

# MY LIFE

England & Wales · Charity number 1180933

## Details

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|             |   |
|-------------|---|
| Other names | STUDENT LIFE  |
| Status      | Registered  |
| Legal form  | CIO   |
| Registered  | 2018-11-30  |
| Register    | <a href="#">View on the Charity Commission register</a> |

## Contact

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|         |  |
|---------|--|
| Address | 48 Alnesbourn Crescent<br>Ipswich<br>IP3 9GD             |
| Phone   | 01473353512  |
| Email   | <a href="mailto:INFO@MYLIFEORG.UK">INFO@MYLIFEORG.UK</a> |
| Website | <a href="http://www.mylifeorg.uk">www.mylifeorg.uk</a>   |

## Activities

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**Objects:** For the public benefit, the promotion of good mental health, in particular but not exclusively, to those within schools, prisons and young offender institutions by providing services such as mental health awareness training; mental health ambassador programmes, and the production of films about mental health.

**Activities:** Supporting the mental health of children, young people and adults in education and the criminal justice system, with the aim of encouraging and educating those we collaborate with, to support and promote a less stigmatised outlook on mental health. We offer mental health training to young people in education and to people classified as NEET, including prison settings across England

## Classification

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- **How:** Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, Disability, Economic/community Development/employment
- **Who:** Children/young People, Other Defined Groups, The General Public/mankind

## Geography

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- Scotland
- Throughout England

## Finances

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| Period end | Income   | Expenditure | Assets  | Employees |
|------------|----------|-------------|---------|-----------|
| 2025-06-30 | £502,467 | £486,775    | £67,294 | 9         |
| 2024-06-30 | £400,305 | £336,541    | -       | -         |
| 2023-06-30 | £214,125 | £254,514    | -       | -         |
| 2022-06-30 | £283,429 | £287,148    | -       | -         |
| 2021-06-30 | £208,907 | £144,717    | -       | -         |

## Trustees

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| Name            | Role  | Appointed  |
|-----------------|-------|------------|
| RICHARD STEWART | Chair | 2025-06-01 |
| LOUISE DICKMAN  |       | 2018-11-30 |
| ROSIE WEDGE     |       | 2018-11-30 |

**MY LIFE**

England & Wales - Charity number 1180933

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# Accounts

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**TRUSTEES' REPORT AND  
UNAUDITED FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 30 JUNE 2025  
FOR  
MY LIFE**

Galloways Accounting (Bexhill) Limited  
23 St Leonards Road  
Bexhill On Sea  
East Sussex  
TN40 1HH

**MY LIFE**  
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**FOR THE YEAR ENDED 30 JUNE 2025**

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**MY LIFE**  
**TRUSTEES' REPORT**  
**FOR THE YEAR ENDED 30 JUNE 2025**

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The trustees present their report with the financial statements of the charity for the year ended 30 June 2025. The trustees have adopted the provisions of 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).

### **OBJECTIVES AND ACTIVITIES**

#### **Objectives and aims**

The charity's objects are to advance in life and help people through:

- a) Advancing general and mental health education by contributing to, and participating in, the production of a periodic lifestyle publication and accompanying short films, upskilling people through the entire print and digital production process; and
- b) providing support and activities which develop their skills, capacities and capabilities to enable them to anticipate in society as mature and responsible individuals.

#### **Public benefit**

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

### **ACHIEVEMENTS AND PERFORMANCE**

#### **Charitable activities**

During the course of the year the charity has achieved the following:

##### Team

We have grown our team to include three more project leads, who as are their existing colleagues, are ex-prisoners. All of our project leads and the project manager are instructor trained to be able to deliver our accredited training. Most of our team are Mental Health First Aid England trained.

##### Training - Schools project

Work in schools has been suspended due to the demand on time and resources in relation to the Charity's work in prisons.

##### Training - Unlock My Life project

The Unlock My Life project continues its work with prisons across the country and includes young people and adults. It is planned that 40 prisons will be onboarded in the lead up to Summer 2026, with the Unlock My Life project mirroring historic work in schools and colleges by upskilling prisoners in Mental Health & Wellbeing training and prisoners going on to become Mental Health Ambassadors. We have created and deliver a bespoke Mental Health and Wellbeing training course to be delivered in prison settings. In collaboration with people with lived experience (serving and ex prisoners), the course content and case studies are relevant to prison life. The purpose is to educate and inform prisoners and staff so they can pass on their knowledge, inform their peers and also have the capacity to provide support and appropriate signposting for people who need it.

##### Work Experience / Career Readiness

The Charity continues to offer regular work experience and career planning opportunities.

##### Other

We currently employ eleven members of staff, with three being full time.

### **FINANCIAL REVIEW**

#### **Financial position**

Total income for the year was £502,467 which is an increase on the prior year of £400,306. This is as a result of . additional grant funding being received to deliver more projects. Total costs rose to £486,775 from £336,988 in the prior year. This has resulted in an operational surplus of £15,692 (2024: £63,318).

#### **Reserves policy**

It is the policy of the charity that unrestricted funds which have not been designated for a specific use should be maintained at a level equivalent to three months expenditure.

Reserves at this level will ensure that, in the event of a significant drop in funding, the Charity will be able to continue its current activities while consideration is given to ways in which additional funds may be raised.

At the year end, the charity had no restricted or designated funds. The level of free reserves at the year end is £65,005 (2024: £50,627)

#### **FUTURE PLANS**

Contact will be made with additional prisons that are not yet collaborating with the Unlock My Life project. This will be extended to include Scotland and contact has been made with the Charity Commission in Scotland. The roll-out of the multiple platforms will continue, as will the roll-out of the Mental Health Ambassador programme, the filming work and the careers work. The mental health work in prisons, under the project title Unlock My Life, remains a key focus of the team and of funding applications.

**MY LIFE**  
**TRUSTEES' REPORT**  
**FOR THE YEAR ENDED 30 JUNE 2025**

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**STRUCTURE, GOVERNANCE AND MANAGEMENT**

**Governing document**

The charity is a Charitable Incorporated Organisation (CIO). The constitution document was authorised and the charity became registered on 30 November 2018.

Prior to being a CIO, the entity was known as Student Life (Suffolk) CIC (company number 10828527). The day after the CIO was constituted, being 1 December 2018, the previous CIC ceased to trade and merged with the CIO. No adjustments were made to the accounting policies of either entity as part of this merger.

**Recruitment and appointment of new trustees**

The Board will continue to network throughout the county and recommend new trustees, based on the alignment of those potential trustees, with the aims and objectives of the Charity and based upon the likelihood of potential Trustees bringing new skills and experience to the Board.

**Decision making**

Day to day responsibility for decision making is given to Richard Stewart, in his role as Chief Executive Officer prior to becoming a Trustee after the year end. During the year, the CEO managed the team of executive board members and volunteers as is required for the successful running of the Charity.

**Induction and training of new trustees**

All new trustees will receive a tour of the office and in introduction to the staff. All new trustees will shadow a designated team member for two working days, that will include internal and external meetings and workload. All new trustees will be DBS checked and will complete safeguarding training. All new trustees will be expected to shadow a member of the team for one day every three months.

**Risk management**

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

**REFERENCE AND ADMINISTRATIVE DETAILS**

**Registered Charity number**

1180933

**Principal address**

48 Alnesbourn Crescent  
Ipswich  
Suffolk  
IP3 9GD

**Trustees**

R A Stewart (appointed 1/6/2025)  
Mrs R Mitchell (resigned 31/5/2025)  
Ms R Wedge  
Ms L Dickman

**Independent Examiner**

Galloways Accounting (Bexhill) Limited  
23 St Leonards Road  
Bexhill On Sea  
East Sussex  
TN40 1HH

Approved by order of the board of trustees on 16 September 2025 and signed on its behalf by:

R A Stewart - Trustee

**MY LIFE**

**STATEMENT OF TRUSTEES' RESPONSIBILITIES  
FOR THE YEAR ENDED 30 JUNE 2025**

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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, the Charities Act 2011, Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed 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, including the income and expenditure, of the charity for that period. In preparing those financial statements, the trustees are required to

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity 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;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to 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.

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF  
MY LIFE**

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**Independent examiner's report to the trustees of My Life**

I report to the charity trustees on my examination of the accounts of My Life (the Trust) for the year ended 30 June 2025.

**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 Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under Section 145(5)(b) of the Act.

**Independent examiner's statement**

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

I have completed my examination. I 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; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

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.

Your attention is drawn to the fact that the charity has prepared financial statements in accordance with Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) 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.

Alastair Towler BFP ACA DChA

Galloways Accounting (Bexhill) Limited  
23 St Leonards Road  
Bexhill On Sea  
East Sussex  
TN40 1HH

22 September 2025

MY LIFE

STATEMENT OF FINANCIAL ACTIVITIES  
FOR THE YEAR ENDED 30 JUNE 2025

|                                    | Notes | Unrestricted<br>fund<br>£ | Restricted<br>fund<br>£ | 2025<br>Total<br>funds<br>£ | 2024<br>Total<br>funds<br>£ |
|------------------------------------|-------|---------------------------|-------------------------|-----------------------------|-----------------------------|
| <b>INCOME AND ENDOWMENTS FROM</b>  |       |                           |                         |                             |                             |
| Donations and legacies             | 4     | 502,111                   | -                       | 502,111                     | 395,566                     |
| <b>Charitable activities</b>       |       |                           |                         |                             |                             |
| Mental health awareness            | 6     | -                         | -                       | -                           | 244                         |
| Other trading activities           | 5     | -                         | -                       | -                           | 4,496                       |
| Other income                       |       | 356                       | -                       | 356                         | -                           |
| <b>Total</b>                       |       | <b>502,467</b>            | <b>-</b>                | <b>502,467</b>              | <b>400,306</b>              |
| <b>EXPENDITURE ON</b>              |       |                           |                         |                             |                             |
| Raising funds                      | 7     | 3,425                     | -                       | 3,425                       | 6,188                       |
| <b>Charitable activities</b>       |       |                           |                         |                             |                             |
| Mental health awareness            | 8     | 483,350                   | -                       | 483,350                     | 330,644                     |
| Other                              |       | -                         | -                       | -                           | 156                         |
| <b>Total</b>                       |       | <b>486,775</b>            | <b>-</b>                | <b>486,775</b>              | <b>336,988</b>              |
| <b>NET INCOME</b>                  |       | <b>15,692</b>             | <b>-</b>                | <b>15,692</b>               | <b>63,318</b>               |
| <b>RECONCILIATION OF FUNDS</b>     |       |                           |                         |                             |                             |
| Total funds brought forward        |       | 51,602                    | -                       | 51,602                      | (11,716)                    |
| <b>TOTAL FUNDS CARRIED FORWARD</b> |       | <b>67,294</b>             | <b>-</b>                | <b>67,294</b>               | <b>51,602</b>               |

**CONTINUING OPERATIONS**

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

**MY LIFE**  
**BALANCE SHEET**  
**30 JUNE 2025**

|  | Notes | Unrestricted<br>fund<br>£ | Restricted<br>fund<br>£ | 2025<br>Total<br>funds<br>£ | 2024<br>Total<br>funds<br>£ |
|--|-------|---------------------------|-------------------------|-----------------------------|-----------------------------|
| <b>FIXED ASSETS</b>                          |       |                           |                         |                             |                             |
| Tangible assets                              | 14    | 2,289                     | -                       | 2,289                       | 975                         |
| <b>CURRENT ASSETS</b>                        |       |                           |                         |                             |                             |
| Debtors                                      | 15    | 12,144                    | -                       | 12,144                      | 6,748                       |
| Cash at bank                                 |       | 63,534                    | -                       | 63,534                      | 61,564                      |
|  |       | <u>75,678</u>             | -                       | <u>75,678</u>               | 68,312                      |
| <b>CREDITORS</b>                             |       |                           |                         |                             |                             |
| Amounts falling due within one year          | 16    | (9,506)                   | -                       | (9,506)                     | (14,518)                    |
| <b>NET CURRENT ASSETS</b>                    |       |                           |                         |                             |                             |
|  |       | <u>66,172</u>             | -                       | <u>66,172</u>               | 53,794                      |
| <b>TOTAL ASSETS LESS CURRENT LIABILITIES</b> |       |                           |                         |                             |                             |
|  |       | 68,461                    | -                       | 68,461                      | 54,769                      |
| <b>CREDITORS</b>                             |       |                           |                         |                             |                             |
| Amounts falling due after more than one year | 17    | (1,167)                   | -                       | (1,167)                     | (3,167)                     |
| <b>NET ASSETS</b>                            |       |                           |                         |                             |                             |
|  |       | <u>67,294</u>             | -                       | <u>67,294</u>               | 51,602                      |
| <b>FUNDS</b>                                 |       |                           |                         |                             |                             |
| Unrestricted funds                           | 19    |                           |                         | <u>67,294</u>               | 51,602                      |
| <b>TOTAL FUNDS</b>                           |       |                           |                         |                             |                             |
|  |       |                           |                         | <u>67,294</u>               | 51,602                      |

The financial statements were approved by the Board of Trustees and authorised for issue on 16 September 2025 and were signed on its behalf by:

R A Stewart - Trustee

**MY LIFE**  
**CASH FLOW STATEMENT**  
**FOR THE YEAR ENDED 30 JUNE 2025**

|   | Notes | 2025<br>£            | 2024<br>£            |
|---|-------|----------------------|----------------------|
| <b>Cash flows from operating activities</b>                               |       |                      |                      |
| Cash generated from operations  | 1     | 6,539                | 58,779               |
| Interest paid   |       | (107)                | (158)                |
| Tax paid  |       | (78)                 | 1,654                |
| Net cash provided by operating activities                                 |       | <u>6,354</u>         | <u>60,275</u>        |
| <b>Cash flows from investing activities</b>                               |       |                      |                      |
| Purchase of tangible fixed assets   |       | (2,384)              | -                    |
| Net cash (used in)/provided by investing activities                       |       | <u>(2,384)</u>       | <u>-</u>             |
| <b>Cash flows from financing activities</b>                               |       |                      |                      |
| Loan repayments in year   |       | (2,000)              | (2,000)              |
| Net cash used in financing activities                                     |       | <u>(2,000)</u>       | <u>(2,000)</u>       |
| <b>Change in cash and cash equivalents in the reporting period</b>        |       |                      |                      |
|   |       | <u>1,970</u>         | <u>58,275</u>        |
| <b>Cash and cash equivalents at the beginning of the reporting period</b> |       | <u>61,564</u>        | <u>3,289</u>         |
| <b>Cash and cash equivalents at the end of the reporting period</b>       |       | <u><u>63,534</u></u> | <u><u>61,564</u></u> |

The notes form part of these financial statements

MY LIFE

NOTES TO THE CASH FLOW STATEMENT  
FOR THE YEAR ENDED 30 JUNE 2025

1. RECONCILIATION OF NET INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES

|   | 2025<br>£     | 2024<br>£     |
|---|---------------|---------------|
| <b>Net income for the reporting period (as per the Statement of Financial Activities)</b> | <b>15,692</b> | 63,318        |
| <b>Adjustments for:</b>   |               |               |
| Depreciation charges  | 1,070         | 644           |
| Loss on disposal of fixed assets  | -             | 156           |
| Interest paid   | 107           | 158           |
| Increase in debtors   | (5,396)       | (5,585)       |
| (Decrease)/increase in creditors  | (4,934)       | 88            |
| <b>Net cash provided by operations</b>  | <b>6,539</b>  | <b>58,779</b> |

2. ANALYSIS OF CHANGES IN NET FUNDS

|                                 | At 1/7/24<br>£ | Cash flow<br>£ | At 30/6/25<br>£ |
|---------------------------------|----------------|----------------|-----------------|
| <b>Net cash</b>                 |                |                |                 |
| Cash at bank                    | 61,564         | 1,970          | 63,534          |
|                                 | <u>61,564</u>  | <u>1,970</u>   | <u>63,534</u>   |
| <b>Debt</b>                     |                |                |                 |
| Debts falling due within 1 year | (2,000)        | -              | (2,000)         |
| Debts falling due after 1 year  | (3,167)        | 2,000          | (1,167)         |
|                                 | <u>(5,167)</u> | <u>2,000</u>   | <u>(3,167)</u>  |
| <b>Total</b>                    | <b>56,397</b>  | <b>3,970</b>   | <b>60,367</b>   |

**NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 30 JUNE 2025**

**1. CHARITY INFORMATION**

My Life is a Charitable Incorporated Organisation (CIO) governed by a constitution dated 30 November 2018. It is registered with the Charities Commission under charity number 1180933. The registered office is 48 Alnesbourn Crescent, Ipswich, IP3 9GD.

**2. ACCOUNTING POLICIES****Basis of preparing the financial statements**

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

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 £.

**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.

**Income**

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

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.

**Expenditure**

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, 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 accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

**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:

|                       |                       |
|-----------------------|-----------------------|
| Fixtures and fittings | 4 years straight line |
|-----------------------|-----------------------|

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.

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).

**Taxation**

The charity is exempt from tax on its charitable activities.

**Fund accounting**

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

**Hire purchase and leasing commitments**

Rentals paid under operating leases are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.

**Pension costs and other post-retirement benefits**

The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 30 JUNE 2025**

**2. ACCOUNTING POLICIES - continued****Employee benefits**

The cost of any material 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.

**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.

**3. CRITICAL ACCOUNTING JUDGEMENTS AND KEY SOURCES OF ESTIMATION UNCERTAINTY**

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.

**4. DONATIONS AND LEGACIES**

|           | <b>2025</b>    | <b>2024</b>    |
|-----------|----------------|----------------|
|           | £              | £              |
| Donations | 11,911         | 35,529         |
| Grants    | 490,200        | 360,037        |
|           | <u>502,111</u> | <u>395,566</u> |

**5. OTHER TRADING ACTIVITIES**

|                    | <b>2025</b> | <b>2024</b>  |
|--------------------|-------------|--------------|
|                    | £           | £            |
| Fundraising events | -           | 4,496        |
|                    | <u>-</u>    | <u>4,496</u> |

**6. INCOME FROM CHARITABLE ACTIVITIES**

|  | <b>2025</b> | <b>2024</b> |
|--|-------------|-------------|
|  | £           | £           |
| Sale of services                           | -           | 244         |
| <b>Activity</b><br>Mental health awareness | <u>-</u>    | <u>244</u>  |

**7. RAISING FUNDS****Raising donations and legacies**

|             | <b>2025</b>  | <b>2024</b>  |
|-------------|--------------|--------------|
|             | £            | £            |
| Sundries    | 99           | 2,760        |
| Advertising | 3,326        | 3,428        |
|             | <u>3,425</u> | <u>6,188</u> |

MY LIFE

NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 30 JUNE 2025

8. CHARITABLE ACTIVITIES COSTS

|                         | Direct<br>Costs<br>£ | Support<br>costs (see<br>note 9)<br>£ | Totals<br>£ |
|-------------------------|----------------------|---------------------------------------|-------------|
| Mental health awareness | 368,515              | 114,835                               | 483,350     |

9. SUPPORT COSTS

|                         | Management<br>£ | Finance<br>£ | Governance<br>costs<br>£ | Totals<br>£ |
|-------------------------|-----------------|--------------|--------------------------|-------------|
| Mental health awareness | 93,180          | 1,332        | 20,323                   | 114,835     |

Included within governance costs are amounts payable to the Independent Examiner of £1,500 (2024: £1,500) for independent examination services; and £1,860 (2024: £2,603) for other services.

10. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 30 June 2025 nor for the year ended 30 June 2024.

**Trustees' expenses**

There were no trustees' expenses paid for the year ended 30 June 2025 nor for the year ended 30 June 2024.

11. STAFF COSTS

|                       | 2025<br>£      | 2024<br>£      |
|-----------------------|----------------|----------------|
| Wages and salaries    | 212,820        | 161,963        |
| Social security costs | 12,233         | -              |
| Other pension costs   | 3,555          | 5,667          |
|                       | <u>228,608</u> | <u>167,630</u> |

The average monthly number of employees during the year was as follows:

|       | 2025     | 2024      |
|-------|----------|-----------|
| Total | <u>9</u> | <u>11</u> |

No employees received emoluments in excess of £60,000.

The total employee benefits of the key management personnel of the charity were £23,975 (2024: £45,359).

12. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

|                                   | Unrestricted<br>fund<br>£ | Restricted<br>fund<br>£ | Total<br>funds<br>£ |
|-----------------------------------|---------------------------|-------------------------|---------------------|
| <b>INCOME AND ENDOWMENTS FROM</b> |                           |                         |                     |
| Donations and legacies            | 395,566                   | -                       | 395,566             |
| <b>Charitable activities</b>      |                           |                         |                     |
| Mental health awareness           | 244                       | -                       | 244                 |
| Other trading activities          | 4,496                     | -                       | 4,496               |
| <b>Total</b>                      | <u>400,306</u>            | <u>-</u>                | <u>400,306</u>      |
| <b>EXPENDITURE ON</b>             |                           |                         |                     |
| Raising funds                     | 5,438                     | 750                     | 6,188               |
| <b>Charitable activities</b>      |                           |                         |                     |
| Mental health awareness           | 330,644                   | -                       | 330,644             |
| Other                             | 156                       | -                       | 156                 |
| <b>Total</b>                      | <u>336,238</u>            | <u>750</u>              | <u>336,988</u>      |
| <b>NET INCOME/(EXPENDITURE)</b>   | 64,068                    | (750)                   | 63,318              |

MY LIFE

NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 30 JUNE 2025

| 12. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued | Unrestricted<br>fund<br>£ | Restricted<br>fund<br>£ | Total<br>funds<br>£ |
|--|---------------------------|-------------------------|---------------------|
| <b>RECONCILIATION OF FUNDS</b>   |                           |                         |                     |
| Total funds brought forward  | (12,466)                  | 750                     | (11,716)            |
| <b>TOTAL FUNDS CARRIED FORWARD</b>                                     | <u>51,602</u>             | <u>-</u>                | <u>51,602</u>       |

13. RETIREMENT BENEFIT SCHEMES

Charge to profit or loss in respect of defined contribution schemes during the year was £3,555 (2024: £5,667).

The charity operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the charity in an independently administered fund.

14. TANGIBLE FIXED ASSETS

|                       | Fixtures<br>and<br>fittings<br>£ |
|-----------------------|----------------------------------|
| <b>COST</b>           |                                  |
| At 1 July 2024        | 1,951                            |
| Additions             | <u>2,384</u>                     |
| At 30 June 2025       | <u>4,335</u>                     |
| <b>DEPRECIATION</b>   |                                  |
| At 1 July 2024        | 976                              |
| Charge for year       | <u>1,070</u>                     |
| At 30 June 2025       | <u>2,046</u>                     |
| <b>NET BOOK VALUE</b> |                                  |
| At 30 June 2025       | <u>2,289</u>                     |
| At 30 June 2024       | <u>975</u>                       |

15. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

|                                | 2025<br>£     | 2024<br>£    |
|--------------------------------|---------------|--------------|
| Trade debtors                  | 2,200         | 1,287        |
| Other debtors                  | 8,713         | 4,198        |
| Prepayments and accrued income | <u>1,231</u>  | <u>1,263</u> |
|                                | <u>12,144</u> | <u>6,748</u> |

MY LIFE

NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 30 JUNE 2025

16. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

|   | 2025         | 2024          |
|---|--------------|---------------|
|   | £            | £             |
| Bank loans and overdrafts (see note 18) | 2,000        | 2,000         |
| Trade creditors                         | 3,242        | 7,237         |
| Taxation and social security            | 2,850        | 2,928         |
| Other creditors                         | 716          | 673           |
| Accruals and deferred income            | 698          | 1,680         |
|   | <u>9,506</u> | <u>14,518</u> |

17. CREDITORS: AMOUNTS FALLING DUE AFTER MORE THAN ONE YEAR

|                          | 2025         | 2024         |
|--------------------------|--------------|--------------|
|                          | £            | £            |
| Bank loans (see note 18) | <u>1,167</u> | <u>3,167</u> |

18. LOANS

An analysis of the maturity of loans is given below:

|  | 2025         | 2024         |
|--|--------------|--------------|
|  | £            | £            |
| Amounts falling due within one year on demand: |              |              |
| Bank loans                                     | <u>2,000</u> | <u>2,000</u> |
| Amounts falling between one and two years:     |              |              |
| Bank loans - 1-2 years                         | <u>1,167</u> | <u>3,167</u> |

19. MOVEMENT IN FUNDS

|                           | At 1/7/24     | Net movement in funds | At 30/6/25    |
|---------------------------|---------------|-----------------------|---------------|
|                           | £             | £                     | £             |
| <b>Unrestricted funds</b> |               |                       |               |
| General fund              | 51,602        | 15,692                | 67,294        |
|                           | <u>51,602</u> | <u>15,692</u>         | <u>67,294</u> |
| <b>TOTAL FUNDS</b>        | <u>51,602</u> | <u>15,692</u>         | <u>67,294</u> |

Net movement in funds, included in the above are as follows:

|                           | Incoming resources | Resources expended | Movement in funds |
|---------------------------|--------------------|--------------------|-------------------|
|                           | £                  | £                  | £                 |
| <b>Unrestricted funds</b> |                    |                    |                   |
| General fund              | 502,467            | (486,775)          | 15,692            |
|                           | <u>502,467</u>     | <u>(486,775)</u>   | <u>15,692</u>     |
| <b>TOTAL FUNDS</b>        | <u>502,467</u>     | <u>(486,775)</u>   | <u>15,692</u>     |

Comparatives for movement in funds

|                           | At 1/7/23       | Net movement in funds | At 30/6/24    |
|---------------------------|-----------------|-----------------------|---------------|
|                           | £               | £                     | £             |
| <b>Unrestricted funds</b> |                 |                       |               |
| General fund              | (12,466)        | 64,068                | 51,602        |
| <b>Restricted funds</b>   |                 |                       |               |
| Waterfront Mile Project   | 750             | (750)                 | -             |
|                           | <u>(11,716)</u> | <u>63,318</u>         | <u>51,602</u> |
| <b>TOTAL FUNDS</b>        | <u>(11,716)</u> | <u>63,318</u>         | <u>51,602</u> |

MY LIFE

NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 30 JUNE 2025

19. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

|                           | Incoming<br>resources<br>£ | Resources<br>expended<br>£ | Movement<br>in funds<br>£ |
|---------------------------|----------------------------|----------------------------|---------------------------|
| <b>Unrestricted funds</b> |                            |                            |                           |
| General fund              | 400,306                    | (336,238)                  | 64,068                    |
| <b>Restricted funds</b>   |                            |                            |                           |
| Waterfront Mile Project   | -                          | (750)                      | (750)                     |
| <b>TOTAL FUNDS</b>        | <u>400,306</u>             | <u>(336,988)</u>           | <u>63,318</u>             |

**Description of funds**

The Waterfront Mile Project relates to a fund My Life is a project partner in, a health initiative within Suffolk which involves five main partners.

20. CAPITAL COMMITMENTS

|   | 2025<br>£     | 2024<br>£     |
|---|---------------|---------------|
| Contracted but not provided for in the financial statements | <u>12,026</u> | <u>12,026</u> |

21. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 30 June 2025 (2024: £nil).

**MY LIFE**  
**DETAILED STATEMENT OF FINANCIAL ACTIVITIES**  
**FOR THE YEAR ENDED 30 JUNE 2025**

|                                       | 2025<br>£      | 2024<br>£      |
|---------------------------------------|----------------|----------------|
| <b>INCOME AND ENDOWMENTS</b>          |                |                |
| <b>Donations and legacies</b>         |                |                |
| Donations                             | 11,911         | 35,529         |
| Grants                                | 490,200        | 360,037        |
|                                       | <u>502,111</u> | <u>395,566</u> |
| <b>Other trading activities</b>       |                |                |
| Fundraising events                    | -              | 4,496          |
| <b>Charitable activities</b>          |                |                |
| Sale of services                      | -              | 244            |
| <b>Other income</b>                   |                |                |
| Other income                          | 356            | -              |
| <b>Total incoming resources</b>       | <u>502,467</u> | <u>400,306</u> |
| <b>EXPENDITURE</b>                    |                |                |
| <b>Raising donations and legacies</b> |                |                |
| Sundries                              | 99             | 2,760          |
| Advertising                           | 3,326          | 3,428          |
|                                       | <u>3,425</u>   | <u>6,188</u>   |
| <b>Charitable activities</b>          |                |                |
| Wages                                 | 212,820        | 161,963        |
| Social security                       | 12,233         | -              |
| Pensions                              | 3,555          | 5,667          |
| Direct charitable costs               | 41,676         | 35,393         |
| Travel                                | 42,134         | 17,386         |
| Entertaining                          | -              | 1,130          |
| Staff costs                           | 6,502          | 2,388          |
| Bad debts                             | 1,287          | -              |
| Consultancy                           | 48,308         | -              |
| Bank loan interest                    | -              | 158            |
|                                       | <u>368,515</u> | <u>224,085</u> |
| <b>Other</b>                          |                |                |
| Loss on sale of tangible fixed assets | -              | 156            |
| <b>Support costs</b>                  |                |                |
| <b>Management</b>                     |                |                |
| Other operating leases                | 6,802          | 5,819          |
| Rent and rates                        | 46,416         | 56,949         |
| Insurance                             | 5,674          | 5,131          |
| Telephone                             | 2,333          | 3,563          |
| Postage and stationery                | 13,084         | 12,957         |
| Sundries                              | 4,862          | 4,904          |
| Repairs and renewals                  | 8,601          | 2,028          |
| Subscriptions                         | 708            | 1,861          |
| Staff entertaining                    | 3,630          | -              |
| Fixtures and fittings                 | 1,070          | 644            |
|                                       | <u>93,180</u>  | <u>93,856</u>  |
| <b>Finance</b>                        |                |                |
| Bank charges                          | 1,225          | -              |
| Bank loan interest                    | 107            | -              |
|                                       | <u>1,332</u>   | <u>-</u>       |

This page does not form part of the statutory financial statements

MY LIFE

DETAILED STATEMENT OF FINANCIAL ACTIVITIES  
FOR THE YEAR ENDED 30 JUNE 2025

|                            | 2025<br>£      | 2024<br>£      |
|----------------------------|----------------|----------------|
| <b>Finance</b>             |                |                |
| <b>Governance costs</b>    |                |                |
| Bookkeeping                | 1,630          | -              |
| Accountancy and legal fees | 18,693         | 3,659          |
| Consultancy                | -              | 9,044          |
|                            | <u>20,323</u>  | <u>12,703</u>  |
| Total resources expended   | <u>486,775</u> | <u>336,988</u> |
| <b>Net income</b>          | <u>15,692</u>  | <u>63,318</u>  |

**MY LIFE**

England & Wales - Charity number 1180933

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# Accounts

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Charity registration number 1180933

**MY LIFE**  
**ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 30 JUNE 2024**

# MY LIFE

## LEGAL AND ADMINISTRATIVE INFORMATION

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|                             |  |
|-----------------------------|--|
| <b>Trustees</b>             | Mrs R Mitchell<br>Ms R Wedge<br>Ms L Dickman   |
| <b>Charity number</b>       | 1180933  |
| <b>Principal address</b>    | 48 Alnesbourn Crescent<br>Ipswich<br>Suffolk<br>IP3 9GD  |
| <b>Independent examiner</b> | Oliver Read FCCA ACA<br>James Todd & Co Limited<br>Drayton House<br>Drayton Lane<br>Chichester<br>West Sussex<br>England<br>PO20 2EW |

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# MY LIFE

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| Independent examiner's report     | 4           |
| Statement of financial activities | 5           |
| Balance sheet                     | 6           |
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# MY LIFE

## TRUSTEES' REPORT

### **FOR THE YEAR ENDED 30 JUNE 2024**

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The trustees present their annual report and financial statements for the year ended 30 June 2024.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's governing document, the Charities Act 2011 and "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).

#### **Objectives and activities**

The charity's objects are to advance in life and help people through:

a) Advancing general and mental health education by contributing to, and participating in, the production of a periodic lifestyle publication and accompanying short films, upskilling people through the entire print and digital production process, and;

b) providing support and activities which develop their skills, capacities and capabilities to enable them to anticipate in society as mature and responsible individuals.

#### **Public benefit**

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

#### **Achievements and performance**

##### **Significant activities and achievements against objectives**

During the course of the year the charity has achieved the following:

##### Team

We have grown our team to include ex prison staff - one officer and one drug and rehabilitation worker and all three of our project leads are ex-prisoners who we met whilst delivering training in the D Category prison they were serving the last of their sentences in. All of our project leads and the project manager are instructor trained to be able to deliver our accredited training. All of our team are Mental Health First Aid England trained.

##### Training – Student Life project

We have delivered peer to peer mental health awareness upskilling into education settings in Suffolk to volunteer Ambassadors.

##### Training - Unlock My Life project

The Unlock My Life project continues its work with prisons across the country and includes young people and adults. It is planned that 30 prisons will be onboarded in the lead up to Summer 2025, with the Unlock My Life project mirroring historic work in schools and colleges by upskilling prisoners in Mental Health & Wellbeing training and prisoners going on to become Mental Health Ambassadors. We have created and deliver a bespoke Mental Health and Wellbeing training course to be delivered in prison settings. In collaboration with people with lived experience (serving and ex-prisoners), the course content and case studies are relevant to prison life. The purpose is to educate and inform prisoners and staff so they can pass on their knowledge, inform their peers and also have the capacity to provide support and appropriate signposting for people who need it.

##### Work Experience / Career Readiness

The Charity continues to offer regular work experience and career planning opportunities.

##### Other

We currently employ ten members of staff, with three being full time.

# MY LIFE

## TRUSTEES' REPORT (CONTINUED)

### FOR THE YEAR ENDED 30 JUNE 2024

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#### Financial review

Total income for the year was £400,305 which is an increase on the prior year of £214,125. This is as a result of additional funding being received to progress our projects. Total costs rose to £336,541. This has resulted in an operational surplus of £63,764.

It is the policy of the Charity that unrestricted funds which have not been designated for a specific use should be maintained at a level equivalent to three months expenditure.

Reserves at this level will ensure that, in the event of a significant drop in funding, the Charity will be able to continue its current activities while consideration is given to ways in which additional funds may be raised.

The charity retains limited restricted reserves at the year-end of £Nil (2023: £750) and does not have any designated funds. The level of free reserves at the year-end is £52,048.

The current level of reserves is £52,048.

The Trustees have assessed the major risks to which the Charity is exposed, and are satisfied that systems are in place to mitigate exposure to the major risks.

#### Plans for future periods

Contact will be made with additional schools and colleges in the south-east that are not yet collaborating with the Student Life project. The roll-out of the multiple platforms will continue, as will the roll-out of the Mental Health Ambassador programme, the filming work and the careers work. Each September/October will see the re-delivery of the project into the new year 9/10 cohort at each collaborating school/college. The mental health work in prisons, under the project title Unlock My Life, remains a key focus of the team and of funding applications.

#### Structure, governance and management

The charity is a Charitable Incorporated Organisation (CIO). The constitution document was authorised and the charity became registered on 30 November 2018.

Prior to being a CIO, the entity was known as Student Life (Suffolk) CIC (company number 10828527). The day after the CIO was constituted, being 1 December 2018, the previous CIC ceased to trade and merged with the CIO. No adjustments were made to the accounting policies of either entity as part of this merger.

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

Ms E M Harsant (Resigned 31 March 2024)  
Mrs R Mitchell  
Ms R Wedge  
Ms L Dickman

#### Recruitment and appointment of trustees

The Board will continue to network throughout the county and recommend new trustees, based on the alignment of those potential trustees, with the aims and objectives of the Charity and based upon the likelihood of potential Trustees bringing new skills and experience to the Board.

Day to day responsibility for decision making is given to Richard Stewart, in his role as Chief Executive Officer. The CEO will then manage the team of executive board members and volunteers as is required for the successful running of the Charity.

All new trustees will receive a tour of the office and in introduction to the staff. All new trustees will shadow a designated team member for two working days, that will include internal and external meetings and workload. All new trustees will be DBS checked and will complete safeguarding training. All new trustees will be expected to shadow a member of the team for one day every three months.

# MY LIFE

## TRUSTEES' REPORT (CONTINUED)

**FOR THE YEAR ENDED 30 JUNE 2024**

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

.....

Ms R Wedge

**Trustee**

Date: .....

# MY LIFE

## INDEPENDENT EXAMINER'S REPORT

### TO THE TRUSTEES OF MY LIFE

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I report to the trustees on my examination of the financial statements of My Life (the charity) for the year ended 30 June 2024.

#### **Responsibilities and basis of report**

As the trustees of the charity you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 (the 2011 Act).

I report in respect of my examination of the charity's financial statements carried out under section 145 of the 2011 Act. In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

#### **Independent examiner's statement**

Since the charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of FCCA ACA, which is one of the listed bodies.

Your attention is drawn to the fact that the charity has prepared financial statements in accordance with Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) 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.

I understand that this has been done in order for financial statements to provide a true and fair view in accordance with Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

I have completed my examination. I confirm that no 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 charity as required by section 130 of the 2011 Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

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 financial statements to be reached.

**Oliver Read FCCA ACA**  
**James Todd & Co Limited**  
Drayton House  
Drayton Lane  
Chichester  
West Sussex  
PO20 2EW  
England

Dated: .....

## MY LIFE

### STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

**FOR THE YEAR ENDED 30 JUNE 2024**

|   |       | Unrestricted<br>funds<br>2024<br>£ | Restricted<br>funds<br>2024<br>£ | Total<br>2024<br>£ | Unrestricted<br>funds<br>2023<br>£ | Restricted<br>funds<br>2023<br>£ | Total<br>2023<br>£ |
|---|-------|------------------------------------|----------------------------------|--------------------|------------------------------------|----------------------------------|--------------------|
|   | Notes |                                    |                                  |                    |                                    |                                  |                    |
| <b>Income and endowments from:</b>                    |       |                                    |                                  |                    |                                    |                                  |                    |
| Donations and legacies                                | 3     | 395,565                            | -                                | 395,565            | 199,138                            | -                                | 199,138            |
| Charitable activities                                 | 4     | 244                                | -                                | 244                | 9,159                              | -                                | 9,159              |
| Other trading activities                              | 5     | 4,496                              | -                                | 4,496              | 990                                | -                                | 990                |
| Other income  | 6     | -                                  | -                                | -                  | 4,838                              | -                                | 4,838              |
| <b>Total income</b>                                   |       | <u>400,305</u>                     | <u>-</u>                         | <u>400,305</u>     | <u>214,125</u>                     | <u>-</u>                         | <u>214,125</u>     |
| <b>Expenditure on:</b>                                |       |                                    |                                  |                    |                                    |                                  |                    |
| Raising funds   | 7     | 5,438                              | 750                              | 6,188              | 3,517                              | -                                | 3,517              |
| Charitable activities                                 | 8     | 330,643                            | -                                | 330,643            | 250,997                            | -                                | 250,997            |
| Other expenditure                                     | 13    | 156                                | -                                | 156                | -                                  | -                                | -                  |
| <b>Total expenditure</b>                              |       | <u>336,237</u>                     | <u>750</u>                       | <u>336,987</u>     | <u>254,514</u>                     | <u>-</u>                         | <u>254,514</u>     |
| <b>Net income/(expenditure) and movement in funds</b> |       | 64,068                             | (750)                            | 63,318             | (40,389)                           | -                                | (40,389)           |
| <b>Reconciliation of funds:</b>                       |       |                                    |                                  |                    |                                    |                                  |                    |
| Fund balances at 1 July 2023                          |       | (12,466)                           | 750                              | (11,716)           | 27,923                             | 750                              | 28,673             |
| <b>Fund balances at 30 June 2024</b>                  |       | <u>51,602</u>                      | <u>-</u>                         | <u>51,602</u>      | <u>(12,466)</u>                    | <u>750</u>                       | <u>(11,716)</u>    |

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

# MY LIFE

## BALANCE SHEET

AS AT 30 JUNE 2024

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|  | Notes | 2024<br>£       | £              | 2023<br>£       | £               |
|--|-------|-----------------|----------------|-----------------|-----------------|
| <b>Fixed assets</b>  |       |                 |                |                 |                 |
| Tangible assets  | 15    |                 | 975            |                 | 1,775           |
| <b>Current assets</b>  |       |                 |                |                 |                 |
| Debtors  | 16    | 6,749           |                | 1,163           |                 |
| Cash at bank and in hand                                       |       | 61,564          |                | 3,289           |                 |
|  |       | <u>68,313</u>   |                | <u>4,452</u>    |                 |
| <b>Creditors: amounts falling due within one year</b>          | 18    | <u>(14,519)</u> |                | <u>(12,776)</u> |                 |
| <b>Net current assets/(liabilities)</b>                        |       |                 | <u>53,794</u>  |                 | <u>(8,324)</u>  |
| <b>Total assets less current liabilities</b>                   |       |                 | 54,769         |                 | (6,549)         |
| <b>Creditors: amounts falling due after more than one year</b> | 19    |                 | <u>(3,167)</u> |                 | <u>(5,167)</u>  |
| <b>Net assets/(liabilities)</b>                                |       |                 | <u>51,602</u>  |                 | <u>(11,716)</u> |
| <b>The funds of the charity</b>                                |       |                 |                |                 |                 |
| Restricted income funds  | 21    |                 | -              |                 | 750             |
| Unrestricted funds   | 22    |                 | <u>51,602</u>  |                 | <u>(12,466)</u> |
|  |       |                 | <u>51,602</u>  |                 | <u>(11,716)</u> |

The financial statements were approved by the trustees on .....

.....

Ms R Wedge

Trustee

# MY LIFE

## STATEMENT OF CASH FLOWS

FOR THE YEAR ENDED 30 JUNE 2024

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|   | Notes | 2024<br>£ | £       | 2023<br>£ | £        |
|---|-------|-----------|---------|-----------|----------|
| <b>Cash flows from operating activities</b>                 |       |           |         |           |          |
| Cash generated from/(absorbed by) operations                | 24    |           | 60,277  |           | (37,928) |
| <b>Investing activities</b>                                 |       |           |         |           |          |
| Purchase of tangible fixed assets                           |       | -         |         | (1,951)   |          |
| <b>Net cash used in investing activities</b>                |       |           |         |           |          |
|   |       |           | -       |           | (1,951)  |
| <b>Financing activities</b>                                 |       |           |         |           |          |
| Repayment of bank loans                                     |       | (2,002)   |         | (2,000)   |          |
| <b>Net cash used in financing activities</b>                |       |           |         |           |          |
|   |       |           | (2,002) |           | (2,000)  |
| <b>Net increase/(decrease) in cash and cash equivalents</b> |       |           |         |           |          |
|   |       |           | 58,275  |           | (41,879) |
| Cash and cash equivalents at beginning of year              |       |           | 3,289   |           | 45,168   |
| <b>Cash and cash equivalents at end of year</b>             |       |           |         |           |          |
|   |       |           | 61,564  |           | 3,289    |

# MY LIFE

## NOTES TO THE FINANCIAL STATEMENTS

### FOR THE YEAR ENDED 30 JUNE 2024

---

#### 1 Accounting policies

##### Charity information

My Life is a Charitable Incorporated Organisation (CIO) governed by a constitution dated 30 November 2018. It is registered with the Charities Commission under charity number 1180933. The registered office is 48 Alnesbourn Crescent, Ipswich, IP3 9GD.

##### 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 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, 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 or grantors 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.

##### 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.

# MY LIFE

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2024

---

### 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:

|                       |                       |
|-----------------------|-----------------------|
| Fixtures and fittings | 4 years straight line |
|-----------------------|-----------------------|

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 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.

#### 1.9 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.

# MY LIFE

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

### FOR THE YEAR ENDED 30 JUNE 2024

---

#### 1 Accounting policies

(Continued)

##### **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.

#### 1.10 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.

#### 1.11 Retirement benefits

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

#### 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.

## MY LIFE

### NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2024

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#### 3 Income from donations and legacies

|                     | Unrestricted<br>funds<br>2024<br>£ | Unrestricted<br>funds<br>2023<br>£ |
|---------------------|------------------------------------|------------------------------------|
| Donations and gifts | 35,528                             | 35,488                             |
| Grants              | 360,037                            | 163,650                            |
|                     | <u>395,565</u>                     | <u>199,138</u>                     |

#### 4 Income from charitable activities

|                                  | Unrestricted<br>funds<br>2024<br>£ | Unrestricted<br>funds<br>2023<br>£ |
|----------------------------------|------------------------------------|------------------------------------|
| Mental health awareness training |                                    |                                    |
| Sale of services                 | 244                                | 9,159                              |
|                                  | <u>244</u>                         | <u>9,159</u>                       |

#### 5 Income from other trading activities

|                    | Unrestricted<br>funds<br>2024<br>£ | Unrestricted<br>funds<br>2023<br>£ |
|--------------------|------------------------------------|------------------------------------|
| Fundraising events | 4,496                              | 990                                |
|                    | <u>4,496</u>                       | <u>990</u>                         |

#### 6 Other income

|              | Unrestricted<br>funds<br>2024<br>£ | Unrestricted<br>funds<br>2023<br>£ |
|--------------|------------------------------------|------------------------------------|
| Other income | -                                  | 4,838                              |
|              | <u>-</u>                           | <u>4,838</u>                       |

# MY LIFE

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2024

### 7 Expenditure on raising funds

|                                  | Unrestricted<br>funds<br>2024<br>£ | Restricted<br>funds<br>2024<br>£ | Total<br>2024<br>£ | Unrestricted<br>funds<br>2023<br>£ | Restricted<br>funds<br>2023<br>£ | Total<br>2023<br>£ |
|----------------------------------|------------------------------------|----------------------------------|--------------------|------------------------------------|----------------------------------|--------------------|
| <b>Fundraising and publicity</b> |                                    |                                  |                    |                                    |                                  |                    |
| Advertising                      | 2,678                              | 750                              | 3,428              | 1,429                              | -                                | 1,429              |
| Other fundraising costs          | 2,760                              | -                                | 2,760              | 2,088                              | -                                | 2,088              |
|                                  | <u>5,438</u>                       | <u>750</u>                       | <u>6,188</u>       | <u>3,517</u>                       | <u>-</u>                         | <u>3,517</u>       |

### 8 Expenditure on charitable activities

|   | Charitable<br>Expenditure<br>2024<br>£ | Charitable<br>Expenditure<br>2023<br>£ |
|---|--|--|
| <b>Direct costs</b>                                       |  |  |
| Staff costs   | 170,018                                | 114,202                                |
| Direct charitable costs                                   | 35,392                                 | 18,730                                 |
| Travel  | 17,386                                 | 10,610                                 |
| Loan interest paid  | 158                                    | 206                                    |
| Entertaining  | 1,130                                  | 360                                    |
|   | <u>224,084</u>                         | <u>144,108</u>                         |
| <b>Share of support and governance costs (see note 9)</b> |  |  |
| Support   | 93,856                                 | 80,767                                 |
| Governance  | 12,703                                 | 26,122                                 |
|   | <u>330,643</u>                         | <u>250,997</u>                         |
| <b>Analysis by fund</b>                                   |  |  |
| Unrestricted funds  | <u>330,643</u>                         | <u>250,997</u>                         |

# MY LIFE

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2024

### 9 Support costs allocated to activities

|                          | <b>2024</b>    | <b>2023</b>    |
|--------------------------|----------------|----------------|
|                          | £              | £              |
| Depreciation             | 644            | 750            |
| Operating lease charges  | 5,819          | 3,707          |
| Rent and rates           | 56,949         | 53,675         |
| Insurance                | 5,131          | 3,945          |
| Subscriptions            | 1,861          | -              |
| Repairs and renewals     | 2,028          | 3,432          |
| Telephone                | 3,563          | 2,399          |
| PPS and computer         | 12,957         | 12,627         |
| Sundry expenses          | 4,904          | 233            |
| Governance costs         | 12,703         | 26,121         |
|                          | <u>106,559</u> | <u>106,889</u> |
| <b>Analysed between:</b> |                |                |
| Charitable Expenditure   | <u>106,559</u> | <u>106,889</u> |

### 10 Net movement in funds

|   | <b>2024</b>  | <b>2023</b>  |
|---|--------------|--------------|
|   | £            | £            |
| The net movement in funds is stated after charging/(crediting): |              |              |
| Depreciation of owned tangible fixed assets                     | 644          | 750          |
| Loss on disposal of tangible fixed assets                       | 156          | -            |
| Operating lease charges   | 5,819        | 3,707        |
|   | <u>6,619</u> | <u>4,457</u> |

### 11 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

### 12 Employees

The average monthly number of employees during the year was:

| <b>2024</b> | <b>2023</b> |
|-------------|-------------|
| Number      | Number      |
| 11          | 10          |
| <u>11</u>   | <u>10</u>   |

# MY LIFE

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2024

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| 12 Employees        | (Continued)    |                |
|---------------------|----------------|----------------|
| Employment costs    | 2024           | 2023           |
|                     | £              | £              |
| Wages and salaries  | 161,963        | 107,346        |
| Other pension costs | 5,667          | 4,322          |
|                     | <u>167,630</u> | <u>111,668</u> |

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

| 13 Other expenditure                          | Unrestricted funds | Unrestricted funds |
|---|--------------------|--------------------|
|   | 2024               | 2023               |
|   | £                  | £                  |
| Net loss on disposal of tangible fixed assets | <u>156</u>         | <u>-</u>           |

**14 Taxation**  
The charity is exempt from taxation on its activities because all its income is applied for charitable purposes.

| 15 Tangible fixed assets           | Fixtures and fittings |
|------------------------------------|-----------------------|
|                                    | £                     |
| <b>Cost</b>                        |                       |
| At 1 July 2023                     | 3,210                 |
| Disposals                          | (1,259)               |
| At 30 June 2024                    | <u>1,951</u>          |
| <b>Depreciation and impairment</b> |                       |
| At 1 July 2023                     | 1,435                 |
| Depreciation charged in the year   | 644                   |
| Eliminated in respect of disposals | (1,103)               |
| At 30 June 2024                    | <u>976</u>            |
| <b>Carrying amount</b>             |                       |
| At 30 June 2024                    | <u>975</u>            |
| At 30 June 2023                    | <u>1,775</u>          |

# MY LIFE

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2024

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| 15 Tangible fixed assets                                   |              | (Continued)   |               |
|--|--------------|---------------|---------------|
| 16 Debtors   |              | <b>2024</b>   | <b>2023</b>   |
| Amounts falling due within one year:                       |              | £             | £             |
| Trade debtors  |              | 1,288         | -             |
| Other debtors  |              | 4,198         | 863           |
| Prepayments and accrued income                             |              | 1,263         | 300           |
|  |              | <u>6,749</u>  | <u>1,163</u>  |
| 17 Loans and overdrafts                                    |              | <b>2024</b>   | <b>2023</b>   |
|  |              | £             | £             |
| Bank loans   |              | 5,167         | 7,167         |
|  |              | <u>5,167</u>  | <u>7,167</u>  |
| Payable within one year                                    |              | 2,000         | 2,000         |
| Payable after one year                                     |              | 3,167         | 5,167         |
|  |              | <u>3,167</u>  | <u>5,167</u>  |
| 18 Creditors: amounts falling due within one year          |              | <b>2024</b>   | <b>2023</b>   |
|  | <b>Notes</b> | £             | £             |
| Bank loans   | <b>17</b>    | 2,000         | 2,000         |
| Other taxation and social security                         |              | 2,928         | 1,274         |
| Trade creditors  |              | 7,238         | 2,962         |
| Other creditors  |              | 673           | 341           |
| Accruals and deferred income                               |              | 1,680         | 6,199         |
|  |              | <u>14,519</u> | <u>12,776</u> |
| 19 Creditors: amounts falling due after more than one year |              | <b>2024</b>   | <b>2023</b>   |
|  | <b>Notes</b> | £             | £             |
| Bank loans   | <b>17</b>    | 3,167         | 5,167         |
|  |              | <u>3,167</u>  | <u>5,167</u>  |

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# MY LIFE

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

### FOR THE YEAR ENDED 30 JUNE 2024

#### 20 Retirement benefit schemes

|   | 2024         | 2023         |
|---|--------------|--------------|
|   | £            | £            |
| Defined contribution schemes  |              |              |
| Charge to profit or loss in respect of defined contribution schemes | 5,667        | 4,322        |
|   | <u>5,667</u> | <u>4,322</u> |

The charity operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the charity in an independently administered fund.

#### 21 Restricted funds

The restricted funds of the charity comprise the unexpended balances of donations and grants held on trust subject to specific conditions by donors as to how they may be used.

|                         | At 1 July 2023 | Resources At 30 June 2024<br>expended |            |
|-------------------------|----------------|---------------------------------------|------------|
|                         | £              | £                                     | £          |
| Waterfront Mile Project | 750            | (750)                                 | -          |
|                         | <u>750</u>     | <u>(750)</u>                          | <u>-</u>   |
| <b>Previous year:</b>   |                |                                       |            |
|                         | At 1 July 2022 | Resources At 30 June 2023<br>expended |            |
|                         | £              | £                                     | £          |
| Waterfront Mile Project | 750            | -                                     | 750        |
|                         | <u>750</u>     | <u>-</u>                              | <u>750</u> |

The Waterfront Mile project relates to a fund My Life is a project partner in, a health initiative within Suffolk which involves five main partners.

#### 22 Unrestricted funds

The unrestricted funds of the charity comprise the unexpended balances of donations and grants which are not subject to specific conditions by donors and grantors as to how they may be used. These include designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes.

|                       | At 1 July 2023  | Incoming<br>resources | Resources At 30 June 2024<br>expended |                 |
|-----------------------|-----------------|-----------------------|---------------------------------------|-----------------|
|                       | £               | £                     | £                                     | £               |
| General funds         | (12,466)        | 400,305               | (336,237)                             | 51,602          |
|                       | <u>(12,466)</u> | <u>400,305</u>        | <u>(336,237)</u>                      | <u>51,602</u>   |
| <b>Previous year:</b> |                 |                       |                                       |                 |
|                       | At 1 July 2022  | Incoming<br>resources | Resources At 30 June 2023<br>expended |                 |
|                       | £               | £                     | £                                     | £               |
| General funds         | 27,923          | 214,125               | (254,514)                             | (12,466)        |
|                       | <u>27,923</u>   | <u>214,125</u>        | <u>(254,514)</u>                      | <u>(12,466)</u> |

# MY LIFE

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

### FOR THE YEAR ENDED 30 JUNE 2024

#### 23 Analysis of net assets between funds

|                              | Unrestricted<br>funds<br>2024<br>£ | Restricted<br>funds<br>2024<br>£ | Total<br>2024<br>£ |
|------------------------------|------------------------------------|----------------------------------|--------------------|
| <b>At 30 June 2024:</b>      |                                    |                                  |                    |
| Tangible assets              | 975                                | -                                | 975                |
| Current assets/(liabilities) | 53,794                             | -                                | 53,794             |
| Long term liabilities        | (3,167)                            | -                                | (3,167)            |
|                              | <u>51,602</u>                      | <u>-</u>                         | <u>51,602</u>      |

|                              | Unrestricted<br>funds<br>2023<br>£ | Restricted<br>funds<br>2023<br>£ | Total<br>2023<br>£ |
|------------------------------|------------------------------------|----------------------------------|--------------------|
| <b>At 30 June 2023:</b>      |                                    |                                  |                    |
| Tangible assets              | 1,775                              | -                                | 1,775              |
| Current assets/(liabilities) | (9,074)                            | 750                              | (8,324)            |
| Long term liabilities        | (5,167)                            | -                                | (5,167)            |
|                              | <u>(12,466)</u>                    | <u>750</u>                       | <u>(11,716)</u>    |

#### 24 Cash generated from operations

|  | 2024<br>£     | 2023<br>£       |
|--|---------------|-----------------|
| Surplus/(deficit) for the year                       | 63,320        | (40,390)        |
| Adjustments for:                                     |               |                 |
| Loss on disposal of tangible fixed assets            | 156           | -               |
| Depreciation and impairment of tangible fixed assets | 644           | 750             |
| Movements in working capital:                        |               |                 |
| (Increase)/decrease in debtors                       | (5,586)       | 647             |
| Increase in creditors                                | 1,743         | 1,065           |
| <b>Cash generated from/(absorbed by) operations</b>  | <u>60,277</u> | <u>(37,928)</u> |

# MY LIFE

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

### FOR THE YEAR ENDED 30 JUNE 2024

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#### 25 Analysis of changes in net funds/(debt)

|  | At 1 July 2023 | Cash flows    | At 30 June 2024 |
|--|----------------|---------------|-----------------|
|  | £              | £             | £               |
| Cash at bank and in hand                   | 3,289          | 58,275        | 61,564          |
| Loans falling due within one year          | (2,000)        | -             | (2,000)         |
| Loans falling due after more than one year | (5,167)        | 2,000         | (3,167)         |
|  | <u>(3,878)</u> | <u>60,275</u> | <u>56,397</u>   |

**MY LIFE**

England & Wales - Charity number 1180933

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# Accounts

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Charity registration number 1180933

**MY LIFE**  
**ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 30 JUNE 2023**

# MY LIFE

## LEGAL AND ADMINISTRATIVE INFORMATION

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**Trustees** Ms E M Harsant  
Mrs R Mitchell (Appointed 1 April 2023)  
Ms R Wedge  
Ms L Dickman

**Charity number** 1180933

**Principal address** 48 Alnesbourn Crescent  
Ipswich  
Suffolk  
IP3 9GD

**Independent examiner** Oliver Read FCCA ACA  
James Todd & Co Limited  
1 & 2 The Barn Oldwick  
West Stoke Road  
Lavant  
Chichester  
West Sussex  
England  
PO18 9AA

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# MY LIFE

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# MY LIFE

## TRUSTEES' REPORT

### *FOR THE YEAR ENDED 30 JUNE 2023*

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The trustees present their annual report and financial statements for the year ended 30 June 2023.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's governing document, the Charities Act 2011 and "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).

#### **Objectives and activities**

The charity's objects are to advance in life and help people through:

a) Advancing general and mental health education by contributing to, and participating in, the production of a periodic lifestyle publication and accompanying short films, upskilling people through the entire print and digital production process, and;

b) providing support and activities which develop their skills, capacities and capabilities to enable them to anticipate in society as mature and responsible individuals.

#### **Public benefit**

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

# MY LIFE

## TRUSTEES' REPORT (CONTINUED)

### FOR THE YEAR ENDED 30 JUNE 2023

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#### Achievements and performance

##### Significant activities and achievements against objectives

During the course of the year the charity has achieved the following:

##### Website platform

The website platform has engaged with education settings across Suffolk. The website highlights different topic areas, and these span film and digital platforms. The work involved has aided with the upskilling of young people through extra-curricular and enrichment activities.

The work produced by the Student Life project with the aid of the young people has aided with the development of peer relationships beyond the educational environment. This has been achieved by the creation of peer to peer content, photography, design and production. These relationships include, but are not limited to, the governance of the Charity are partially held by young people, namely two young people are on the board of Trustees. Young people are part of the Charity's Steering Group.

These platforms have also aided with community engagement, via County Councillors, business leads and stakeholders attending meetings the charity holds.

##### Film platform

My Life works with a young person led film production company named Unity Film & Production CIC. The formation of this production company has then led to the cross setting writing, casting, production and editing of numerous films.

At present we have multiple films in the pipeline; about adolescent mental health and prison-based films.

##### Mental Health

We have delivered peer to peer mental health awareness upskilling into education settings to volunteer Ambassadors.

We have also been collaborating with Public Health and the NHS on mental health awareness projects.

##### Non-mainstream education / AP / NEET

The Charity continues working outside mainstream education and this ensures inclusivity for young people not on school roll e.g. in Alternative Provision (AP) or classified as Not in Education Employment or Training (NEET).

##### Unlock My Life

The Unlock My Life project continues its work with prisons across the country and now includes young people and adults. It is planned that 30 prisons will be onboarded in the lead up to Summer 2025, with the Unlock My Life project mirroring historic work in schools and colleges by upskilling prisoners in Mental Health & Wellbeing training and prisoners going on to become Mental Health Ambassadors.

##### Work Experience / Career Readiness

The Charity continues to offer regular work experience and career planning opportunities.

##### Other

We have been nominated and are awaiting the outcome from four award bodies.

We currently employ eleven members of staff, with four being full time.

## MY LIFE

### TRUSTEES' REPORT (CONTINUED)

#### FOR THE YEAR ENDED 30 JUNE 2023

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##### Financial review

Total income for the year was £214,125 which is a decrease on the prior year of 69,304. This is as a result of reduced funding in the year. Total costs were reduced to £254,514. This has resulted in an operational deficit of £40,389.

It is the policy of the Charity that unrestricted funds which have not been designated for a specific use should be maintained at a level equivalent to three months expenditure.

Reserves at this level will ensure that, in the event of a significant drop in funding, the Charity will be able to continue its current activities while consideration is given to ways in which additional funds may be raised.

The charity retains limited restricted reserves at the year end of £750 restricted funds and does not have any designated funds.

The Trustees have assessed the major risks to which the Charity is exposed, and are satisfied that systems are in place to mitigate exposure to the major risks.

##### Plans for future periods

Contact will be made with additional schools and colleges in the south-east that are not yet collaborating with the Student Life project. The roll-out of the multiple platforms will continue, as will the roll-out of the mental health ambassador programme, the filming work and the careers work. Each September/October will see the re-delivery of the project into the new year 10 cohort at each collaborating school/college. The mental health work in prisons, under the project title Unlock My Life, remains a key focus of the team and of funding applications.

##### Structure, governance and management

The charity is a Charitable Incorporated Organisation (CIO). The constitution document was authorised and the charity became registered on 30 November 2018.

Prior to being a CIO, the entity was known as Student Life (Suffolk) CIC (company number 10828527). The day after the CIO was constituted, being 1 December 2018, the previous CIC ceased to trade and merged with the CIO. No adjustments were made to the accounting policies of either entity as part of this merger.

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

Ms E M Harsant

Mrs R Mitchell

Ms R Wedge

Ms L Dickman

(Appointed 1 April 2023)

##### Recruitment and appointment of trustees

The Board will continue to network throughout the county and recommend new trustees, based on the alignment of those potential trustees, with the aims and objectives of the Charity and based upon the likelihood of potential Trustees bringing new skills and experience to the Board.

Day to day responsibility for decision making is given to Richard Stewart, in his role as Chief Executive Officer. The CEO will then manage the team of executive board members and volunteers as is required for the successful running of the Charity.

All new trustees will receive a tour of the office and in introduction to the staff. All new trustees will shadow a designated team member for two working days, that will include internal and external meetings and workload. All new trustees will be DBS checked and will complete safeguarding training. All new trustees will be expected to shadow a member of the team for one day every three months.

## **MY LIFE**

### **TRUSTEES' REPORT (CONTINUED)**

***FOR THE YEAR ENDED 30 JUNE 2023***

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

Ms E M Harsant  
**Trustee**

27 February 2024

# MY LIFE

## INDEPENDENT EXAMINER'S REPORT

### TO THE TRUSTEES OF MY LIFE

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I report to the trustees on my examination of the financial statements of My Life (the charity) for the year ended 30 June 2023.

#### **Responsibilities and basis of report**

As the trustees of the charity you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 (the 2011 Act).

I report in respect of my examination of the charity's financial statements carried out under section 145 of the 2011 Act. In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

#### **Independent examiner's statement**

Your attention is drawn to the fact that the charity has prepared financial statements in accordance with Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) 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.

I understand that this has been done in order for financial statements to provide a true and fair view in accordance with Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

I have completed my examination. I confirm that no 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 charity as required by section 130 of the 2011 Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

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 financial statements to be reached.

**Oliver Read FCCA ACA**  
**James Todd & Co Limited**  
1 & 2 The Barn Oldwick  
West Stoke Road  
Lavant  
Chichester  
West Sussex  
PO18 9AA  
England

Dated: 27 February 2024

## MY LIFE

### STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

**FOR THE YEAR ENDED 30 JUNE 2023**

|  |       | Unrestricted<br>funds<br>2023<br>£ | Restricted<br>funds<br>2023<br>£ | Total<br>2023<br>£     | Unrestricted<br>funds<br>2022<br>£ | Restricted<br>funds<br>2022<br>£ | Total<br>2022<br>£   |
|--|-------|------------------------------------|----------------------------------|------------------------|------------------------------------|----------------------------------|----------------------|
|  | Notes |                                    |                                  |                        |                                    |                                  |                      |
| <b>Income and endowments from:</b>           |       |                                    |                                  |                        |                                    |                                  |                      |
| Donations and legacies                       | 3     | 199,138                            | -                                | 199,138                | 195,528                            | -                                | 195,528              |
| Charitable activities                        | 4     | 9,159                              | -                                | 9,159                  | 85,410                             | -                                | 85,410               |
| Other trading activities                     | 5     | 990                                | -                                | 990                    | 2,491                              | -                                | 2,491                |
| Other income                                 | 6     | 4,838                              | -                                | 4,838                  | -                                  | -                                | -                    |
| <b>Total income</b>                          |       | <u>214,125</u>                     | <u>-</u>                         | <u>214,125</u>         | <u>283,429</u>                     | <u>-</u>                         | <u>283,429</u>       |
| <b>Expenditure on:</b>                       |       |                                    |                                  |                        |                                    |                                  |                      |
| Raising funds                                | 7     | 3,517                              | -                                | 3,517                  | 14,079                             | -                                | 14,079               |
| Charitable activities                        | 8     | 250,997                            | -                                | 250,997                | 273,069                            | -                                | 273,069              |
| <b>Total expenditure</b>                     |       | <u>254,514</u>                     | <u>-</u>                         | <u>254,514</u>         | <u>287,148</u>                     | <u>-</u>                         | <u>287,148</u>       |
| <b>Net expenditure and movement in funds</b> |       | <u>(40,389)</u>                    | <u>-</u>                         | <u>(40,389)</u>        | <u>(3,719)</u>                     | <u>-</u>                         | <u>(3,719)</u>       |
| <b>Reconciliation of funds:</b>              |       |                                    |                                  |                        |                                    |                                  |                      |
| Fund balances at 1 July 2022                 |       | <u>27,923</u>                      | <u>750</u>                       | <u>28,673</u>          | <u>31,642</u>                      | <u>750</u>                       | <u>32,392</u>        |
| <b>Fund balances at 30 June 2023</b>         |       | <u><u>(12,466)</u></u>             | <u><u>750</u></u>                | <u><u>(11,716)</u></u> | <u><u>27,923</u></u>               | <u><u>750</u></u>                | <u><u>28,673</u></u> |

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

# MY LIFE

## BALANCE SHEET

AS AT 30 JUNE 2023

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|  |       | 2023          |                 | 2022          |                |
|--|-------|---------------|-----------------|---------------|----------------|
|  | Notes | £             | £               | £             | £              |
| <b>Fixed assets</b>  |       |               |                 |               |                |
| Tangible assets  | 13    |               | 1,775           |               | 573            |
| <b>Current assets</b>  |       |               |                 |               |                |
| Debtors  | 14    | 1,163         |                 | 1,810         |                |
| Cash at bank and in hand                                       |       | 3,289         |                 | 45,168        |                |
|  |       | <u>4,452</u>  |                 | <u>46,978</u> |                |
| <b>Creditors: amounts falling due within one year</b>          | 16    | 12,776        |                 | 11,711        |                |
|  |       | <u>12,776</u> |                 | <u>11,711</u> |                |
| Net current (liabilities)/assets                               |       |               | (8,324)         |               | 35,267         |
| <b>Total assets less current liabilities</b>                   |       |               | (6,549)         |               | 35,840         |
| <b>Creditors: amounts falling due after more than one year</b> | 17    |               | (5,167)         |               | (7,167)        |
|  |       |               | <u>(5,167)</u>  |               | <u>(7,167)</u> |
| <b>Net (liabilities)/assets</b>                                |       |               | <u>(11,716)</u> |               | <u>28,673</u>  |
| <b>The funds of the charity</b>                                |       |               |                 |               |                |
| Restricted income funds  | 18    |               | 750             |               | 750            |
| Unrestricted funds   |       |               | (12,466)        |               | 27,923         |
|  |       |               | <u>(12,466)</u> |               | <u>27,923</u>  |
|  |       |               | <u>(11,716)</u> |               | <u>28,673</u>  |

The financial statements were approved by the trustees on 27 February 2024

Ms E M Harsant  
Trustee

# MY LIFE

## STATEMENT OF CASH FLOWS

FOR THE YEAR ENDED 30 JUNE 2023

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|  | Notes | 2023<br>£ | £        | 2022<br>£ | £       |
|--|-------|-----------|----------|-----------|---------|
| <b>Cash flows from operating activities</b>      |       |           |          |           |         |
| Cash (absorbed by)/generated from operations     | 21    |           | (37,927) |           | 173     |
| <b>Investing activities</b>                      |       |           |          |           |         |
| Purchase of tangible fixed assets                |       | (1,951)   |          | (624)     |         |
| <b>Net cash used in investing activities</b>     |       |           |          |           |         |
|  |       |           | (1,951)  |           | (624)   |
| <b>Financing activities</b>                      |       |           |          |           |         |
| Repayment of bank loans                          |       | (2,001)   |          | (833)     |         |
| <b>Net cash used in financing activities</b>     |       |           |          |           |         |
|  |       |           | (2,001)  |           | (833)   |
| <b>Net decrease in cash and cash equivalents</b> |       |           |          |           |         |
|  |       |           | (41,879) |           | (1,284) |
| Cash and cash equivalents at beginning of year   |       |           | 45,168   |           | 46,452  |
| <b>Cash and cash equivalents at end of year</b>  |       |           |          |           |         |
|  |       |           | 3,289    |           | 45,168  |

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# MY LIFE

## NOTES TO THE FINANCIAL STATEMENTS

### FOR THE YEAR ENDED 30 JUNE 2023

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#### 1 Accounting policies

##### Charity information

My Life is a Charitable Incorporated Organisation (CIO) governed by a constitution dated 30 November 2018. It is registered with the Charities Commission under charity number 1180933. The registered office is 48 Alnesbourn Crescent, Ipswich, IP3 9GD.

##### 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 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, 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 or grantors 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.

# MY LIFE

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2023

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### 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:

|                       |                       |
|-----------------------|-----------------------|
| Fixtures and fittings | 4 years straight line |
|-----------------------|-----------------------|

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 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.

#### 1.9 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.

# MY LIFE

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2023

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### 1 Accounting policies

(Continued)

#### **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.

#### **1.10 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.

#### **1.11 Retirement benefits**

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

### 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.

## MY LIFE

### NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2023

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**3 Income from donations and legacies**

|                     | <b>Unrestricted<br/>funds<br/>2023<br/>£</b> | <b>Unrestricted<br/>funds<br/>2022<br/>£</b> |
|---------------------|--|--|
| Donations and gifts | 35,488                                       | 31,276                                       |
| Grants received     | 163,650                                      | 164,252                                      |
|                     | <u>199,138</u>                               | <u>195,528</u>                               |

**4 Income from charitable activities**

|                                  | <b>Unrestricted<br/>funds<br/>2023<br/>£</b> | <b>Unrestricted<br/>funds<br/>2022<br/>£</b> |
|----------------------------------|--|--|
| Mental health awareness training |  |  |
| Sale of goods                    | 9,159  | 85,410                                       |
|                                  | <u>9,159</u>                                 | <u>85,410</u>                                |

**5 Income from other trading activities**

|                    | <b>Unrestricted<br/>funds<br/>2023<br/>£</b> | <b>Unrestricted<br/>funds<br/>2022<br/>£</b> |
|--------------------|--|--|
| Fundraising events | 990  | 2,491  |
|                    | <u>990</u>                                   | <u>2,491</u>                                 |

**6 Other income**

|              | <b>Unrestricted<br/>funds<br/>2023<br/>£</b> | <b>Unrestricted<br/>funds<br/>2022<br/>£</b> |
|--------------|--|--|
| Other income | 4,838  | -  |
|              | <u>4,838</u>                                 | <u>-</u>                                     |

# MY LIFE

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2023

### 7 Expenditure on raising funds

|                                  | Unrestricted<br>funds<br>2023<br>£ | Unrestricted<br>funds<br>2022<br>£ |
|----------------------------------|------------------------------------|------------------------------------|
| <b>Fundraising and publicity</b> |                                    |                                    |
| Advertising                      | 1,429                              | 5,555                              |
| Other fundraising costs          | 2,088                              | 8,524                              |
|                                  | <u>3,517</u>                       | <u>14,079</u>                      |

### 8 Expenditure on charitable activities

|   | Charitable<br>Expenditure<br>2023<br>£ | Charitable<br>Expenditure<br>2022<br>£ |
|---|--|--|
| <b>Direct costs</b>                                       |  |  |
| Staff costs   | 114,202                                | 143,014                                |
| Direct charitable costs                                   | 18,730                                 | 49,571                                 |
| Travel  | 10,610                                 | 1,776                                  |
| Loan interest   | 206                                    | 99                                     |
| Entertaining  | 360                                    | 6,026                                  |
|   | <u>144,108</u>                         | <u>200,486</u>                         |
| <b>Share of support and governance costs (see note 9)</b> |  |  |
| Support   | 80,767                                 | 61,652                                 |
| Governance  | 26,122                                 | 10,931                                 |
|   | <u>250,997</u>                         | <u>273,069</u>                         |
| <b>Analysis by fund</b>                                   |  |  |
| Unrestricted funds  | <u>250,997</u>                         | <u>273,069</u>                         |

## MY LIFE

### NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

#### FOR THE YEAR ENDED 30 JUNE 2023

#### 9 Support costs allocated to activities

|                          | <b>2023</b>    | <b>2022</b>   |
|--------------------------|----------------|---------------|
|                          | £              | £             |
| Depreciation             | 750            | 315           |
| Operating lease charges  | 3,707          | 1,151         |
| Rent and rates           | 53,675         | 30,000        |
| Insurance                | 3,945          | 5,924         |
| Repairs and renewals     | 3,432          | 1,670         |
| Telephone                | 2,399          | 2,655         |
| PPS and computer         | 12,627         | 14,916        |
| Sundry expenses          | 233            | 5,021         |
| Governance costs         | 26,121         | 10,931        |
|                          | <u>106,889</u> | <u>72,583</u> |
| <b>Analysed between:</b> |                |               |
| Charitable Expenditure   | <u>106,889</u> | <u>72,583</u> |

#### 10 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

#### 11 Employees

The average monthly number of employees during the year was:

|                         | <b>2023</b>    | <b>2022</b>    |
|-------------------------|----------------|----------------|
|                         | Number         | Number         |
|                         | 10             | 8              |
|                         | <u>10</u>      | <u>8</u>       |
| <b>Employment costs</b> | <b>2023</b>    | <b>2022</b>    |
|                         | £              | £              |
| Wages and salaries      | 107,346        | 140,581        |
| Other pension costs     | 4,322          | 2,433          |
|                         | <u>111,668</u> | <u>143,014</u> |

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

#### 12 Taxation

The charity is exempt from taxation on its activities because all its income is applied for charitable purposes.

# MY LIFE

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

### FOR THE YEAR ENDED 30 JUNE 2023

#### 13 Tangible fixed assets

|                                    | Fixtures and fittings<br>£ |
|------------------------------------|----------------------------|
| <b>Cost</b>                        |                            |
| At 1 July 2022                     | 1,259                      |
| Additions                          | 1,951                      |
|                                    | <u>          </u>          |
| At 30 June 2023                    | 3,210                      |
|                                    | <u>          </u>          |
| <b>Depreciation and impairment</b> |                            |
| At 1 July 2022                     | 685                        |
| Depreciation charged in the year   | 750                        |
|                                    | <u>          </u>          |
| At 30 June 2023                    | 1,435                      |
|                                    | <u>          </u>          |
| <b>Carrying amount</b>             |                            |
| At 30 June 2023                    | 1,775                      |
|                                    | <u>          </u>          |
| At 30 June 2022                    | 573                        |
|                                    | <u>          </u>          |

#### 14 Debtors

|   | 2023<br>£         | 2022<br>£         |
|---|-------------------|-------------------|
| <b>Amounts falling due within one year:</b> |                   |                   |
| Trade debtors                               | -                 | 495               |
| Other debtors                               | 863               | 99                |
| Prepayments and accrued income              | 300               | 1,216             |
|   | <u>          </u> | <u>          </u> |
|   | 1,163             | 1,810             |
|   | <u>          </u> | <u>          </u> |

#### 15 Loans and overdrafts

|                         | 2023<br>£         | 2022<br>£         |
|-------------------------|-------------------|-------------------|
| Bank loans              | 7,167             | 9,167             |
|                         | <u>          </u> | <u>          </u> |
| Payable within one year | 2,000             | 2,000             |
| Payable after one year  | 5,167             | 7,167             |
|                         | <u>          </u> | <u>          </u> |

## MY LIFE

### NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2023

#### 16 Creditors: amounts falling due within one year

|                                    | Notes | 2023<br>£     | 2022<br>£     |
|------------------------------------|-------|---------------|---------------|
| Bank loans                         | 15    | 2,000         | 2,000         |
| Other taxation and social security |       | 1,274         | 2,398         |
| Trade creditors                    |       | 2,962         | 4,233         |
| Other creditors                    |       | 341           | -             |
| Accruals and deferred income       |       | 6,199         | 3,080         |
|                                    |       | <u>12,776</u> | <u>11,711</u> |

#### 17 Creditors: amounts falling due after more than one year

|            | Notes | 2023<br>£    | 2022<br>£    |
|------------|-------|--------------|--------------|
| Bank loans | 15    | <u>5,167</u> | <u>7,167</u> |

#### 18 Restricted funds

The restricted funds of the charity comprise the unexpended balances of donations and grants held on trust subject to specific conditions by donors as to how they may be used.

|                         | At 1 July 2022<br>£         | At 30 June 2023<br>£         |
|-------------------------|-----------------------------|------------------------------|
| Waterfront Mile Project | <u>750</u>                  | <u>750</u>                   |
| <b>Previous year:</b>   | <b>At 1 July 2021<br/>£</b> | <b>At 30 June 2022<br/>£</b> |
| Waterfront Mile Project | <u>750</u>                  | <u>750</u>                   |

The Waterfront Mile project relates to a fund My Life is a project partner in, a health initiative within Suffolk which involves five main partners.

# MY LIFE

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

### FOR THE YEAR ENDED 30 JUNE 2023

#### 19 Unrestricted funds

The unrestricted funds of the charity comprise the unexpended balances of donations and grants which are not subject to specific conditions by donors and grantors as to how they may be used. These include designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes.

|                       | At 1 July 2022        | Incoming resources        | Resources At 30 June 2023        |                 |
|-----------------------|-----------------------|---------------------------|----------------------------------|-----------------|
|                       | £                     | £                         | £                                | £               |
| General funds         | 27,923                | 214,125                   | (254,514)                        | (12,466)        |
|                       | <u>27,923</u>         | <u>214,125</u>            | <u>(254,514)</u>                 | <u>(12,466)</u> |
| <b>Previous year:</b> | <b>At 1 July 2021</b> | <b>Incoming resources</b> | <b>Resources At 30 June 2022</b> |                 |
|                       | £                     | £                         | £                                | £               |
| General funds         | 31,642                | 283,429                   | (287,148)                        | 27,923          |
|                       | <u>31,642</u>         | <u>283,429</u>            | <u>(287,148)</u>                 | <u>27,923</u>   |

#### 20 Analysis of net assets between funds

|  | Unrestricted funds        | Restricted funds        | Total           |
|--|---------------------------|-------------------------|-----------------|
|  | 2023                      | 2023                    | 2023            |
|  | £                         | £                       | £               |
| <b>Fund balances at 30 June 2023 are represented by:</b> |                           |                         |                 |
| Tangible assets  | 1,775                     | -                       | 1,775           |
| Current assets/(liabilities)                             | (9,074)                   | 750                     | (8,324)         |
| Long term liabilities                                    | (5,167)                   | -                       | (5,167)         |
|  | <u>(12,466)</u>           | <u>750</u>              | <u>(11,716)</u> |
|  | <u>(12,466)</u>           | <u>750</u>              | <u>(11,716)</u> |
|  | <b>Unrestricted funds</b> | <b>Restricted funds</b> | <b>Total</b>    |
|  | <b>2022</b>               | <b>2022</b>             | <b>2022</b>     |
|  | £                         | £                       | £               |
| <b>Fund balances at 30 June 2022 are represented by:</b> |                           |                         |                 |
| Tangible assets  | 573                       | -                       | 573             |
| Current assets/(liabilities)                             | 34,517                    | 750                     | 35,267          |
| Long term liabilities                                    | (7,167)                   | -                       | (7,167)         |
|  | <u>27,923</u>             | <u>750</u>              | <u>28,673</u>   |
|  | <u>27,923</u>             | <u>750</u>              | <u>28,673</u>   |

## MY LIFE

### NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

#### FOR THE YEAR ENDED 30 JUNE 2023

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|           |  |                          |                          |                          |
|-----------|--|--------------------------|--------------------------|--------------------------|
| <b>21</b> | <b>Cash generated from operations</b>                | <b>2023</b>              | <b>2022</b>              |                          |
|           |  | <b>£</b>                 | <b>£</b>                 |                          |
|           | Deficit for the year                                 | (40,389)                 | (3,719)                  |                          |
|           | Adjustments for:                                     |                          |                          |                          |
|           | Depreciation and impairment of tangible fixed assets | 750                      | 315                      |                          |
|           | Movements in working capital:                        |                          |                          |                          |
|           | Decrease in debtors                                  | 647                      | 20                       |                          |
|           | Increase in creditors                                | 1,065                    | 3,557                    |                          |
|           | <b>Cash (absorbed by)/generated from operations</b>  | <b>(37,927)</b>          | <b>173</b>               |                          |
|           |  | <u><u>          </u></u> | <u><u>          </u></u> |                          |
| <b>22</b> | <b>Analysis of changes in net debt</b>               |                          |                          |                          |
|           |  | <b>At 1 July 2022</b>    | <b>Cash flows</b>        | <b>At 30 June 2023</b>   |
|           |  | <b>£</b>                 | <b>£</b>                 | <b>£</b>                 |
|           | Cash at bank and in hand                             | 45,168                   | (41,879)                 | 3,289                    |
|           | Loans falling due within one year                    | (2,000)                  | -                        | (2,000)                  |
|           | Loans falling due after more than one year           | (7,167)                  | 2,000                    | (5,167)                  |
|           |  | <u>          </u>        | <u>          </u>        | <u>          </u>        |
|           |  | <b>36,001</b>            | <b>(39,879)</b>          | <b>(3,878)</b>           |
|           |  | <u><u>          </u></u> | <u><u>          </u></u> | <u><u>          </u></u> |

**MY LIFE**

England & Wales - Charity number 1180933

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# Accounts

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**Plummer Parsons**  
Chartered Accountants

Charity registration number 1180933

**STUDENT LIFE**  
**ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 30 JUNE 2022**

Chartered Accountants  
& Statutory Auditor

# STUDENT LIFE

## LEGAL AND ADMINISTRATIVE INFORMATION

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**Trustees**

Ms E Harsant  
Ms L Dickman  
Ms R Wedge

**Charity number**

1180933

**Principal address**

48 Alnesbourn Crescent  
Ipswich  
Suffolk  
IP3 9GD

**Independent examiner**

Alastair Towler BFP ACA DChA  
18 Hyde Gardens  
Eastbourne  
East Sussex  
BN21 4PT

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# STUDENT LIFE

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# STUDENT LIFE

## TRUSTEES' REPORT

### FOR THE YEAR ENDED 30 JUNE 2022

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The trustees present their annual report and financial statements for the year ended 30 June 2022.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's constitution, the Charities Act 2011 and "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 for accounting periods commencing from 1 January 2019)

#### **Objectives and activities**

The charity's objects are to advance in life and help people through:

a) Advancing general and mental health education by contributing to and participating in the production of a periodic lifestyle publication and accompanying short films, upskilling people through the entire print and digital production process; and

b) providing support and activities which develop their skills, capacities and capabilities to enable them to participate in society as mature and responsible individuals.

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

#### **Achievements and performance**

During the course of the year the charity has achieved the following:

##### Website platforms

The website platform has engaged with education settings across Suffolk, Norfolk and Kent. The website highlights 16 different topic areas, and these span film and digital platforms. The work involved has aided with the upskilling of young people through extra-curricular and enrichment activities. In total it is estimated that the work of the charity has been delivered to over 20000 young people. In particular, over 15000 young people have viewed the film created by Student Life (Out of the Dark, Into the Light) about mental health.

The work produced by Student Life with the aid of the young people has aided with the development of peer relationships beyond the educational environment, setting & cross setting, and counties. This has been achieved by the creation of peer to peer content, photography, design and production. These relationships include, but are not limited to, the governance of the charity is held by young people, namely two young people are on the board of Trustees. Over 20 young people are part of the cross setting/county Steering Group.

These platforms have also aided with community engagement, via County Councillors, business leads & stakeholders attending meetings the charity holds.

##### Film platform

Student Life has formed a young person led film production company named Unity Films. The formation of this production company has then led to the cross setting and county writing, casting, production and editing of over 8 films.

Our productions have been shown across all of the above counties. At present we also have two films in the pipeline. One is about adolescent mental health, and the other is a prison-based film.

##### Mental Health

We are also proud to announce that we have redesigned our Mental Health Ambassador programme. We have delivered peer to peer mental health awareness upskilling into cross county settings to volunteer Ambassadors. In total at the year end we have more than 1000 young people trained or awaiting further training.

We have also been:

- Collaborating with Public Health on mental health awareness projects.
- Collaborating with Samaritans on countrywide awareness campaigns.

# STUDENT LIFE

## TRUSTEES' REPORT (CONTINUED)

**FOR THE YEAR ENDED 30 JUNE 2022**

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### Non-mainstream education / AP / NEET

As alluded to above, Student Life is now also working outside mainstream education and in this specific work has rebranded as 'My Life'. My Life ensures inclusivity for young people not on school roll e.g. in Alternative Provision (AP) or classified as Not in Education Employment or Training (NEET) i.e. prison/young offenders.

### Work Experience / Career Readiness

Student Life has an 'Experience Work' platform that is currently in development. This programme will be able to deliver year-round access to work experience opportunities for young people, as well as regular work experience and career planning workshops outside of mainstream education.

### Other

We have been nominated and are awaiting the outcome from two award bodies

We currently employ seven members of staff, with two being full time.

Work is well underway on a bespoke national mental health awareness training programme to be delivered through the curriculum.

### **Financial review**

Total income for the year was £283,429 (2021: £208,907), which is an increase on the prior year of £74,522. This is as a result of this being the fifth year Student Life has been in operation and is still experiencing growth. Total costs increased to £287,148 (2021: £144,717). This has resulted in an operational deficit of £3,719 (2021: surplus £64,190).

It is the policy of the charity that unrestricted funds which have not been designated for a specific use should be maintained at a level equivalent to three months expenditure.

Reserves at this level will ensure that, in the event of a significant drop in funding, the Charity will be able to continue its current activities while consideration is given to ways in which additional funds may be raised.

The charity retains limited restricted reserves at the year end of £750 (2021: £750), and does not have any designated funds. The level of free reserves at the year end is positive £27,350 (2021: positive £31,378).

The current level of reserves is below the reserves policy above. The Trustees are working to increase the free reserves of the charity.

The trustees has assessed the major risks to which the charity is exposed, and are satisfied that systems are in place to mitigate exposure to the major risks.

### **Plans for future periods**

Contact will be made with additional schools and colleges in the south-east that are not yet collaborating with Student Life. The roll-out of the multiple platforms will continue, as will the roll-out of the mental health ambassador programme, the filming work and the careers work. Each September/October will see the re-delivery of the project into the new year 10 cohort at each collaborating school/college. The mental health work in prisons, under the project title Unlock My Life, remains a key focus of the team and of funding applications.

### **Structure, governance and management**

The charity is a Charitable Incorporated Organisation (CIO). The constitution document was authorised and the charity became registered on 30 November 2018.

Prior to being a CIO the entity was known as Student Life (Suffolk) CIC (company number 10828527). On the day after the CIO was constituted, being 1 December 2018, the previous CIC ceased to trade and merged with the CIO. No adjustments were made to the accounting policies of either entity as part of this merger.

# STUDENT LIFE

## TRUSTEES' REPORT (CONTINUED)

**FOR THE YEAR ENDED 30 JUNE 2022**

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

Ms E Harsant

Ms L Dickman

Ms R Wedge

The Board will continue to network throughout the county and recommend new trustees based on the alignment of those potential trustees with the aims and objectives of the charity and based upon the likelihood of potential trustees bringing new skills and experience to the Board.

Day to day responsibility for decision making is given to Richard Stewart in his role as Chief Executive Officer. The CEO will then manage the team of executive board members and volunteers as is required for the successful running of the charity.

All new trustees will receive a tour of the office and an introduction to staff. All new trustees will shadow a designated team member for two working days that will include internal and external meetings and workload. All new trustees will be DBS checked and will complete safeguarding training. All new trustees will be expected to shadow a member of the team for one day every three months.

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



Ms E Harsant

**Trustee**

15 February 2023

# **STUDENT LIFE**

## **STATEMENT OF TRUSTEES' RESPONSIBILITIES**

***FOR THE YEAR ENDED 30 JUNE 2022***

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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.

# STUDENT LIFE

## INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF STUDENT LIFE

---

I report to the trustees on my examination of the financial statements of Student Life (the charity) for the year ended 30 June 2022.

### **Responsibilities and basis of report**

As the trustees of the charity you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 (the 2011 Act).

I report in respect of my examination of the charity's financial statements carried out under section 145 of the 2011 Act. In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

### **Independent examiner's statement**

Since the charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of , which is one of the listed bodies.

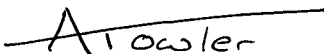
Your attention is drawn to the fact that the charity has prepared financial statements in accordance with Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting 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.

I understand that this has been done in order for financial statements to provide a true and fair view in accordance with Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

I have completed my examination. I confirm that no 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 charity as required by section 130 of the 2011 Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

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 financial statements to be reached.



**Alastair Towler BFP ACA DChA**

18 Hyde Gardens  
Eastbourne  
East Sussex  
BN21 4PT

Dated: 14/3/2023.

# STUDENT LIFE

## STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 30 JUNE 2022

|   |   | Unrestricted<br>funds<br>2022<br>£ | Restricted<br>funds<br>2022<br>£ | Total<br>2022<br>£   | Unrestricted<br>funds<br>2021<br>£ | Restricted<br>funds<br>2021<br>£ | Total<br>2021<br>£   |
|---|---|------------------------------------|----------------------------------|----------------------|------------------------------------|----------------------------------|----------------------|
| <b>Income and endowments from:</b>            |   |                                    |                                  |                      |                                    |                                  |                      |
| Donations and legacies                        | 3 | 195,528                            | -                                | 195,528              | 208,887                            | -                                | 208,887              |
| Charitable activities                         | 4 | 85,410                             | -                                | 85,410               | -                                  | -                                | -                    |
| Other trading activities                      | 5 | 2,491                              | -                                | 2,491                | -                                  | -                                | -                    |
| Other income                                  | 6 | -                                  | -                                | -                    | 20                                 | -                                | 20                   |
| <b>Total income</b>                           |   | <u>283,429</u>                     | <u>-</u>                         | <u>283,429</u>       | <u>208,907</u>                     | <u>-</u>                         | <u>208,907</u>       |
| <b>Expenditure on:</b>                        |   |                                    |                                  |                      |                                    |                                  |                      |
| Raising funds                                 | 7 | 14,079                             | -                                | 14,079               | 8,622                              | -                                | 8,622                |
| Charitable activities                         | 8 | 273,069                            | -                                | 273,069              | 136,095                            | -                                | 136,095              |
| <b>Total expenditure</b>                      |   | <u>287,148</u>                     | <u>-</u>                         | <u>287,148</u>       | <u>144,717</u>                     | <u>-</u>                         | <u>144,717</u>       |
| <b>Net (expenditure)/income for the year/</b> |   |                                    |                                  |                      |                                    |                                  |                      |
| <b>Net movement in funds</b>                  |   | (3,719)                            | -                                | (3,719)              | 64,190                             | -                                | 64,190               |
| Fund balances at 1 July 2021                  |   | <u>31,642</u>                      | <u>750</u>                       | <u>32,392</u>        | <u>(32,548)</u>                    | <u>750</u>                       | <u>(31,798)</u>      |
| <b>Fund balances at 30 June 2022</b>          |   | <u><u>27,923</u></u>               | <u><u>750</u></u>                | <u><u>28,673</u></u> | <u><u>31,642</u></u>               | <u><u>750</u></u>                | <u><u>32,392</u></u> |

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

All income and expenditure derive from continuing activities.

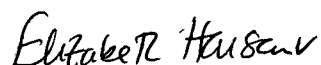
# STUDENT LIFE

## STATEMENT OF FINANCIAL POSITION

AS AT 30 JUNE 2022

|  | Notes | 2022<br>£       | £                    | 2021<br>£      | £                    |
|--|-------|-----------------|----------------------|----------------|----------------------|
| <b>Fixed assets</b>  |       |                 |                      |                |                      |
| Tangible assets  | 12    |                 | 573                  |                | 264                  |
| <b>Current assets</b>  |       |                 |                      |                |                      |
| Debtors  | 13    | 1,810           |                      | 1,830          |                      |
| Cash at bank and in hand                                       |       | 45,168          |                      | 46,452         |                      |
|  |       | <u>46,978</u>   |                      | <u>48,282</u>  |                      |
| <b>Creditors: amounts falling due within one year</b>          | 15    | <u>(11,711)</u> |                      | <u>(7,154)</u> |                      |
| Net current assets   |       |                 | <u>35,267</u>        |                | <u>41,128</u>        |
| <b>Total assets less current liabilities</b>                   |       |                 | <u>35,840</u>        |                | <u>41,392</u>        |
| <b>Creditors: amounts falling due after more than one year</b> | 16    |                 | <u>(7,167)</u>       |                | <u>(9,000)</u>       |
| <b>Net assets</b>  |       |                 | <u><u>28,673</u></u> |                | <u><u>32,392</u></u> |
| <b>Income funds</b>  |       |                 |                      |                |                      |
| Restricted funds   | 18    |                 | 750                  |                | 750                  |
| Unrestricted funds   |       |                 | 27,923               |                | 31,642               |
|  |       |                 | <u>28,673</u>        |                | <u>32,392</u>        |

The financial statements were approved by the Trustees on 15 February 2023



Ms E Harsant  
Trustee

# STUDENT LIFE

## STATEMENT OF CASH FLOWS

FOR THE YEAR ENDED 30 JUNE 2022

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|   | Notes | 2022<br>£ | £       | 2021<br>£ | £      |
|---|-------|-----------|---------|-----------|--------|
| <b>Cash flows from operating activities</b>                   |       |           |         |           |        |
| Cash generated from operations                                | 22    |           | 173     |           | 36,169 |
| <b>Investing activities</b>                                   |       |           |         |           |        |
| Purchase of tangible fixed assets                             |       | (624)     |         | -         |        |
| <b>Net cash used in investing activities</b>                  |       |           | (624)   |           | -      |
| <b>Financing activities</b>                                   |       |           |         |           |        |
| Repayment of bank loans                                       |       | (833)     |         | 10,000    |        |
| <b>Net cash (used in)/generated from financing activities</b> |       |           | (833)   |           | 10,000 |
| <b>Net (decrease)/increase in cash and cash equivalents</b>   |       |           | (1,284) |           | 46,169 |
| Cash and cash equivalents at beginning of year                |       |           | 46,452  |           | 283    |
| <b>Cash and cash equivalents at end of year</b>               |       |           | 45,168  |           | 46,452 |

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# STUDENT LIFE

## NOTES TO THE FINANCIAL STATEMENTS

### FOR THE YEAR ENDED 30 JUNE 2022

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#### 1 Accounting policies

##### Charity information

Student Life is a Charitable Incorporated Organisation (CIO) governed by a constitution dated 30 November 2018. It is registered with the Charity Commission under charity number 1180933. The registered office is 48 Alnesbourn Crescent, Ipswich, IP3 9GD.

#### 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.

#### 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.

Income from grants and contracts is recognised when the charity has entitlement to the funds, any performance conditions have been met, it is probable that income will be received and the amount can be measured reliably and is not deferred.

# STUDENT LIFE

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

### FOR THE YEAR ENDED 30 JUNE 2022

---

#### 1 Accounting policies

(Continued)

Other trading activities income relates to advertising sales within the periodic magazine publications. Income is recognised when the charity is legally entitled to it.

Sales within charitable activities relates to income from hosting mental health awareness training events throughout the year. Income is recognised when the charity is legally entitled to it.

#### 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.

All expenditure is incurred in pursuit of the charity's objects as laid down in the constitution. All expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that the settlement will be required and the amount of the obligation can be measured reliably. It includes irrecoverable VAT.

The costs of raising funds includes the fees paid to fundraising manager, as well as costs incurred hosting fundraising events.

Charitable expenditure comprises those costs that relate to the charitable objects and includes staff costs attributable to the activities. It includes both direct costs and support costs relating to such activities.

Support costs, including governance costs, are those functions that assist the deliverance of the charitable activities. Governance costs comprise expenditure for advice on constitutional and statutory matters and costs of compliance. Support costs wholly relate to the charitable activity of running the charity and so have been allocated wholly to that activity.

#### 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:

|                       |                   |
|-----------------------|-------------------|
| Fixtures and fittings | 25% straight line |
|-----------------------|-------------------|

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.

Items that are of a capital nature and are above £500 are capitalised.

#### 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).

# STUDENT LIFE

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2022

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### 1 Accounting policies

(Continued)

#### 1.8 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.

#### 1.9 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.

#### 1.10 Employee benefits

The cost of any material 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.

#### 1.11 Retirement benefits

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

# STUDENT LIFE

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 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<br>funds | Unrestricted<br>funds |
|--|-----------------------|-----------------------|
|  | 2022                  | 2021                  |
|  | £                     | £                     |
| Donations and gifts                          | 31,276                | 31,380                |
| Grants received                              | 164,252               | 177,507               |
|  | <u>195,528</u>        | <u>208,887</u>        |
| <b>Grants receivable for core activities</b> |                       |                       |
| NHS Ipswich and East Suffolk CCG             | 5,000                 | -                     |
| Suffolk County Council                       | 67,875                | 72,475                |
| Babergh and Mid Suffolk                      | 2,840                 | 500                   |
| IBC  | 2,000                 | -                     |
| Kent County Council                          | 2,000                 | 15,000                |
| East Suffolk Council                         | 15,750                | 12,600                |
| Government Incentive Scheme                  | 1,000                 | -                     |
| Jamma International                          | 15,808                | -                     |
| West Suffolk Council                         | -                     | 5,000                 |
| CJRS   | 2,615                 | 16,492                |
| Other  | 49,364                | 55,440                |
|  | <u>164,252</u>        | <u>177,507</u>        |

### 4 Charitable activities

|                                  | Charitable<br>income | 2021     |
|----------------------------------|----------------------|----------|
|                                  | 2022                 |          |
|                                  | £                    | £        |
| Mental health awareness training | 85,410               | -        |
|                                  | <u>85,410</u>        | <u>-</u> |

# STUDENT LIFE

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

### 5 Other trading activities

|                    | Unrestricted funds | Total |
|--------------------|--------------------|-------|
|                    | 2022               | 2021  |
|                    | £                  | £     |
| Fundraising events | 2,491              | -     |

### 6 Other income

|              | Total | Unrestricted funds |
|--------------|-------|--------------------|
|              | 2022  | 2021               |
|              | £     | £                  |
| Other income | -     | 20                 |

### 7 Raising funds

|                                  | Unrestricted funds | Unrestricted funds |
|----------------------------------|--------------------|--------------------|
|                                  | 2022               | 2021               |
|                                  | £                  | £                  |
| <u>Fundraising and publicity</u> |                    |                    |
| Advertising                      | 5,555              | 228                |
| Other fundraising costs          | 8,524              | 8,394              |
| Fundraising and publicity        | 14,079             | 8,622              |
|                                  | 14,079             | 8,622              |

# STUDENT LIFE

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

### 8 Charitable activities

|  | Charitable<br>Expenditure<br>2022<br>£ | Charitable<br>Expenditure<br>2021<br>£ |
|--|--|--|
| Staff costs                            | 143,014                                | 52,823                                 |
| Direct charitable costs                | 49,571                                 | 20,269                                 |
| Travel                                 | 1,776                                  | 3,627                                  |
| Loan interest                          | 99                                     | 125                                    |
| Entertaining                           | 6,026                                  | -                                      |
|  | <u>200,486</u>                         | <u>76,844</u>                          |
| Share of support costs (see note 9)    | 61,652                                 | 51,200                                 |
| Share of governance costs (see note 9) | 10,931                                 | 8,051                                  |
|  | <u>273,069</u>                         | <u>136,095</u>                         |

### 9 Support costs

|                         | Support<br>costs<br>£ | Governance<br>costs<br>£ | 2022               |               | Governance<br>costs<br>£ | 2021<br>£     |
|-------------------------|-----------------------|--------------------------|--------------------|---------------|--------------------------|---------------|
|                         |                       |                          | Support costs<br>£ | £             |                          |               |
| Depreciation            | 315                   | -                        | 315                | 159           | -                        | 159           |
| Operating lease charges | 1,151                 | -                        | 1,151              | -             | -                        | -             |
| Direct charitable costs | -                     | 5,141                    | 5,141              | -             | 716                      | 716           |
| Rent and rates          | 30,000                | -                        | 30,000             | 30,000        | -                        | 30,000        |
| Insurance               | 5,924                 | -                        | 5,924              | 1,126         | -                        | 1,126         |
| Repairs and renewals    | 1,670                 | -                        | 1,670              | 553           | -                        | 553           |
| Telephone               | 2,655                 | -                        | 2,655              | 1,466         | -                        | 1,466         |
| PPS and computer        | 14,916                | -                        | 14,916             | 15,976        | -                        | 15,976        |
| Motor                   | -                     | -                        | -                  | 351           | -                        | 351           |
| Sundry expenses         | 5,021                 | -                        | 5,021              | 1,569         | -                        | 1,569         |
| Independent examination | -                     | 1,396                    | 1,396              | -             | 1,392                    | 1,392         |
| Accountancy             | -                     | 4,394                    | 4,394              | -             | 5,943                    | 5,943         |
|                         | <u>61,652</u>         | <u>10,931</u>            | <u>72,583</u>      | <u>51,200</u> | <u>8,051</u>             | <u>59,251</u> |
| Analysed between        |                       |                          |                    |               |                          |               |
| Charitable activities   | <u>61,652</u>         | <u>10,931</u>            | <u>72,583</u>      | <u>51,200</u> | <u>8,051</u>             | <u>59,251</u> |

Governance costs includes payments to the independent examiners of £1,396 (2021- £1,392) for independent examination fees, and £4,394 (2021- £5,943) for other services

# STUDENT LIFE

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

### FOR THE YEAR ENDED 30 JUNE 2022

#### 10 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year. One of the trustees was reimbursed £25 (2021: No trustees reimbursed) for out of pocket operating costs.

#### 11 Employees

The average monthly number of employees during the year was:

|                         | 2022<br>Number | 2021<br>Number |
|-------------------------|----------------|----------------|
|                         | 8              | 4              |
|                         | <u>8</u>       | <u>4</u>       |
| <b>Employment costs</b> | <b>2022</b>    | <b>2021</b>    |
|                         | <b>£</b>       | <b>£</b>       |
| Wages and salaries      | 140,581        | 52,030         |
| Other pension costs     | 2,433          | 793            |
|                         | <u>143,014</u> | <u>52,823</u>  |
|                         | <u>143,014</u> | <u>52,823</u>  |

Total amounts paid to Key Management Personnel during the year were £34,472 (2021: £21,927).

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

#### 12 Tangible fixed assets

|                                    | Fixtures and fittings<br>£ |
|------------------------------------|----------------------------|
| <b>Cost</b>                        |                            |
| At 1 July 2021                     | 635                        |
| Additions                          | 624                        |
|                                    | <u>1,259</u>               |
| At 30 June 2022                    | <u>1,259</u>               |
| <b>Depreciation and impairment</b> |                            |
| At 1 July 2021                     | 371                        |
| Depreciation charged in the year   | 315                        |
|                                    | <u>686</u>                 |
| At 30 June 2022                    | <u>686</u>                 |
| <b>Carrying amount</b>             |                            |
| At 30 June 2022                    | <u>573</u>                 |
| At 30 June 2021                    | <u>264</u>                 |

# STUDENT LIFE

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2022

| <b>13 Debtors</b>   |              | <b>2022</b>   | <b>2021</b>   |
|---|--------------|---------------|---------------|
| <b>Amounts falling due within one year:</b>                       |              | <b>£</b>      | <b>£</b>      |
| Trade debtors   |              | 495           | -             |
| Other debtors   |              | 99            | -             |
| Prepayments and accrued income                                    |              | 1,216         | 1,830         |
|   |              | <u>1,810</u>  | <u>1,830</u>  |
| <b>14 Loans and overdrafts</b>                                    |              | <b>2022</b>   | <b>2021</b>   |
|   |              | <b>£</b>      | <b>£</b>      |
| Bank loans  |              | 9,167         | 10,000        |
|   |              | <u>9,167</u>  | <u>10,000</u> |
| Payable within one year   |              | 2,000         | 1,000         |
| Payable after one year  |              | 7,167         | 9,000         |
|   |              | <u>7,167</u>  | <u>9,000</u>  |
| <b>15 Creditors: amounts falling due within one year</b>          |              | <b>2022</b>   | <b>2021</b>   |
|   | <b>Notes</b> | <b>£</b>      | <b>£</b>      |
| Bank loans  | 14           | 2,000         | 1,000         |
| Other taxation and social security                                |              | 2,398         | 1,771         |
| Trade creditors   |              | 4,233         | 1,455         |
| Accruals and deferred income                                      |              | 3,080         | 2,928         |
|   |              | <u>11,711</u> | <u>7,154</u>  |
| <b>16 Creditors: amounts falling due after more than one year</b> |              | <b>2022</b>   | <b>2021</b>   |
|   | <b>Notes</b> | <b>£</b>      | <b>£</b>      |
| Bank loans  | 14           | 7,167         | 9,000         |
|   |              | <u>7,167</u>  | <u>9,000</u>  |
| <b>17 Retirement benefit schemes</b>                              |              |               |               |
| <b>Defined contribution schemes</b>                               |              |               |               |

The charity operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the charity in an independently administered fund.

The charge to profit or loss in respect of defined contribution schemes was £2,433 (2021 - £793).

# STUDENT LIFE

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

### FOR THE YEAR ENDED 30 JUNE 2022

#### 18 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:

|                         | Movement<br>in funds      |                       | Movement<br>in funds      |                       | Balance at<br>30 June<br>2022 |
|-------------------------|---------------------------|-----------------------|---------------------------|-----------------------|-------------------------------|
|                         | Balance at<br>1 July 2020 | Incoming<br>resources | Balance at<br>1 July 2021 | Incoming<br>resources |                               |
|                         | £                         | £                     | £                         | £                     | £                             |
| Waterfront Mile Project | 750                       | -                     | 750                       | -                     | 750                           |

The Waterfront Mile project relates to a fund Student Life is a project partner in a health initiative within Suffolk which involves five main partners.

#### 19 Analysis of net assets between funds

|   | Unrestricted<br>funds<br>2022 | Restricted<br>funds<br>2022 | Total<br>2022 | Unrestricted<br>funds<br>2021 | Restricted<br>funds<br>2021 | Total<br>2021 |
|---|-------------------------------|-----------------------------|---------------|-------------------------------|-----------------------------|---------------|
|   | £                             | £                           | £             | £                             | £                           | £             |
| Fund balances at 30 June 2022 are represented by: |                               |                             |               |                               |                             |               |
| Tangible assets                                   | 573                           | -                           | 573           | 264                           | -                           | 264           |
| Current assets/(liabilities)                      | 34,517                        | 750                         | 35,267        | 40,378                        | 750                         | 41,128        |
| Long term liabilities                             | (7,167)                       | -                           | (7,167)       | (9,000)                       | -                           | (9,000)       |
|   | <u>27,923</u>                 | <u>750</u>                  | <u>28,673</u> | <u>31,642</u>                 | <u>750</u>                  | <u>32,392</u> |

#### 20 Operating lease commitments

##### Lessee

At the reporting end date the charity had outstanding commitments for future minimum lease payments under non-cancellable operating leases, which fall due as follows:

|                 | 2022       | 2021     |
|-----------------|------------|----------|
|                 | £          | £        |
| Within one year | <u>822</u> | <u>-</u> |

# STUDENT LIFE

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

### FOR THE YEAR ENDED 30 JUNE 2022

#### 21 Related party transactions

During the year the charity did not receive any donations from Training For Life Limited, a company under the control of Richard Stewart (2021: £500).

The charity paid Training For Life £15,950 for training out of funding received by Student Life during the year (2021: £nil).

During the year the charity paid a legal expense of £99 on behalf of Unity Film and Production, a company of which Richard Stewart is a director (2021: £nil).

| 22 Cash generated from operations                    | 2022       | 2021          |
|--|------------|---------------|
|  | £          | £             |
| (Deficit)/surplus for the year                       | (3,719)    | 64,190        |
| Adjustments for:                                     |            |               |
| Depreciation and impairment of tangible fixed assets | 315        | 159           |
| Movements in working capital:                        |            |               |
| Decrease/(increase) in debtors                       | 20         | (1,830)       |
| Increase/(decrease) in creditors                     | 3,557      | (26,350)      |
| <b>Cash generated from operations</b>                | <u>173</u> | <u>36,169</u> |

#### 23 Analysis of changes in net funds

|  | At 1 July 2021 | Cash flows   | At 30 June 2022 |
|--|----------------|--------------|-----------------|
|  | £              | £            | £               |
| Cash at bank and in hand                   | 46,452         | (1,284)      | 45,168          |
| Loans falling due within one year          | (1,000)        | (1,000)      | (2,000)         |
| Loans falling due after more than one year | (9,000)        | 1,833        | (7,167)         |
|  | <u>36,452</u>  | <u>(451)</u> | <u>36,001</u>   |

**MY LIFE**

England & Wales - Charity number 1180933

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# Accounts

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**Plummer Parsons**  
Chartered Accountants

Charity Registration No. 1180933

**STUDENT LIFE**  
**ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 30 JUNE 2021**

Chartered Accountants  
& Statutory Auditor

## STUDENT LIFE

### LEGAL AND ADMINISTRATIVE INFORMATION

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|                             |   |
|-----------------------------|---|
| <b>Trustees</b>             | Ms E Harsant<br>Ms L Dickman<br>Ms R Wedge  |
| <b>Charity number</b>       | 1180933   |
| <b>Principal address</b>    | 48 Alnesbourn Crescent<br>Ipswich<br>Suffolk<br>IP3 9GD                                 |
| <b>Independent examiner</b> | Nicholas Brown FCA DChA BFP<br>18 Hyde Gardens<br>Eastbourne<br>East Sussex<br>BN21 4PT |

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# STUDENT LIFE

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# STUDENT LIFE

## TRUSTEES' REPORT

**FOR THE YEAR ENDED 30 JUNE 2021**

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The trustees present their annual report and financial statements for the year ended 30 June 2021.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's constitution, the Charities Act 2011 and "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 for accounting periods commencing from 1 January 2019)

### **Objectives and activities**

The charity's objects are to advance in life and help young people through:

- a) Advancing education by contributing to and participating in the production of a periodic lifestyle publication and accompanying short films, upskilling young people through the entire print and digital production process; and
- b) providing support and activities which develop their skills, capacities and capabilities to enable them to participate in society as mature and responsible individuals.

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

### **Achievements and performance**

During the course of the year the charity has achieved the following:

#### Magazine & website platforms

The magazine and website platforms have engaged with education settings across Suffolk, Norfolk and Kent. These publications highlight 16 different topic areas, and these publications are on print, film and digital platforms. A total of 45 issues of the publication have been produced and distributed to: six colleges, sixty high schools (years 10, 11, 12 and 13), as well as two Pupil Referral Units and one Young Offender Institution. The work involved with the publications has aided with the upskilling of young people through extra-curricular and enrichment activities. In total it is estimated that the work of the charity has been delivered to 12,500 young people, with 1,800 young people being signed to work with Student Life. In particular 13,000 young people have viewed the film created by Student Life (Out of the Dark, Into the Light) about mental health.

The work produced by Student Life with the aid of the young people has aided with the development of peer relationships beyond the educational environment, setting & cross setting, and counties. This has been achieved by the creation of peer to peer content, photography, design and production. These relationships include, but are not limited to, the governance of the charity is held by young people, namely two young people are on the board of Trustees, three young people are on the Executive Board, thirty two young people are part of the cross setting/ county Steering Group, and fourteen young people (cross setting) are part of the co-editor panel.

These platforms have also aided with community engagement, via County Councillors, business leads & stakeholders attending meetings the charity holds.

#### Film platform

Student Life has formed a young person led film production company named Unity Films. The formation of this production company has then led to the cross setting and county writing, casting, production and editing. A partnership has been formed with Offset Films (a professional production company) leading to the upskilling of young people during all stages of production.

# STUDENT LIFE

## TRUSTEES' REPORT (CONTINUED)

### FOR THE YEAR ENDED 30 JUNE 2021

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Our productions have been shown across all of the above counties, and our key productions in the year were:

- 'Out of the Dark, Into the Light' (five young people telling their mental health journey)
- 'Speak Up, Speak Out' (six young people telling their bullying story)
- A Self Harm film commissioned by CCG's
- A music video
- A coronavirus awareness film

At present we also have two films in the pipeline. One is about adolescent mental health, and the other is a Young Offender Institution film.

#### Mental Health

We are also proud to announce that we have redesigned our Mental Health Ambassador programme. We have delivered peer to peer mental health awareness upskilling into cross county settings to volunteer Ambassadors. In total at the year end we have more than 500 young people awaiting further training.

We have also been:

- Collaborating with SCC Psychology and Therapeutic Service for signposting and supervision.
- Collaborating with Public Health on coronavirus awareness projects.
- Collaborating with Samaritans on countrywide awareness campaigns.

Over 50% of the content produced by Student Life is consistently relating to mental health and the awareness of mental health issues in young people.

#### Non-mainstream education / AP / NEET

As alluded to above, Student Life is now also working outside mainstream education and in this specific work has rebranded as 'My Life'. My Life ensures inclusivity for young people not on school roll e.g. in Alternative Provision (AP) or classified as Not in Education Employment or Training (NEET) i.e. prison/young offenders.

#### Work Experience / Career Readiness

Student Life has an 'Experience Work' platform that is currently in development. We are currently piloting this platform to six pilot schools, ten pilot employers, and two pilot Pupil Referral Units (PRU's). This programme will be able to deliver year-round access to work experience opportunities for young people, as well as regular work experience and career planning workshops with two PRU's.

#### Other

We have been nominated and are awaiting the outcome from five award bodies

We currently employ nine members of staff, with two being full time

Work is well underway on a bespoke national mental health awareness training programme to be delivered through the curriculum (RSHE).

#### **Financial review**

Total income for the year was £208,907 (2020: £111,082), which is an increase on the prior year of £97,825. This is as a result of this being the fourth year Student Life has been in operation, and is still experiencing growth. Total costs decreased to £144,717 (2020: £147,241). This has resulted in an operational surplus of £64,190 (2020: deficit £36,159).

It is the policy of the charity that unrestricted funds which have not been designated for a specific use should be maintained at a level equivalent to three months expenditure.

Reserves at this level will ensure that, in the event of a significant drop in funding, the Charity will be able to continue its current activities while consideration is given to ways in which additional funds may be raised.

# STUDENT LIFE

## TRUSTEES' REPORT (CONTINUED)

**FOR THE YEAR ENDED 30 JUNE 2021**

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The charity retains limited restricted reserves at the year end of £750 (2020: £750) restricted funds, and does not have any designated funds. The level of free reserves at the year end is positive £31,378 (2020: negative £32,971).

The current level of reserves is slightly below the reserves policy above.

The trustees has assessed the major risks to which the charity is exposed, and are satisfied that systems are in place to mitigate exposure to the major risks.

### **Plans for future periods**

Contact will be made with the remaining schools and colleges in Suffolk that are not yet collaborating with Student Life. The roll-out of the multiple platforms relating to the publication will continue in Suffolk, as will the roll-out of the mental health ambassador programme, the filming work and the careers work. Each September/October will see the re-delivery of the project into the new year 10 cohort at each collaborating school/college. Pilots of the entire project will be started or are ongoing in Norfolk, Kent and Essex.

### **Structure, governance and management**

The charity is a Charitable Incorporated Organisation (CIO). The constitution document was authorised and the charity became registered on 30 November 2018.

Prior to being a CIO the entity was known as Student Life (Suffolk) CIC (company number 10828527). On the day after the CIO was constituted, being 1 December 2018, the previous CIC ceased to trade and merged with the CIO. No adjustments were made to the accounting policies of either entity as part of this merger.

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

Ms E Harsant

Ms L Dickman

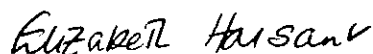
Ms R Wedge

The Board will continue to network throughout the county and recommend new trustees based on the alignment of those potential trustees with the aims and objectives of the charity and based upon the likelihood of potential trustees bringing new skills and experience to the Board.

Day to day responsibility for decision making is given to Richard Stewart in his role as Chief Executive Officer. The CEO will then manage the team of executive board members and volunteers as is required for the successful running of the charity.

All new trustees will receive a tour of the office and an introduction to staff. All new trustees will shadow a designated team member for two working days that will include internal and external meetings and workload. All new trustees will be DBS checked and will complete safeguarding training. All new trustees will be expected to shadow a member of the team for one day every three months.

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



Ms E Harsant

**Trustee**

9 December 2021

## **STUDENT LIFE**

### **STATEMENT OF TRUSTEES' RESPONSIBILITIES**

***FOR THE YEAR ENDED 30 JUNE 2021***

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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.

# STUDENT LIFE

## INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF STUDENT LIFE

---

I report to the trustees on my examination of the financial statements of Student Life (the charity) for the year ended 30 June 2021.

### Responsibilities and basis of report

As the trustees of the charity you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 (the 2011 Act).

I report in respect of my examination of the charity's financial statements carried out under section 145 of the 2011 Act. In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

### Independent examiner's statement

Your attention is drawn to the fact that the charity has prepared financial statements in accordance with Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) 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.

I understand that this has been done in order for financial statements to provide a true and fair view in accordance with Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

I have completed my examination. I confirm that no 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 charity as required by section 130 of the 2011 Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

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 financial statements to be reached.



Nicholas Brown FCA DChA BFP

18 Hyde Gardens  
Eastbourne  
East Sussex  
BN21 4PT

Dated: 4/1/2022

## STUDENT LIFE

### STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 30 JUNE 2021

|   |       | Unrestricted<br>funds<br>2021<br>£ | Restricted<br>funds<br>2021<br>£ | Total Unrestricted<br>funds<br>2021<br>£ | Restricted<br>funds<br>2020<br>£ | Total<br>2020<br>£ |
|---|-------|------------------------------------|----------------------------------|--|----------------------------------|--------------------|
|   | Notes |                                    |                                  |  |                                  |                    |
| <b>Income and endowments from:</b>  |       |                                    |                                  |  |                                  |                    |
| Donations and legacies  | 3     | 208,887                            | -                                | 208,887                                  | 94,880                           | 95,630             |
| Charitable activities   | 4     | -                                  | -                                | -  | 9,550                            | 9,550              |
| Other trading activities  | 5     | -                                  | -                                | -  | 5,882                            | 5,882              |
| Other income  | 6     | 20                                 | -                                | 20                                       | 20                               | 20                 |
| <b>Total income</b>   |       | <b>208,907</b>                     | <b>-</b>                         | <b>208,907</b>                           | <b>750</b>                       | <b>111,082</b>     |
| <b>Expenditure on:</b>  |       |                                    |                                  |  |                                  |                    |
| Raising funds   | 7     | 8,622                              | -                                | 8,622                                    | -                                | 4,106              |
| Charitable activities   | 8     | 136,095                            | -                                | 136,095                                  | -                                | 143,135            |
| <b>Total resources expended</b>   |       | <b>144,717</b>                     | <b>-</b>                         | <b>144,717</b>                           | <b>-</b>                         | <b>147,241</b>     |
| Gross transfers<br>between funds  |       | -                                  | -                                | -  | (6,875)                          | -                  |
| <b>Net income/(expenditure)<br/>for the year/<br/>Net movement in funds</b> |       | <b>64,190</b>                      | <b>-</b>                         | <b>64,190</b>                            | <b>(6,125)</b>                   | <b>(36,159)</b>    |
| Fund balances at 1 July 2020  |       | (32,548)                           | 750                              | (31,798)                                 | 6,875                            | 4,361              |
| <b>Fund balances at 30 June<br/>2021</b>                                    |       | <b>31,642</b>                      | <b>750</b>                       | <b>32,392</b>                            | <b>750</b>                       | <b>(31,798)</b>    |

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

All income and expenditure derive from continuing activities.

# STUDENT LIFE

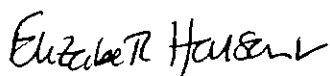
## STATEMENT OF FINANCIAL POSITION

AS AT 30 JUNE 2021

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|  | Notes | 2021<br>£      | £             | 2020<br>£       | £               |
|--|-------|----------------|---------------|-----------------|-----------------|
| <b>Fixed assets</b>  |       |                |               |                 |                 |
| Tangible assets  | 12    |                | 264           |                 | 423             |
| <b>Current assets</b>  |       |                |               |                 |                 |
| Debtors  | 13    | 1,830          |               | -               |                 |
| Cash at bank and in hand                                       |       | 46,452         |               | 283             |                 |
|  |       | <u>48,282</u>  |               | <u>283</u>      |                 |
| <b>Creditors: amounts falling due within one year</b>          | 15    | <u>(7,154)</u> |               | <u>(32,504)</u> |                 |
| Net current assets/(liabilities)                               |       |                | 41,128        |                 | (32,221)        |
| <b>Total assets less current liabilities</b>                   |       |                | 41,392        |                 | (31,798)        |
| <b>Creditors: amounts falling due after more than one year</b> | 16    |                | (9,000)       |                 | -               |
| <b>Net assets/(liabilities)</b>                                |       |                | <u>32,392</u> |                 | <u>(31,798)</u> |
| <b>Income funds</b>  |       |                |               |                 |                 |
| Restricted funds   | 18    |                | 750           |                 | 750             |
| Unrestricted funds   |       |                | 31,642        |                 | (32,548)        |
|  |       |                | <u>32,392</u> |                 | <u>(31,798)</u> |

The financial statements were approved by the Trustees on 9 December 2021



Ms E Harsant  
Trustee

## STUDENT LIFE

### STATEMENT OF CASH FLOWS

FOR THE YEAR ENDED 30 JUNE 2021

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|   | Notes | 2021<br>£ | £             | 2020<br>£ | £          |
|---|-------|-----------|---------------|-----------|------------|
| <b>Cash flows from operating activities</b>                   |       |           |               |           |            |
| Cash generated from/(absorbed by) operations                  | 21    |           | 36,169        |           | (5,873)    |
| <b>Net cash used in investing activities</b>                  |       |           | -             |           | -          |
| <b>Financing activities</b>                                   |       |           |               |           |            |
| Repayment of bank loans                                       |       | 10,000    |               | -         |            |
| <b>Net cash generated from/(used in) financing activities</b> |       |           | 10,000        |           | -          |
| <b>Net increase/(decrease) in cash and cash equivalents</b>   |       |           | 46,169        |           | (5,873)    |
| Cash and cash equivalents at beginning of year                |       |           | 283           |           | 6,156      |
| <b>Cash and cash equivalents at end of year</b>               |       |           | <u>46,452</u> |           | <u>283</u> |

# STUDENT LIFE

## NOTES TO THE FINANCIAL STATEMENTS

### FOR THE YEAR ENDED 30 JUNE 2021

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#### 1 Accounting policies

##### Charity information

Student Life is a Charitable Incorporated Organisation (CIO) governed by a constitution dated 30 November 2018. It is registered with the Charity Commission under charity number 1180933. The registered office is 48 Alnesbourn Crescent, Ipswich, IP3 9GD.

#### 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 date of this report, there exists considerable uncertainty regarding the potential impact of the Coronavirus and the economic consequences, both within the U.K. and overseas, which may result from government policies to contain the spread. The duration and geographical extent of any possible lockdown or future government policies are unknown. Whilst we are unable to predict what the economic consequences may be and the impact on the charity's future ability to continue trading, we have continued to use the going concern basis as appropriate in the preparation of these accounts.

#### 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.

#### 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.

Income from grants and contracts is recognised when the charity has entitlement to the funds, any performance conditions have been met, it is probable that income will be received and the amount can be measured reliably and is not deferred.

# STUDENT LIFE

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 30 JUNE 2021

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### 1 Accounting policies

(Continued)

Other trading activities income relates to advertising sales within the periodic magazine publications. Income is recognised when the charity is legally entitled to it.

Sales within charitable activities relates to income from hosting mental health awareness training events throughout the year. Income is recognised when the charity is legally entitled to it.

#### 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.

All expenditure is incurred in pursuit of the charity's objects as laid down in the constitution. All expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that the settlement will be required and the amount of the obligation can be measured reliably. It includes irrecoverable VAT.

The costs of raising funds includes the fees paid to fundraising manager, as well as costs incurred hosting fundraising events.

Charitable expenditure comprises those costs that relate to the charitable objects and includes staff costs attributable to the activities. It includes both direct costs and support costs relating to such activities.

Support costs, including governance costs, are those functions that assist the deliverance of the charitable activities. Governance costs comprise expenditure for advice on constitutional and statutory matters and costs of compliance. Support costs wholly relate to the charitable activity of running the charity and so have been allocated wholly to that activity.

#### 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:

|                       |                   |
|-----------------------|-------------------|
| Fixtures and fittings | 25% straight line |
|-----------------------|-------------------|

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.

Items that are of a capital nature and are above £500 are capitalised.

# STUDENT LIFE

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2021

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### 1 Accounting policies

(Continued)

#### 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 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.

#### 1.9 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.

#### 1.10 Employee benefits

The cost of any material 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.

# STUDENT LIFE

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2021

### 1 Accounting policies

(Continued)

#### 1.11 Retirement benefits

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

### 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<br>funds | Unrestricted<br>funds | Restricted<br>funds | Total         |
|--|-----------------------|-----------------------|---------------------|---------------|
|  | 2021                  | 2020                  | 2020                | 2020          |
|  | £                     | £                     | £                   | £             |
| Donations and gifts                          | 31,380                | 5,199                 | -                   | 5,199         |
| Grants received                              | 177,507               | 89,681                | 750                 | 90,431        |
|  | <u>208,887</u>        | <u>94,880</u>         | <u>750</u>          | <u>95,630</u> |
| <b>Grants receivable for core activities</b> |                       |                       |                     |               |
| Suffolk County Council                       | 72,475                | 22,400                | -                   | 22,400        |
| Babergh and Mid Suffolk                      | 500                   | 1,555                 | -                   | 1,555         |
| NHS Canterbury and Coastal CCG               | -                     | 5,000                 | -                   | 5,000         |
| Kent County Council                          | 15,000                | 15,000                | -                   | 15,000        |
| East Suffolk Council                         | 12,600                | 9,000                 | -                   | 9,000         |
| Great Yarmouth and Waveney CCG               | -                     | 10,000                | -                   | 10,000        |
| Ipswich Dementia Action Alliance             | -                     | -                     | 750                 | 750           |
| West Suffolk Council                         | 5,000                 | -                     | -                   | -             |
| CJRS   | 16,492                | -                     | -                   | -             |
| Other  | 55,440                | 26,726                | -                   | 26,726        |
|  | <u>177,507</u>        | <u>89,681</u>         | <u>750</u>          | <u>90,431</u> |

## STUDENT LIFE

### NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2021

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#### 4 Charitable activities

Charitable  
income  
2020  
£

Mental health awareness training 9,550

#### 5 Other trading activities

Total Unrestricted  
funds

2021 2020  
£ £

Fundraising events - 1,482

Sponsorship and advertising income - 4,400

Other trading activities - 5,882

#### 6 Other income

Unrestricted Unrestricted  
funds funds

2021 2020  
£ £

Other income 20 20

#### 7 Raising funds

Unrestricted Unrestricted  
funds funds

2021 2020  
£ £

##### Fundraising and publicity

Advertising 228 132

Other fundraising costs 8,394 3,974

Fundraising and publicity 8,622 4,106

8,622 4,106

## STUDENT LIFE

### NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2021

#### 8 Charitable activities

|  | Charitable<br>Expenditure | Charitable<br>Expenditure |
|--|---------------------------|---------------------------|
|  | 2021                      | 2020                      |
|  | £                         | £                         |
| Staff costs                            | 52,823                    | 46,941                    |
| Direct charitable costs                | 20,269                    | 47,434                    |
| Travel                                 | 3,627                     | 4,332                     |
| Loan interest                          | 125                       | -                         |
|  | <u>76,844</u>             | <u>98,707</u>             |
| Share of support costs (see note 9)    | 51,200                    | 38,293                    |
| Share of governance costs (see note 9) | 8,051                     | 6,135                     |
|  | <u>136,095</u>            | <u>143,135</u>            |

#### 9 Support costs

|                         | Support<br>costs | Governance<br>costs | 2021          | Support<br>costs | Governance<br>costs | 2020          |
|-------------------------|------------------|---------------------|---------------|------------------|---------------------|---------------|
|                         | £                | £                   | £             | £                | £                   | £             |
| Depreciation            | 159              | -                   | 159           | 159              | -                   | 159           |
| Direct charitable costs | -                | 716                 | 716           | -                | -                   | -             |
| Rent and rates          | 30,000           | -                   | 30,000        | 12,886           | -                   | 12,886        |
| Insurance               | 1,126            | -                   | 1,126         | 410              | -                   | 410           |
| Repairs and renewals    | 553              | -                   | 553           | 307              | -                   | 307           |
| Telephone               | 1,466            | -                   | 1,466         | 969              | -                   | 969           |
| PPS and computer        | 15,976           | -                   | 15,976        | 21,967           | -                   | 21,967        |
| Motor                   | 351              | -                   | 351           | -                | -                   | -             |
| Sundry expenses         | 1,569            | -                   | 1,569         | 1,595            | -                   | 1,595         |
| Independent examination | -                | 1,392               | 1,392         | -                | 1,020               | 1,020         |
| Accountancy             | -                | 5,943               | 5,943         | -                | 5,115               | 5,115         |
|                         | <u>51,200</u>    | <u>8,051</u>        | <u>59,251</u> | <u>38,293</u>    | <u>6,135</u>        | <u>44,428</u> |
| Analysed between        |                  |                     |               |                  |                     |               |
| Charitable activities   | <u>51,200</u>    | <u>8,051</u>        | <u>59,251</u> | <u>38,293</u>    | <u>6,135</u>        | <u>44,428</u> |

Governance costs includes payments to the independent examiners of £1,392 (2020- £1,020) for independent examination fees, and £5,943 (2020- £5,115) for other services

## STUDENT LIFE

### NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2021

#### 10 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year. None of the trustees were reimbursed (2020: one trustee reimbursed £10) for out of pocket operating costs.

#### 11 Employees

The average monthly number of employees during the year was:

|                         | 2021<br>Number       | 2020<br>Number       |
|-------------------------|----------------------|----------------------|
|                         | 4                    | 5                    |
|                         | <u>4</u>             | <u>5</u>             |
| <b>Employment costs</b> | <b>2021</b>          | <b>2020</b>          |
|                         | £                    | £                    |
| Wages and salaries      | 52,030               | 46,410               |
| Other pension costs     | 793                  | 531                  |
|                         | <u>52,823</u>        | <u>46,941</u>        |
|                         | <u><u>52,823</u></u> | <u><u>46,941</u></u> |

Total amounts paid to Key Management Personnel during the year were £21,927 (2020: £15,426).

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

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

#### 12 Tangible fixed assets

|                                    | Fixtures and fittings<br>£ |
|------------------------------------|----------------------------|
| <b>Cost</b>                        |                            |
| At 1 July 2020                     | 635                        |
| At 30 June 2021                    | <u>635</u>                 |
| <b>Depreciation and impairment</b> |                            |
| At 1 July 2020                     | 212                        |
| Depreciation charged in the year   | 159                        |
| At 30 June 2021                    | <u>371</u>                 |
| <b>Carrying amount</b>             |                            |
| At 30 June 2021                    | <u><u>264</u></u>          |
| At 30 June 2020                    | <u><u>423</u></u>          |

## STUDENT LIFE

### NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2021

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|   |              |                   |                   |
|---|--------------|-------------------|-------------------|
| <b>13 Debtors</b>   |              | <b>2021</b>       | <b>2020</b>       |
|   |              | <b>£</b>          | <b>£</b>          |
| <b>Amounts falling due within one year:</b>                       |              |                   |                   |
| Prepayments and accrued income                                    |              | 1,830             | -                 |
|   |              | <u>          </u> | <u>          </u> |
| <b>14 Loans and overdrafts</b>                                    |              | <b>2021</b>       | <b>2020</b>       |
|   |              | <b>£</b>          | <b>£</b>          |
| Bank loans  |              | 10,000            | -                 |
|   |              | <u>          </u> | <u>          </u> |
| Payable within one year   |              | 1,000             | -                 |
| Payable after one year  |              | 9,000             | -                 |
|   |              | <u>          </u> | <u>          </u> |
| <b>15 Creditors: amounts falling due within one year</b>          |              | <b>2021</b>       | <b>2020</b>       |
|   | <b>Notes</b> | <b>£</b>          | <b>£</b>          |
| Bank loans  | 14           | 1,000             | -                 |
| Other taxation and social security                                |              | 1,771             | 1,994             |
| Trade creditors   |              | 1,455             | 19,456            |
| Other creditors   |              | -                 | 8,264             |
| Accruals and deferred income                                      |              | 2,928             | 2,790             |
|   |              | <u>          </u> | <u>          </u> |
|   |              | 7,154             | 32,504            |
|   |              | <u>          </u> | <u>          </u> |
| <b>16 Creditors: amounts falling due after more than one year</b> |              | <b>2021</b>       | <b>2020</b>       |
|   | <b>Notes</b> | <b>£</b>          | <b>£</b>          |
| Bank loans  | 14           | 9,000             | -                 |
|   |              | <u>          </u> | <u>          </u> |

#### 17 Retirement benefit schemes

##### Defined contribution schemes

The charity operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the charity in an independently administered fund.

The charge to profit or loss in respect of defined contribution schemes was £793 (2020 - £531).

## STUDENT LIFE

### NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2021

#### 18 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:

|                         | Movement in funds              |                            |                | Movement in funds              |                            |                                 |
|-------------------------|--------------------------------|----------------------------|----------------|--------------------------------|----------------------------|---------------------------------|
|                         | Balance at<br>1 July 2019<br>£ | Incoming<br>resources<br>£ | Transfers<br>£ | Balance at<br>1 July 2020<br>£ | Incoming<br>resources<br>£ | Balance at<br>30 June 2021<br>£ |
| NHS Suffolk             | 6,875                          | -                          | (6,875)        | -                              | -                          | -                               |
| Waterfront Mile Project | -                              | 750                        | -              | 750                            | -                          | 750                             |
|                         | <u>6,875</u>                   | <u>750</u>                 | <u>(6,875)</u> | <u>750</u>                     | <u>-</u>                   | <u>750</u>                      |

NHS Suffolk Fund - Suffolk has a higher than average rate of self-harm, with The Children's Society/Healthwatch Suffolk reporting a 1 in 6 statistic in August 2018. The project proposal supports the need for early identification and intervention in Suffolk's CYP. Student Life's existing print and digital platforms will support the delivery of an interactive workshop to Suffolk schools discussing self-harm and mental health. The workshop will be delivered by students, ensuring that the unique peer-to-peer aspect of the entire project is maintained. The workshop will feature young people's real-life stories surrounding self-harm.

Transfers in the previous year relate to costs incurred relating to this specific fund that have been apportioned inline with the grant contract.

The Waterfront Mile project relates to a fund Student Life is a project partner in a health initiative within Suffolk which involves five main partners.

#### 19 Analysis of net assets between funds

|   | Unrestricted<br>funds<br>2021<br>£ | Restricted<br>funds<br>2021<br>£ | Total<br>2021<br>£ | Unrestricted<br>funds<br>2020<br>£ | Restricted<br>funds<br>2020<br>£ | Total<br>2020<br>£ |
|---|------------------------------------|----------------------------------|--------------------|------------------------------------|----------------------------------|--------------------|
| Fund balances at 30 June 2021 are represented by: |                                    |                                  |                    |                                    |                                  |                    |
| Tangible assets                                   | 264                                | -                                | 264                | 423                                | -                                | 423                |
| Current assets/<br>(liabilities)                  | 40,378                             | 750                              | 41,128             | (32,971)                           | 750                              | (32,221)           |
| Long term liabilities                             | (9,000)                            | -                                | (9,000)            | -                                  | -                                | -                  |
|   | <u>31,642</u>                      | <u>750</u>                       | <u>32,392</u>      | <u>(32,548)</u>                    | <u>750</u>                       | <u>(31,798)</u>    |

## STUDENT LIFE

### NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2021

#### 20 Related party transactions

During the year the charity received donations from Training For Life Limited, a company under the control of Richard Stewart, amounting to £500 (2020: £nil).

| 21 Cash generated from operations                    | 2021<br>£     | 2020<br>£      |
|--|---------------|----------------|
| Surplus/(deficit) for the year                       | 64,190        | (36,159)       |
| Adjustments for:                                     |               |                |
| Depreciation and impairment of tangible fixed assets | 159           | 159            |
| Movements in working capital:                        |               |                |
| (Increase)/decrease in debtors                       | (1,830)       | 1,761          |
| (Decrease)/increase in creditors                     | (26,350)      | 28,366         |
| <b>Cash generated from/(absorbed by) operations</b>  | <b>36,169</b> | <b>(5,873)</b> |

#### 22 Analysis of changes in net funds

|  | At 1 July 2020<br>£ | Cash flows<br>£ | At 30 June 2021<br>£ |
|--|---------------------|-----------------|----------------------|
| Cash at bank and in hand                   | 283                 | 46,169          | 46,452               |
| Loans falling due within one year          | -                   | (1,000)         | (1,000)              |
| Loans falling due after more than one year | -                   | (9,000)         | (9,000)              |
|  | <u>283</u>          | <u>36,169</u>   | <u>36,452</u>        |