

Trustees' Annual Report for the period

	Period start date				Period end date		
From	31	10	2020	To	31	10	2021

Charity name Brighter Living

Other names charity is known by

Registered charity number (if any) 1180378

Charity's principal address 335 Hook rise south, Surbiton, Surrey,

Postcode	KT6 7LW
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Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Peter Parker	Chair/Safeguarding		
2	Janet Atkins	Treasury		
3	Jenny Hewlett	Secretary		
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5				
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17				
18				
19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
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Name of chief executive or names of senior staff members (Optional information)

Description of the charity's trusts

Type of governing document	Constitution
How the charity is constituted	Charitable Incorporated Organisation
Trustee selection methods	Appointed by the trustees

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

We have kept up a great relationship with Kingston Voluntary Action, who have been helping and advising the charity on a varied amount of subject. We have been running online classes and have adhered to any restrictions the community centres we have worked at, with no incidences or problems.

**Summary of
the objects of
the charity set
out in its
governing
document**

For the public benefit to relieve the needs of elderly people residing in Surrey and the surrounding area in such ways and by such means deemed charitable within the laws of England and Wales, and in particular but not exclusively by providing therapies, activities, advice and information designed to promote better physical and mental health and well being.

Brighter Living has adhered to the Charity Commissions guidelines on how we should deliver our services. **Brighter Living** charity was set up by people concerned about the health of the elderly, and by Ki Gong professionals who, having seen the benefits of running sessions for the elderly in a local community centre, decided to open the project to a wider community. Our aim is to empower people over 60 to look after their health and well being in an innovative and practical manner. The activities we are running are Ki Gong sessions which include gentle movement, stretching, breathing exercises, mindfulness and meditation. Brain exercises are also incorporated from Ilchi Lee's Brain Education System which is recognised by the UN. So the services offered stimulate the body and the brain in a fun and informative way.

We have provided Ki Gong, Amrchair Yoga, meditation and breathing exercise classes to our beneficiaries. A big thank you to all the trustees, who without their contributions and commitment to delivering these services to our beneficiaries, none of this would have happened.

Thank you to Magic Little Grants, run by Local Giving, who are in partnership with the Postcode Community trust for their £500 grant.

Thank you to Kingston Charitable Foundation for their £500 grant. Also, a big thank you to all the small donation received from our supporters. This has really helped our cause. Thank you for all your help and the patience shown at all the community centres and homes we have been working with while we have been setting up Brighter Living for the beneficiaries. These include MILAAP, The Longmead centre in Epsom, and those we haven't mentioned here. A big thank you to Kingston Voluntary Action and in particular, Sanja, Alison and Moynaa who have all taken time and effort to help us move safely and confidently through uncharted waters. Your patience has been amazing..

A big **thank you** to all the volunteers who came to the community centres and helped our service providers with such passion and commitment to the beneficiaries. And lastly a big thank you to our beneficiaries for attending the sessions and making this commitment to our local communities so worthwhile. This is good for everyone.

Summary of the main achievements of the charity during the year

Brighter Living's objectives for this year were to deliver the services offered by the charity to more elderly beneficiaries in Surrey and Surrounding areas. Our objectives are to help more older people in Surrey and surrounding areas achieve better body flexibility and agility. More older people in Surrey and surrounding areas achieve a more positive mindset. More older people in Surrey and surrounding areas feel less isolated and will have formed more friendships. More older people in Surrey and surrounding areas achieve more independence.

We did not manage to achieve these objectives because of the restrictions of lock down. With a special thanks to grants coming from Magic Little Grants and Kingston Charitable Foundation, we will see the end of the year as an open opportunity to do more and better our performance. With weekly Ki Gong, Armchair yoga and meditation sessions happening in MILAAP, Chessington, The Longmead Centre and, we have maintaining from the growth of last year and our humble beginnings into helping over 60 beneficiaries with their health and well being.

Brighter Living is continually reporting back to organisations we are working with in the local communities are we are receiving good recognition for our achievements. We are now starting to liaise with local organisations and local councils and are looking at ways to extend our services further because of the needs highlighted by the local councils of the areas we are covering. Here is a brief synopsis of one of the reports.

Brief statement of the charity's policy on reserves

No reserve policy

Details of any funds materially in deficit

None

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Brighter Living have finished the financial year with **£750**. This money is to deliver services, and we will be going back to the community centres when the restrictions have been lifted. Brighter Living has already been applying for funding to extend these services for the rest of 2022. There are no funds being held as a custodian trustee by Brighter Living.

Section F

Other optional information

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The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)

Peter Parker

Janet Atkins

Full name(s)

Peter Parker

Janet Atkins

Position (eg Secretary, Chair, etc)

Chair

Date

26/01/2022



CHARITY COMMISSION
FOR ENGLAND AND WALES

Brighter Living

1180378

Receipts and payments accounts

CC16a

For the period
from

01/11/2020

To

31/10/2021

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Local giving donation	-	47	-	47	974
Kingston Charitable Foundation	-	500	-	500	-
Local giving donation	-	500	-	500	-
Donation	-	149	-	149	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	-	1,196	-	1,196	974
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	-	1,196	-	1,196	974
A3 Payments					
Invoice 14 / Services and expenses	-	250	-	250	-
Invoice 15 / Services and expenses	-	200	-	200	-
Invoice 16 / Services and expenses	-	200	-	200	-
Invoice 17 / Services and expenses	-	200	-	200	-
Local Giving	-	96	-	96	-
Invoice 18 / Services and expenses	-	200	-	200	-
Invoice 19 / Services and expenses	-	450	-	450	-
Invoice 20 / Services and expenses	-	200	-	200	-
Invoice 21 / Services and expenses	-	150	-	150	-
Sub total	-	1,946	-	1,946	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	-	1,946	-	1,946	-
Net of receipts/(payments)	-	750	-	750	974
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	-	750	-	750	974

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds		-	-	-
		-	-	-
		-	-	-
	Total cash funds	-	-	-
	(agree balances with receipts and payments account(s))	OK	Agreement Error	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	Details			
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details			
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details			
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details			
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
		Peter Parker	26/01/2022	