47
Volunteers	16	18
Total	59	65

Employment costs

	2022 £	2021 £
Wages and salaries	415,696	372,925
Other pension costs	2,934	1,204
	418,630	374,129

There were no employees whose annual remuneration was more than £60,000.

ASPECT LIVING FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 APRIL 2022

10 Tangible fixed assets

	Plant and Machinery £	Computer equipment £	Motor vehicles £	Total £
Cost				
At 1 May 2021	6,325	4,062	125,840	136,227
Additions	-	-	53,790	53,790
Disposals	-	-	(16,625)	(16,625)
At 30 April 2022	6,325	4,062	163,005	173,392
Depreciation and impairment				
At 1 May 2021	981	2,721	18,336	22,038
Depreciation charged in the year	1,069	602	26,073	27,744
Eliminated in respect of disposals	-	-	(9,815)	(9,815)
At 30 April 2022	2,050	3,323	34,594	39,967
Carrying amount				
At 30 April 2022	4,275	739	128,411	133,425
At 30 April 2021	5,343	1,341	107,504	114,188

11 Stocks

	2022 £	2021 £
Stocks	6,865	7,794

12 Debtors

	2022 £	2021 £
Amounts falling due within one year:		
Trade debtors	37,680	38,004

13 Creditors: amounts falling due within one year

	2022 £	2021 £
Taxation and social security	4,828	4,217
Trade creditors	28,091	45,036
Other creditors	6,899	1,000
Accruals and deferred income	7,139	4,391
	46,957	54,644

ASPECT LIVING FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 APRIL 2022

14 Creditors: amounts falling due after more than one year

	2022 £	2021 £
Other creditors	-	36,572
	<u> </u>	<u> </u>

ASPECT LIVING FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 30 APRIL 2022

15 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Balance at 1 May 2020 £	Movement in funds		Balance at 1 May 2021 £	Movement in funds			Transfers £	Balance at 30 April 2022 £
		Incoming resources £	Resources expended £		Incoming resources £	Resources expended £	Incoming resources £		
Motor Vehicles	15,946	-	(3,189)	12,757	-	(2,551)	-	(6,810)	3,396
Computer Costs	170	-	(170)	-	-	-	-	-	-
National Lottery Community Fund	-	55,890	(55,890)	-	53,105	(53,105)	-	-	-
Anglian Water	-	5,000	(2,544)	2,456	-	-	-	-	2,456
Masonic	-	12,861	(981)	11,880	-	(1,069)	21,295	-	10,811
Hospital to Home	-	-	-	-	8,126	(8,126)	-	-	11,334
Winter Hardship Fund	-	-	-	-	-	-	-	-	-
	16,116	73,751	(62,774)	27,093	82,526	(74,812)	-	(6,810)	27,997

ASPECT LIVING FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 APRIL 2022

16 Analysis of net assets between funds

	Unrestricted funds	Restricted funds	Total	Unrestricted funds	Restricted funds	Total
	2022	2022	2022	2021	2021	2021
	£	£	£	£	£	£
Fund balances at 30 April 2022 are represented by:						
Tangible assets	130,029	3,396	133,425	101,431	12,757	114,188
Current assets/(liabilities)	220,568	13,267	233,835	134,769	14,336	149,105
Long term liabilities	-	-	-	(36,572)	-	(36,572)
	<u>350,597</u>	<u>16,663</u>	<u>367,260</u>	<u>199,628</u>	<u>27,093</u>	<u>226,721</u>

17 Related party transactions

There were no disclosable related party transactions during the year (2021 - none).

18 Cash generated from operations

	2022 £	2021 £
Surplus for the year	140,539	164,660
Adjustments for:		
Gain on disposal of tangible fixed assets	(1,440)	-
Depreciation and impairment of tangible fixed assets	27,743	11,402
Movements in working capital:		
Decrease/(increase) in stocks	929	(402)
Decrease/(increase) in debtors	324	(305)
(Decrease)/increase in creditors	(44,259)	10,024
Cash generated from operations	<u>123,836</u>	<u>185,379</u>

19 Analysis of changes in net funds

The charity had no debt during the year.