



Trustees' Annual Report for the period

Period start date				Period end date			
From	31	10	2022	To	31	10	2023

Section A Reference and administration details

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

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		
4				
5				
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10				
11				
12				
13				
14				
15				
16				
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

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

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Section B Structure, governance and management

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 created a good relationship with Kingston Charitable Foundation this year, who have helped us fund exercise classes in local community centres.

We also have maintained a great relationship with Local Giving who have also helped keep the charity running.

Section C Objectives and activities

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 £750 grant. 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.

- 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. And to hear all the positive feedback from the beneficiaries, this has made this year special.

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 are still struggling to recover from lockdown so growth has been slower than we had expected. 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, New Malden, and The Longmead Centre, we have maintained 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 as 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 **£10**. 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 2023. There are no funds being held as a custodian trustee by Brighter Living.

Section F Other optional information

Section G Declaration

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	09/08/2024	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Brighter Living

1180378

Receipts and payments accounts

CC16a

For the period
from

01/11/2022

To

31/10/2023

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					
	-		-	-	10
Kingston Charitable Foundation	-	1,500	-	1,500	-
Local giving donation	-	500	-	500	-
	-		-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	-	2,000	-	2,000	10
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	-	2,000	-	2,000	10
A3 Payments					
Invoice 26 / Services and expenses	-	150	-	150	-
Invoice 27 / Services and expenses	-	200	-	200	-
Invoice 28 / Services and expenses	-	200	-	200	-
Invoice 29/ Services and expenses	-	150	-	150	-
Invoice 30/ Services and expenses	-	100	-	100	-
Invoice 31/ Services and expenses	-	150	-	150	-
Invoice 32/ Services and expenses	-	250	-	250	-
Invoice 33/ Services and expenses	-	200	-	200	-
Invoice 34/ Services and expenses	-	200	-	200	-
Invoice 35/ Services and expenses	-	200	-	200	-
Sub total	-	1,800	-	1,800	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	-	1,800	-	1,800	-
Net of receipts/(payments)	-	200	-	200	10
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	-	200	-	200	10

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
B2 Other monetary assets	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
		Peter Parker	26/01/2022	