

**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
CONTENTS OF THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 JUNE 2025

	Page
Trustees' Report	1 to 2
Statement of Trustees' Responsibilities	3
Independent Examiner's Report	4
Statement of Financial Activities	5
Balance Sheet	6
Cash Flow Statement	7
Notes to the Cash Flow Statement	8
Notes to the Financial Statements	9 to 14
Detailed Statement of Financial Activities	15 to 16

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

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

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 an 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

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

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**

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

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

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 £	2024 £
Cash flows from operating activities			
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>
Cash flows from investing activities			
Purchase of tangible fixed assets		<u>(2,384)</u>	-
Net cash (used in)/provided by investing activities		<u>(2,384)</u>	-
Cash flows from financing activities			
Loan repayments in year		<u>(2,000)</u>	<u>(2,000)</u>
Net cash used in financing activities		<u>(2,000)</u>	<u>(2,000)</u>
Change in cash and cash equivalents in the reporting period		<u>1,970</u>	<u>58,275</u>
Cash and cash equivalents at the beginning of the reporting period		<u>61,564</u>	<u>3,289</u>
Cash and cash equivalents at the end of the reporting period		<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 £	2024 £
Net income for the reporting period (as per the Statement of Financial Activities)	15,692	63,318
Adjustments for:		
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
Net cash provided by operations	<u>6,539</u>	<u>58,779</u>

2. ANALYSIS OF CHANGES IN NET FUNDS

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

**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
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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

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

5. OTHER TRADING ACTIVITIES

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

6. INCOME FROM CHARITABLE ACTIVITIES

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

7. RAISING FUNDS

Raising donations and legacies

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

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

8. CHARITABLE ACTIVITIES COSTS

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

9. SUPPORT COSTS

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

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 £	2024 £
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 fund £	Restricted fund £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	395,566	-	395,566
Charitable activities			
Mental health awareness	244	-	244
Other trading activities	4,496	-	4,496
Total	<u>400,306</u>	<u>-</u>	<u>400,306</u>
EXPENDITURE ON			
Raising funds	5,438	750	6,188
Charitable activities			
Mental health awareness	330,644	-	330,644
Other	156	-	156
Total	<u>336,238</u>	<u>750</u>	<u>336,988</u>
NET INCOME/(EXPENDITURE)	64,068	(750)	63,318

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

12. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued			
	Unrestricted fund £	Restricted fund £	Total funds £
RECONCILIATION OF FUNDS			
Total funds brought forward	(12,466)	750	(11,716)
TOTAL FUNDS CARRIED FORWARD	<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 and fittings £
COST			
At 1 July 2024			1,951
Additions			2,384
At 30 June 2025			4,335
DEPRECIATION			
At 1 July 2024			976
Charge for year			1,070
At 30 June 2025			2,046
NET BOOK VALUE			
At 30 June 2025			2,289
At 30 June 2024			975
15. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR			
	2025	2024	
	£	£	
Trade debtors	2,200	1,287	
Other debtors	8,713	4,198	
Prepayments and accrued income	1,231	1,263	
	<u>12,144</u>	<u>6,748</u>	

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
	£	£	£
Unrestricted funds			
General fund	51,602	15,692	67,294
	<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
	£	£	£
Unrestricted funds			
General fund	502,467	(486,775)	15,692
	<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
	£	£	£
Unrestricted funds			
General fund	(12,466)	64,068	51,602
Restricted funds			
Waterfront Mile Project	750	(750)	-
	<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 resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	400,306	(336,238)	64,068
Restricted funds			
Waterfront Mile Project	-	(750)	(750)
TOTAL FUNDS	<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 £	2024 £
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 £	2024 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	11,911	35,529
Grants	490,200	360,037
	502,111	395,566
Other trading activities		
Fundraising events	-	4,496
Charitable activities		
Sale of services	-	244
Other income		
Other income	356	-
Total incoming resources	502,467	400,306
EXPENDITURE		
Raising donations and legacies		
Sundries	99	2,760
Advertising	3,326	3,428
	3,425	6,188
Charitable activities		
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
	368,515	224,085
Other		
Loss on sale of tangible fixed assets	-	156
Support costs		
Management		
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
	93,180	93,856
Finance		
Bank charges	1,225	-
Bank loan interest	107	-
	1,332	-

MY LIFE

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

	2025 £	2024 £
Finance		
Governance costs		
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>
Net income	<u><u>15,692</u></u>	<u><u>63,318</u></u>