



Trustees' Annual Report for the period

		Period start date					Period end date		
From					To				
	31	10	2023			31	10	2024	

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				
6				
7				
8				
9				
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

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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 maintained the good relationship with Kingston Charitable Foundation this year, who have helped us fund exercise classes in local community centres. They have really helped keep the charity running as it seems increasingly difficult to find funding for our activities.

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 at Staywell Elderly Community Centre. It has been a difficult year, but we have managed to keep the charity going with the endeavours of the trustees, with which we offer our heart felt thanks.

Thank you to Kingston Charitable Foundation for their £240 grant. This has really been a lifeline for our charity.

A big **thank you** to all the volunteers who came to the Staywell 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. Thank you for all the positive feedback, and it may be small what we do, but it is having a big impact on the lives the beneficiaries we have helped.

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.

We have struggled this year to achieve the goals of helping more people in Surrey and the surrounding areas. We have managed to keep Staywell going, helping people suffering from Alzheimer's and Parkinson's to connect more with their bodies.

This has proved to be both rewarding and enlightening, as the changes in some of the beneficiaries has been quite tangible.

Even the staff members at Staywell note on the difference we were making as a charity in their community centre. This has kept us going.

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 **£660**. This money is to deliver services already organised by the charity. Brighter Living has already been applying for funding to extend these services for the rest of 2024. 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

08/08/2025



CHARITY COMMISSION
FOR ENGLAND AND WALES

Brighter Living

1180378

Receipts and payments accounts

CC16a

For the period
from

01/11/2023

To

31/10/2024

Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
Kingston Charitable Foundation	-	240	-	240	10
	-		-	-	-
	-		-	-	-
	-		-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	-	240	-	240	10
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	-	240	-	240	10
A3 Payments					
Invoice 36/ Services and expenses	-	200	-	200	-
Invoice 37 / Services and expenses	-	150	-	150	-
Invoice 38/ Services and expenses	-	200	-	200	-
Invoice 39/ Services and expenses	-	200	-	200	-
Invoice 40/ Services and expenses	-	150	-	150	-
	-		-	-	-
	-		-	-	-
	-		-	-	-
	-		-	-	-
Sub total	-	900	-	900	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	-	900	-	900	-
Net of receipts/(payments)	-	660	-	660	10
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	-	660	-	660	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
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	Details			
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
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	