

THE ACTIVE LIFE FOUNDATION

England & Wales · Charity number 1181532

Details

Status Registered

Legal form CIO

Registered 2019-01-11

Register [View on the Charity Commission register](#)

Contact

Address 31 Brunel Street
Ferryhill
DL17 8NX

Phone 07983531150

Email info@theactivelifefoundation.org.uk

Website www.theactivelifefoundation.org.uk

Activities

Objects: TO PROMOTE FOR THE BENEFIT OF THE INHABITANTS OF ENGLAND, THE PROVISION OF FACILITIES FOR HEALTHY RECREATION OR OTHER LEISURE TIME OCCUPATION OF INDIVIDUALS WHO HAVE NEED OF SUCH FACILITIES BY REASON OF THEIR YOUTH, AGE, INFIRMITY OR DISABLEMENT, FINANCIAL HARDSHIP OR SOCIAL AND ECONOMIC CIRCUMSTANCES WITH THE OBJECT OF IMPROVING THEIR CONDITIONS OF LIFE.

Activities: We deliver sport and physical activities aiming to improve quality of life across 5 outcome areas- physical and mental wellbeing, social development, individual development and economic development. We do this by working with people who live in the most disadvantaged areas of the UK, delivering structured activities; Chair Based Exercise, Couch 25K, Bowls, Badminton, Archery, Fitness Classes etc.

Classification

- **How:** Provides Services
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** Children/young People, Elderly/old People, People With Disabilities, The General Public/mankind

Geography

- Throughout England

Finances

Period end	Income	Expenditure	Assets	Employees
2025-07-31	£11,192	£17,534	-	-
2024-07-31	£11,773	£17,114	-	-
2023-07-31	£19,233	£9,872	-	-
2022-07-31	£10,947	£21,038	-	-
2021-07-31	£23,673	£12,922	-	-
2020-07-31	£16,128	£25,253	-	-

Trustees

Name	Role	Appointed
KEVIN YOUNG	Chair	2019-01-11
CHRISTOPHER JAMES SPENCE		2019-01-11
JONATHAN BRIAN THOMPSON		2019-01-11

THE ACTIVE LIFE FOUNDATION

England & Wales - Charity number 1181532

Accounts



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	Day 01	Month 08	Year 2024		Day 31	Month 07	Year 2025

Section A Reference and administration details

Charity name

The Active Life Foundation

Other names charity is known by

Registered charity number (if any)

1181532

Charity's principal address

31 Brunel Street
 Ferryhill
 Co. Durham
Postcode DL17 8NX

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Kevin Young	Chair		
2	Jonathon Brian Thompson	Secretary		
3	Chris James Spence			
4				
5				
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9				
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18				
19				
20				

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

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

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

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Section B Structure, governance and management

Description of the charity’s trusts

Type of governing document (eg. trust deed, constitution)	Constitution (2019)
How the charity is constituted (eg. trust, association, company)	Charitable Incorporated Organisation
Trustee selection methods (eg. appointed by, elected by)	Appointed by existing trustees by a resolution passed at a properly convened meeting of the charity trustees.

Additional governance issues (Optional information)

<p>You may choose to include additional information, where relevant, about:</p> <ul style="list-style-type: none"> • policies and procedures adopted for the induction and training of trustees; • the charity’s organisational structure and any wider network with which the charity works; • relationship with any related parties; • trustees’ consideration of major risks and the system and procedures to manage them. 	<p>The Active Life Foundation has in place the following policies and procedures:- Bullying & Harassment, Code of Behaviour, Conflict of Interests, Equal Opportunities, Financial Management, Health and Safety, Safeguarding children and young people, Safeguarding adults, Safe Recruitment, Supervision and Whistle Blowing. All of which are reviewed periodically.</p> <p>Safeguarding training (up to Level 3 Designated Lead) and Enhanced DBS checks are undertaken by all relevant individuals.</p> <p>The Active Life Foundation has a written induction policy. All relevant individuals complete the induction process; which details the policies and procedures of The Active Life Foundation.</p> <p>The Active Life Foundation is a member of the Darlington Organisations Together forum facilitated by HealthWatch Darlington, which brings together VCSE sector organisations sharing best practice. The Active Life Foundation works in partnership with numerous organisations and is involved in networks with Street Games, Tees Valley Sport, County Durham Sport, Pioneering Care Partnership and Sport England’s Place Partnership. The Active Life Foundation is also a member of SPORTED, a specific body which supports and aids the development of VCSE sector. In addition The Active Life Foundation receives updates for best safeguarding practice from body’s such as Ann Craft Trust and NSPCC child protection in Sport Unit.</p> <p>The Active Life Foundation’s has a risk register and ‘near misses’ document, this is reviewed on an ongoing basis. This process addresses how The Active Life Foundation is continually looking to mitigate risks and improve the standard of all policies and procedures. This process looks to identifying possible risks, including risks to our beneficiaries or to anyone</p>
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connected to The Active Life Foundation that are current or may be emerging in the future and how to mitigate those risks. This process is one way how The Active Life Foundation is continually managing the risk.

Section C Objectives and activities

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

To promote for the benefit of the inhabitants of England, the provision of facilities for healthy recreation or other leisure time occupation of individuals who have need of such facilities by reason of their youth, age, infirmity or disablement, financial hardship or social and economic circumstances with the object of improving their conditions of life.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

In planning the activities for the year the Trustees have considered the Charity Commission's guidance on public benefit at their meetings and confirm that public benefit has been provided by the range of activities delivered.


The focus of our activities are creating physical activities in areas of high economic and social deprivation. The physical activities delivered in the community aim to improve individuals' conditions of life through increased physical health (proven to prevent & manage over 20 chronic conditions) and mental health (proven to reduce stress, anxiety), individual well-being (increase in self-esteem and self-efficacy), social and community well-being (increased social interactions & reduced isolation) and economic well-being (improved job prospects of individuals and reduction on public sector spending e.g. for the NHS reduction of medical costs due to improved health, reduction in anti social behaviour and reduced pressure on local police forces).

The activities delivered range from Chair Based Exercise, Health Walks, Archery, Just Bowls, New Age Kurling, Fitness Classes, Basketball Badminton, low impact fitness classes, Pilates, family fitness and running groups. Certain sessions are provided free of charge or on a 'pay as you feel basis' ; with some ranging between £1 - £4.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.



Section D Achievements and performance

Summary of the main achievements of the charity during the year

Tees Valley Sport Sport England Together Fund – Staying Well

The Active Life Foundation delivered Staying Well. Targeting individuals with long term health conditions and individuals with an acquired disability. The project was a unique opportunity for individuals in a deprived area. The project improved the physical health and mental wellbeing of our beneficiaries.

Improved individual development through improved self-esteem
Improved social and community development through increased interactions and peer support networks

Improved economic development through reducing the financial burden on the NHS – reduced medication, less primary care visits.

Pioneering Care Partnership CCG – Your Wellbeing

The Active Life Foundation delivered Your Wellbeing which created a safe sphere for clients aged 18+ to meet socially and participate in appropriate physical activities, with relaxation techniques.

Outcomes achieved included

88% of beneficiaries improved Mental Wellbeing

92% of beneficiaries enhanced Physical Health

88% of beneficiaries increased Happiness

Outcomes were measured via 7 item Warwick and Edinburgh Mental Wellbeing scale, Lifestyle Questionnaire and 4 item subjective Happiness Scale.

Local Giving Magic Grants

The Active Life Foundation delivered the above funded project. The funds were utilised for hire of facilities to provide appropriate and safe physical activity in the form of a low impact fitness class. Engaging those with long term health conditions, who live in the top 10% for overall deprivation on the Indices of Multiple Deprivation. To improve people's physical and mental health. 45 beneficiaries participated.

Pioneering Care Partnership – Active Minds

The Active Life Foundation completed the delivery of this funded project focused on improving Mental Wellbeing through physical activities.

Centred around achieve each of the ways to wellbeing.

94% - 30 out of 32 participants Improved Mental Wellbeing

90% - 29 out of 32 participants Enhanced Physical Health

94% - 30 out of 32 participants increased Happiness

75 sessions were delivered.

Sported Foundation Grant – Cash 4 Clubs

The Active Life Foundation completed this funded project focusing on bringing the benefits of physical activity to underrepresented groups. Engaging people from lower socio-economic groups, people with disabilities and those with long term health conditions aged 65+. 28 individuals participated with 90% of those reporting an improvement in both physical and mental well being.

Groundworks – One Stop Shop

In the reporting period The Active Life Foundation secured funding to support those aged 65+ living with a long term condition and/or acquired disability. Providing a weekly unique physical activity and exercise opportunity blended with a social element (tea and coffee after the session). Aiming to improve the physical health of our beneficiaries, via the proven benefits of physical activity and exercise, such as reduced risk of cardiovascular disease, reduced risk of falls, diabetes, obesity etc. Also aiming to reduce isolation and loneliness through increasing social connections, friendships groups; and enabling peer support networks to

be created. Additionally, aiming to improve the independence, self esteem and self-efficacy of the project participants along with improved mental health via reducing stress and anxiety.

Section E Financial review

Brief statement of the charity's policy on reserves

It is the policy of the Charity to try and build up the level of unrestricted reserves, which are free reserves of the charity, to a level that equates to approximately 3 – 6 months unrestricted budgeted future operating expenditure. This will enable the charity to withstand a prolonged drop in funding and provide sufficient funds to cover management and administration support costs and any emergencies that may arise from time to time.

Details of any funds materially in deficit

Further financial review details (Optional information)

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

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

The Active Life Foundation's main source of funding this year has been from a variety of grants and awards.

The majority of our money is spent on being in a position to deliver a programme of physical activity opportunities.

We have very low overheads as we don't have an office premises.


Any unrestricted funds go into the bank account to start to accumulate an appropriate level of reserves.

Section F Other optional information

Section G Declaration

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

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Jonathan Brian Thompson	
Position (eg Secretary, Chair, etc)	Trustee	
Date	16/05/26	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name The Active Life Foundation	No (if any) 1181532
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Receipts and payments accounts

For the period from	Period start date 01/08/24	To	Period end date 31/07/25
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations	-	-	-	-	-
Coaching	240	10,328	-	10,568	6,923
Pioneering Care Partnership - CCG Active Minds	-	-	-	-	2,350
Local Giving - Magic Grants	-	-	-	-	500
Sported Foundation - Cash 4 Clubs	-	-	-	-	2,000
Versus Arthritis Sport England Together Fund	-	-	-	-	-
CDCF NHS Health Improvement	-	-	-	-	-
Tees Valley Sport Together Fund	-	-	-	-	-
One Stop Shop - Groundworks	-	624	-	624	-
Sub total (Gross income for AR)	240	10,952	-	11,192	11,773
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	240	10,952	-	11,192	11,773
A3 Payments					
DBS & Safeguarding Training	13	-	-	13	-
Insurance	282	-	-	282	260
Equipment	-	-	-	-	-
Coaching Fees	1,680	13,650	-	15,330	13,050
Training	-	-	-	-	-
Venue Hire	-	1,895	-	1,895	2,912
Marketing	-	-	-	-	170
Admin	14	-	-	14	-
Sport England - This Girl Can	-	-	-	-	722
Sub total	1,989	15,545	-	17,534	17,114
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	1,989	15,545	-	17,534	17,114
Net of receipts/(payments)	- 1,749	- 4,593	-	- 6,342	- 5,341
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	2,641	12,716	-	15,357	11,336
Cash funds this year end	892	8,123	-	9,015	5,995

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Fund in account	892	8,123	-
		-	-	-
		-	-	-
	Total cash funds	892	8,123	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
B2 Other monetary assets	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
	Sport Equipment	Unrestricted	-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
		Jonathan Brian Thompson	23/05/2026	

THE ACTIVE LIFE FOUNDATION

England & Wales - Charity number 1181532

Accounts



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	Day 01	Month 08	Year 2023		Day 31	Month 07	Year 2024

Section A Reference and administration details

Charity name

Other names charity is known by

Registered charity number (if any)

Charity's principal address

31 Brunel Street	
Ferryhill	
Co. Durham	
Postcode	DL17 8NX

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
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2	Jonathon Brian Thompson	Secretary		
3	Chris James Spence			
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Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

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

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Section B Structure, governance and management

Description of the charity’s trusts

Type of governing document (eg. trust deed, constitution)	Constitution (2019)
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Additional governance issues (Optional information)

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

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

The Active Life Foundation has in place the following policies and procedures:- Bullying & Harassment, Code of Behaviour, Conflict of Interests, Equal Opportunities, Financial Management, Health and Safety, Safeguarding children and young people, Safeguarding adults, Safe Recruitment, Supervision and Whistle Blowing. All of which are reviewed periodically.

Safeguarding training (up to Level 3 Designated Lead) and Enhanced DBS checks are undertaken by all relevant individuals.

The Active Life Foundation has a written induction policy. All relevant individuals complete the induction process; which details the policies and procedures of The Active Life Foundation.

The Active Life Foundation is a member of the Darlington Organisations Together forum facilitated by HealthWatch Darlington, which brings together VCSE sector organisations sharing best practice. The Active Life Foundation works in partnership with numerous organisations and is involved in networks with Street Games, Tees Valley Sport, County Durham Sport and Pioneering Care Partnership. The Active Life Foundation is also a member of SPORTED, a specific body which supports and aids the development of VCSE sector. In addition The Active Life Foundation receives updates for best safeguarding practice from body’s such as Ann Craft Trust and NSPCC child protection in Sport Unit.

The Active Life Foundation’s has a risk register and ‘near misses’ document, this is reviewed on an ongoing basis. This process addresses how The Active Life Foundation is continually looking to mitigate risks and improve the standard of all policies and procedures. This process looks to identifying possible risks, including risks to our beneficiaries or to anyone connected to The Active Life Foundation that are current or may be emerging in the future and how to mitigate those risks. This process is one way how The Active Life Foundation is continually managing the risk.

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

To promote for the benefit of the inhabitants of England, the provision of facilities for healthy recreation or other leisure time occupation of individuals who have need of such facilities by reason of their youth, age, infirmity or disablement, financial hardship or social and economic circumstances with the object of improving their conditions of life.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

In planning the activities for the year the Trustees have considered the Charity Commission’s guidance on public benefit at their meetings and confirm that public benefit has been provided by the range of activities delivered.

The focus of our activities are creating physical activities in areas of high economic and social deprivation. The physical activities delivered in the community aim to improve individuals’ conditions of life through increased physical health (proven to prevent & manage over 20 chronic conditions) and mental health (proven to reduce stress, anxiety), individual well-being (increase in self-esteem and self-efficacy), social and community well-being (increased social interactions & reduced isolation) and economic well-being (improved job prospects of individuals and reduction on public sector spending e.g. for the NHS reduction of medical costs due to improved health, reduction in anti social behaviour and reduced pressure on local police forces).

The activities delivered range from Chair Based Exercise, Health Walks, Archery, Just Bowls, New Age Kurling, Fitness Classes, Basketball Badminton, low impact fitness classes, Pilates, family fitness and running groups. Certain sessions are provided free of charge or on a ‘pay as you feel basis’ ; with some ranging between £1 - £4.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Section D

Achievements and performance

Summary of the main achievements of the charity during the year

Versus Arthritis Sport England Together Fund – Move to Improve

The Active Life Foundation delivered Move to Improve, which aimed to reduce the long-term impact of the pandemic and aid recovery by providing an opportunity for physical activity on the 'doorstep' of our target audience in the heart of their local community. The sessions were in an accessible, convenient location and a non-judgement, non-intimidating environment. We implemented a behaviour change model which ensured our target audience were reached and aided retention. Establishing a robust behaviour, with the social aspects of the activity featuring heavily.

44 Beneficiaries participated, 92% of whom had a long term health condition. Nearly 70% of the project participants were classed as in active before the start of the project.

A key element of the project involved the framing of the activity in a non-traditional way. The physical activity wasn't marketed as exercise but focused more on moving more, working at your own pace / level. Additionally, we focused on the wider benefits of the sessions around the social elements, spending time with friends, meeting new people, which we feel engaged more of our target audience.

Another success was the widening of our partnership and network; we established a new link with the local social prescribing team who signposted into our project, which complimented our wider existing network involving GP's, faith groups, luncheon clubs and community centres. Also, anecdotal stories from participants -: GP's reduced medication as participants were in less pain, participants being able to get dressed unaided and another who was able to look after their grandchild for the first time in two years due to improved mobility.

CDCF NHS Health Improvement Fund - Lets Move

The Active Life Foundation delivered Lets Move a grant that was co-designed with participants and delivered physical activity to those 65+ and individuals with long-term health conditions. The project aimed to improve the physical health and wellbeing of our participants, as well as improve the self-esteem and self efficacy; and reduce isolation and loneliness of participants through increased social interactions and creating peer support networks.

50 Beneficiaries Increased access to sport, exercise & leisure activities

42 Beneficiaries reported a reduction of stress, anxiety and/or symptoms of depression

52 Beneficiaries reported improved physical health or wellbeing

50 Beneficiaries reported being more physically active

Tees Valley Sport Sport England Together Fund – Staying Well

The Active Life Foundation delivered Staying Well. Targeting individuals with long term health conditions and individuals with an acquired disability. The project was a unique opportunity for individuals in a deprived area. The project improved the physical health and mental wellbeing of our beneficiaries.

Improved individual development through improved self-esteem

Improved social and community development through increased interactions and peer support networks

Improved economic development through reducing the financial burden on the NHS – reduced medication, less primary care visits.

Pioneering Care Partnership CCG – Your Wellbeing

The Active Life Foundation continued to deliver Your Wellbeing which aims to create a safe sphere for clients aged 18+ to meet socially and participate in appropriate physical activities, with relaxation techniques. The project uses the evidence-based benefits of physical activity and aims to improve-:

Mental wellbeing – as physical activity reduces anxiety, depression and improves self-esteem.

As well as improved social interactions, peer support networks and relationships, aiming to enhance emotional well being.
 We are also aiming to improve physical health of clients – improved cardiovascular health, reduced risk of diabetes, obesity.
 The project features 5 ways to wellbeing at each session.
 Connect – through the social interactions and relationships formed by the participants during their time at the sessions
 Be Active – through the participants completing physical activity sessions
 Keep Learning – through learning new exercises and movements
 Give – through providing volunteering opportunities
 Take Notice – Through the relaxation and breathing techniques utilised during the sessions

Local Giving

The Active Life Foundation secured funding for hire of facilities to provide appropriate and safe physical activity in the form of a low impact fitness class. Targeting those with long term health conditions, who live in the top 10% for overall deprivation on the Indices of Multiple Deprivation. Aiming to improve people's physical and mental health.

Pioneering Care Partnership – Active Minds

The Active Life Foundation secured a grant that will provide appropriate physical activities and social opportunities. Aiming to improve Mental Wellbeing, measured via the 7 item scale Warwick and Edinburgh Mental Wellbeing Scale.

Aiming to enhance Physical Wellbeing, which will be measured through a lifestyle questionnaire.

Aiming to improve Happiness measured through the general happiness scale / subjective happiness scale.

Sported Foundation Grant – Cash 4 Clubs

The Active Life Foundation secured a grant to provide a weekly exercise class in the heart of the community. Targeting individuals who are underrepresented and those that have long term health conditions.

Aiming to improve the health, both physical and mental wellbeing as well as individual and community development.

Brief statement of the charity's policy on reserves

It is the policy of the Charity to try and build up the level of unrestricted reserves, which are free reserves of the charity, to a level that equates to approximately 3 – 6 months unrestricted budgeted future operating expenditure. This will enable the charity to withstand a prolonged drop in funding and provide sufficient funds to cover management and administration support costs and any emergencies that may arise from time to time.

Details of any funds materially in deficit

Further financial review details (Optional information)

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

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

The Active Life Foundation's main source of funding this year has been from a variety of grants and awards.

The majority of our money is spent on being in a position to deliver a programme of physical activity opportunities.

We have very low overheads as we don't have an office premises.


Any unrestricted funds go into the bank account to start to accumulate an appropriate level of reserves.

Section F Other optional information

Section G Declaration

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

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Jonathan Brian Thompson	
Position (eg Secretary, Chair, etc)	Trustee	
Date	16/05/25	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
The Active Life Foundation

No (if any)
1181532

CC16a


Receipts and payments accounts

For the period from	Period start date 01/08/23	To	Period end date 31/07/24
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations	-	-	-	-	-
Coaching	3,596	3,327	-	6,923	6,618
Pioneering Care Partnership - CCG Active Minds	-	2,350	-	2,350	-
Local Giving - Magic Grants	-	500	-	500	-
Sported Foundation - Cash 4 Clubs	-	2,000	-	2,000	-
Versus Arthritis Sport England Together Fund	-	-	-	-	2,695
CDCF NHS Health Improvement	-	-	-	-	4,840
Tees Valley Sport Together Fund	-	-	-	-	2,510
Pioneering Care Partnership - CCG Your Way	-	-	-	-	2,570
Sub total (Gross income for AR)	3,596	8,177	-	11,773	19,233
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	3,596	8,177	-	11,773	19,233
A3 Payments					
DBS & Safeguarding Training	-	-	-	-	91
Insurance	260	-	-	260	251
Equipment	-	-	-	-	550
Coaching Fees	6,000	7,050	-	13,050	5,980
Training	-	-	-	-	-
Venue Hire	-	2,912	-	2,912	2,504
Marketing	-	170	-	170	456
Admin	-	-	-	-	40
Sport England - This Girl Can	-	722	-	722	-
Sub total	6,260	10,853	-	17,114	9,872
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	6,260	10,853	-	17,114	9,872
Net of receipts/(payments)	- 2,664	- 2,676	-	- 5,341	9,361
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	5,305	15,392	-	20,697	11,336
Cash funds this year end	2,641	12,716	-	15,356	20,697

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Fund in account	2,641	12,716	-
		-	-	-
		-	-	-
	Total cash funds	2,641	12,716	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
B2 Other monetary assets	Details	to nearest £	to nearest £	to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
	Sport Equipment	Unrestricted	-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
		Jonathan Brian Thompson	16/05/2025	

THE ACTIVE LIFE FOUNDATION

England & Wales - Charity number 1181532

Accounts



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	Day 01	Month 08	Year 2022		Day 31	Month 07	Year 2023

Section A Reference and administration details

Charity name

Other names charity is known by

Registered charity number (if any)

Charity's principal address

Postcode

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Kevin Young	Chair		
2	Jonathon Brian Thompson	Secretary		
3	Chris James Spence			
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

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

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

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

--

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution (2019)
How the charity is constituted (eg. trust, association, company)	Charitable Incorporated Organisation
Trustee selection methods (eg. appointed by, elected by)	Appointed by existing trustees by a resolution passed at a properly convened meeting of the charity trustees.

Additional governance issues (Optional information)

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

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

The Active Life Foundation has in place the following policies and procedures:- Bullying & Harassment, Code of Behaviour, Conflict of Interests, Equal Opportunities, Financial Management, Health and Safety, Safeguarding children and young people, Safeguarding adults, Safe Recruitment, Supervision and Whistle Blowing. All of which are reviewed periodically.

Safeguarding training (up to Level 3 Designated Lead) and Enhanced DBS checks are undertaken by all relevant individuals.

The Active Life Foundation has a written induction policy. All relevant individuals complete the induction process; which details the policies and procedures of The Active Life Foundation.

The Active Life Foundation is a member of the Darlington Organisations Together forum facilitated by HealthWatch Darlington, which brings together VCSE sector organisations sharing best practice. The Active Life Foundation works in partnership with numerous organisations and is involved in networks with Street Games, Tees Valley Sport, County Durham Sport and Pioneering Care Partnership. The Active Life Foundation is also a member of SPORTED, a specific body which supports and aids the development of VCSE sector. In addition The Active Life Foundation receives updates for best safeguarding practice from body's such as Ann Craft Trust and NSPCC child protection in Sport Unit.

The Active Life Foundation's has a risk register and 'near misses' document, this is reviewed on an ongoing basis. This process addresses how The Active Life Foundation is continually looking to mitigate risks and improve the standard of all policies and procedures. This process looks to identifying possible risks, including risks to our beneficiaries or to anyone connected to The Active Life Foundation that are current or may be

emerging in the future and how to mitigate those risks. This process is one way how The Active Life Foundation is continually managing the risk.

Section C

Objectives and activities

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

To promote for the benefit of the inhabitants of England, the provision of facilities for healthy recreation or other leisure time occupation of individuals who have need of such facilities by reason of their youth, age, infirmity or disablement, financial hardship or social and economic circumstances with the object of improving their conditions of life.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

In planning the activities for the year the Trustees have considered the Charity Commission's guidance on public benefit at their meetings and confirm that public benefit has been provided by the range of activities delivered.

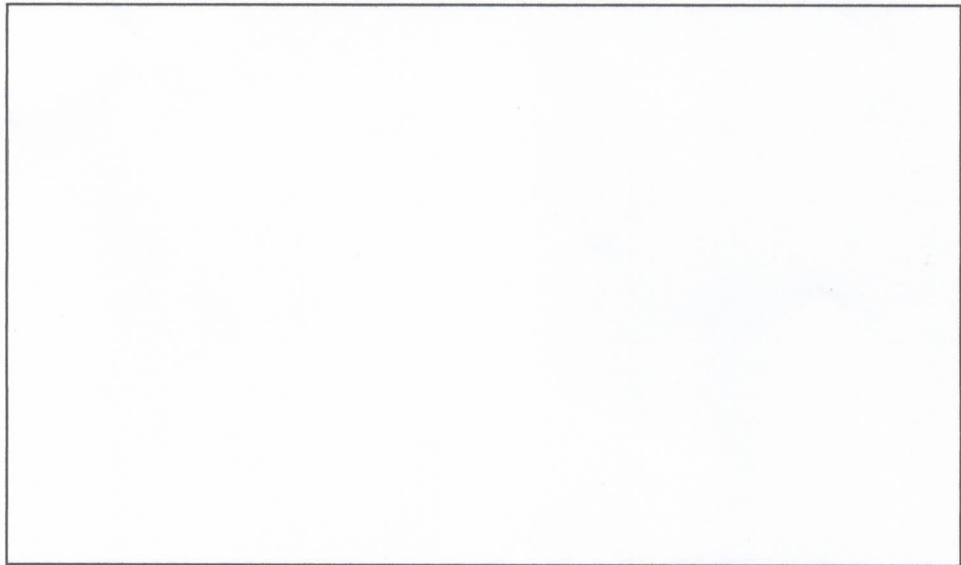
The focus of our activities are creating physical activities in areas of high economic and social deprivation. The physical activities delivered in the community aim to improve individuals' conditions of life through increased physical health (proven to prevent & manage over 20 chronic conditions) and mental health (proven to reduce stress, anxiety), individual well-being (increase in self-esteem and self-efficacy), social and community well-being (increased social interactions & reduced isolation) and economic well-being (improved job prospects of individuals and reduction on public sector spending e.g. for the NHS reduction of medical costs due to improved health, reduction in anti social behaviour and reduced pressure on local police forces).

The activities delivered range from Chair Based Exercise, Health Walks, Archery, Just Bowls, New Age Kurling, Fitness Classes, Basketball Badminton, low impact fitness classes, Pilates, family fitness and running groups. Certain sessions are provided free of charge with some ranging between £1 - £3.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.



Section D

Achievements and performance

Summary of the main achievements of the charity during the year

Pioneering Care Partnership CCG – Young at Heart

The Active Life Foundation continued to provide a safe environment for individuals aged 65+ to participate in appropriate, moderate intensity physical activities. With personnel providing support and advice and signposting if necessary to mental health services.

The project aimed to improve physical health of participants – improved cardiovascular health, reduced risk of diabetes, less pain; as well as mental and emotional wellbeing – improved social interactions, relationships, reduced isolation and loneliness; therefore looking to have a positive affect on dementia risk / rates over the longer term. Utilising a behaviour change model, the project was delivered in two very deprived wards where life expectancy is significantly below the national average. The project completed through the reporting period, engaging 48 new participants, and final outcomes that were achieved are listed below:-

Outcomes were measured via the distribution of a questionnaire that detailed physical health indicators, 3 Item UCLA Loneliness Scale, 7 Item Warwick and Edinburgh Mental Wellbeing Scale and a self reporting 0 – 10 scale for Mental Wellbeing.

The questionnaire was distributed at baseline / entry point, six month and 12 month / exit point from the project, where possible.

Enhanced Physical Health

92 % of participants indicated that their physical health improved during the project.

92% of participants have had an increase in at least one indicator below

Increased Physical Activity

Reduced visits to their GP

Participants pain levels (0 – 10 scale)

Ease of daily tasks (walking, climbing stairs 0 – 10 scale)

The breakdown of those indicators are as follow

83% of participants increased their physical levels through the duration of the project

42% of participants said they visit their GP / Health professional less

60% of participants said they are in less pain

80% of participants said daily tasks are easier

Additionally, 95% of participants indicated that feelings of loneliness and Isolation reduced throughout the project which was measured using the UCLA 3 Item Loneliness scale.

Also 90% of participants indicated that their Mental and Emotional Wellbeing improved through the duration of the project. Which was measured via the 7 Item Warwick and Edinburgh Mental Wellbeing Scale and 0 – 10 scale.

CDCF Made By Sport

The Active Life Foundation continued to deliver a the Made by Sport project providing structured, diversionary provision in a safe environment; aiming to reduce crime, risky behaviour and anti-social behaviour. The project occurred in a ward that is in the top decile on the IMD for overall deprivation targeting young people.

ESC Lottery Fund - This Girl Can

The Active Life Foundation delivered a group exercise project. That featured goal setting and educational, lifestyle workshops featuring advice on how to build physical activity / moving more into people's everyday life and healthy eating advice. The project engaged 24 individuals from underrepresented groups, who faced huge health inequalities and aimed to breakdown barriers, misconceptions and fears around becoming active. The project was delivered in an area of high deprivation (top 10% IMD). Key outcomes include:-

81% of participants were not active at the start of the project
 95% of participants increased their activity as a result of the project
 90% of participants rated their experience of the project as excellent

Pioneering Care Partnership CCG – Evergreen

The Active Life Foundation completed the delivery of the Evergreen project. The project created a safe environment for participants to meet socially and participant in appropriate physical exercise, aiming to target those 65+.

The project aimed to achieve improved mental and emotional wellbeing and physical health.

Key outcomes include-:

93% of participants reported enhanced Physical Health

88% of participants reported a reduction in Loneliness & Isolation

96% of participants reported improved Mental & Emotional Well Being

Versus Arthritis Sport England Together Fund – Move to Improve

The Active Life Foundation secured funding to deliver Move to Improve, which aims to reduce the long-term impact of the pandemic and aid recovery by providing an opportunity for physical activity on the 'doorstep' of our target audience in the heart of their local community. The sessions will be in an accessible, convenient location as well as a non-judgement, non-intimidating environment. We will work within our behaviour change model to ensure engagement of our target audience as well as ensuring retention and establishing a robust behaviour, with the social aspects of the activity featuring heavily.

CDCF NHS Health Improvement Fund - Lets Move

The Active Life Foundation secured a grant that will be co-designed with the project participants to deliver physical activity aimed at those 65+ and individuals with long-term health conditions. The project aims to improve the physical health and wellbeing of our participants, as well as improve the self-esteem and self efficacy of participants; and reducing isolation and loneliness of participants through increased social interactions and creating peer support networks.

Tees Valley Sport Sport England Together Fund – Staying Well

The Active Life Foundation secured funding to deliver Staying Well. Delivering physical activity sessions catering for individuals with long term health conditions and individuals with an acquired disability. The project will provide a unique opportunity for individuals in a deprived area. Aiming to improve the physical health and mental wellbeing of our beneficiaries, individual development through improved self-esteem, social and community development through improved interactions and peer support networks and economic development through reducing the financial burden on the NHS – reduced medication, less primary care visits.

Pioneering Care Partnership CCG – Your Wellbeing

The Active Life Foundation secured a grant that will create a safe sphere for clients aged 18+ to meet socially and participate in appropriate physical activities, with relaxation techniques. The project will use the evidence-based benefits of physical activity and aim to improve-:

Mental wellbeing – as physical activity reduces anxiety, depression and improves self-esteem.

As well as improved social interactions, peer support networks and relationships, aiming to enhance emotional well being.

We are also aiming to improve physical health of clients – improved cardiovascular health, reduced risk of diabetes, obesity.

The project will support the clients and also aim to enhance mental and emotional wellbeing through achieving the 5 ways to wellbeing at each session.

Connect – through the social interactions and relationships formed by the participants during their time at the sessions

Be Active – through the participants completing physical activity sessions

Keep Learning – through learning new exercises and movements

Give – through providing volunteering opportunities

Take Notice – Through the relaxation and breathing techniques utilised during the sessions

Section E Financial review

Brief statement of the charity's policy on reserves

It is the policy of the Charity to try and build up the level of unrestricted reserves, which are free reserves of the charity, to a level that equates to approximately 3 – 6 months unrestricted budgeted future operating expenditure. This will enable the charity to withstand a prolonged drop in funding and provide sufficient funds to cover management and administration support costs and any emergencies that may arise from time to time.

Details of any funds materially in deficit

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Further financial review details (Optional information)

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

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

The Active Life Foundation's main source of funding this year has been from a variety of grants and awards.

The majority of our money is spent on being in a position to deliver a programme of physical activity opportunities.

We have very low overheads as we don't have an office premises.

Any unrestricted funds go into the bank account to start to accumulate an appropriate level of reserves.


Section F Other optional information

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Section G Declaration

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

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Jonathan Thompson	
Position (eg Secretary, Chair, etc)	Secretary	
Date	25.05.24	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
The Active Life Foundation

No (if any)
1181592

Receipts and payments accounts

CC16a

For the period from	Period start date 01/08/22	To	Period end date 31/07/23
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Step Out Project	-	-	-	-	1,023
Donations	-	-	-	-	-
Coaching	3,969	2,649	-	6,618	3,075
CDCF Community Safety Fund	-	-	-	-	-
CDCF - NHS Health Improvement Fund	-	-	-	-	-
ESC Lottery Fund - ParaSport	-	-	-	-	-
Pioneering Care Partnership - CCG Young at Heart	-	-	-	-	-
ESC Lottery Fund - Return to Play	-	-	-	-	-
Cheshire Community Foundation - Assura Community Fund Active Mams	-	-	-	-	-
CDCF - Made by Sport	-	-	-	-	-
Pioneering Care Partnership - Evergreen	-	-	-	-	2,808
ESC Lottery Fund - This Girl Can	-	-	-	-	3,970
Versus Arthritis Sport England Together F	-	2,695	-	2,695	-
CDCF NHS Health Improvement	-	4,840	-	4,840	-
Tees Valley Sport Together Fund	-	2,510	-	2,510	-
Pioneering Care Partnership - CCG Your W	-	2,570	-	2,570	-
Misc.	-	-	-	-	71
Sub total (Gross income for AR)	3,969	15,264	-	19,233	10,947
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	3,969	15,264	-	19,233	10,947
A3 Payments					
DBS & Safeguarding Training	91	-	-	91	33
Insurance	251	-	-	251	251
Equipment	-	550	-	550	2,289
Coaching Fees	-	5,980	-	5,980	15,250
Training	-	-	-	-	-
Venue Hire	102	2,402	-	2,504	2,853
Marketing	-	456	-	456	332
Admin	-	40	-	40	29
	-	-	-	-	-
Sub total	444	9,427	-	9,872	21,038
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	444	9,427	-	9,872	21,038
Net of receipts/(payments)	3,525	5,837	-	9,361	10,091
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	1,781	9,555	-	11,336	21,427
Cash funds this year end	5,305	15,392	-	20,697	11,336

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Fund in account	5,305	15,392	-
		-	-	-
		-	-	-
	Total cash funds	5,305	15,392	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

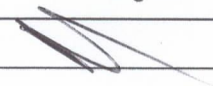
Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use	Sport Equipment	Unrestricted	-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	J. Thompson	25.5.24

THE ACTIVE LIFE FOUNDATION

England & Wales - Charity number 1181532

Accounts



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	Day 01	Month 08	Year 2021		Day 31	Month 07	Year 2022

Section A Reference and administration details

Charity name

Other names charity is known by

Registered charity number (if any)

Charity's principal address

Postcode

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Kevin Young	Chair		
2	Jonathon Brian Thompson	Secretary		
3	Chris James Spence			
4				
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Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

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

--

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document <small>(eg. trust deed, constitution)</small>	Constitution (2019)
How the charity is constituted <small>(eg. trust, association, company)</small>	Charitable Incorporated Organisation
Trustee selection methods <small>(eg. appointed by, elected by)</small>	Appointed by existing trustees by a resolution passed at a properly convened meeting of the charity trustees.

Additional governance issues (Optional information)

<p>You may choose to include additional information, where relevant, about:</p> <ul style="list-style-type: none"> • policies and procedures adopted for the induction and training of trustees; • the charity's organisational structure and any wider network with which the charity works; • relationship with any related parties; • trustees' consideration of major risks and the system and procedures to manage them. 	<p>The Active Life Foundation has in place the following policies and procedures:- Bullying & Harassment, Code of Behaviour, Conflict of Interests, Equal Opportunities, Financial Management, Health and Safety, Safeguarding children and young people, Safeguarding adults, Safe Recruitment, Supervision and Whistle Blowing. All of which are reviewed periodically.</p> <p>Safeguarding training (up to Level 3 Designated Lead) and Enhanced DBS checks are undertaken by all relevant individuals.</p> <p>The Active Life Foundation has a written induction policy. All relevant individuals complete the induction process; which details the policies and procedures of The Active Life Foundation.</p> <p>The Active Life Foundation is a member of the Darlington Organisations Together forum facilitated by HealthWatch Darlington, which brings together VCSE sector organisations sharing best practice. The Active Life Foundation works in partnership with numerous organisations and is involved in networks with Street Games, Tees Valley Sport, County Durham Sport and Pioneering Care Partnership. The Active Life Foundation is also a member of SPORTED, a specific body which supports and aids the development of VCSE sector. In addition The Active Life Foundation receives updates for best safeguarding practice from body's such as Ann Craft Trust and NSPCC child protection in Sport Unit.</p> <p>The Active Life Foundation's has a risk register and 'near misses' document, this is reviewed on an ongoing basis. This process addresses how The Active Life Foundation is continually looking to mitigate risks and improve the standard of all policies and procedures. This process looks to identifying possible risks, including risks to our beneficiaries or to anyone connected to The Active Life Foundation that are current or may be emerging in the future and how to mitigate those risks. This process is one way how The Active Life Foundation is continually managing the risk.</p>
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Section C

Objectives and activities

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

To promote for the benefit of the inhabitants of England, the provision of facilities for healthy recreation or other leisure time occupation of individuals who have need of such facilities by reason of their youth, age, infirmity or disablement, financial hardship or social and economic circumstances with the object of improving their conditions of life.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

In planning the activities for the year the Trustees have considered the Charity Commission's guidance on public benefit at their meetings and confirm that public benefit has been provided by the range of activities delivered.

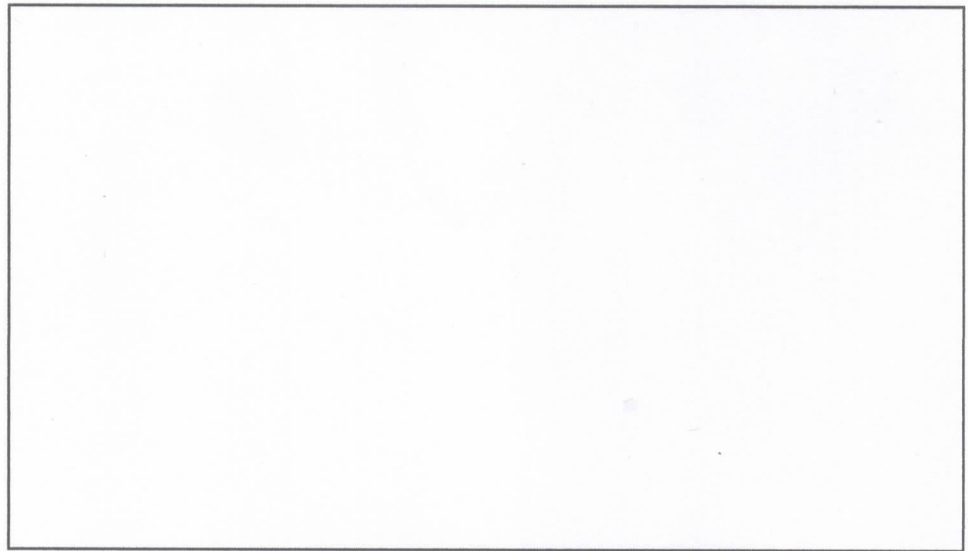
The focus of our activities are creating physical activities in areas of high economic and social deprivation. The physical activities delivered in the community aim to improve individuals' conditions of life through increased physical health (proven to prevent & manage over 20 chronic conditions) and mental health (proven to reduce stress, anxiety), individual well-being (increase in self-esteem and self-efficacy), social and community well-being (increased social interactions & reduced isolation) and economic well-being (improved job prospects of individuals and reduction on public sector spending e.g. for the NHS reduction of medical costs due to improved health, reduction in anti social behaviour and reduced pressure on local police forces).

The activities delivered range from Chair Based Exercise, Health Walks, Archery, Just Bowls, New Age Kurling, Fitness Classes, Basketball Badminton, low impact fitness classes, Pilates, family fitness and running groups. Certain sessions are provided free of charge with some ranging between £1 - £3.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.



Section D

Achievements and performance

Section D

Achievements and performance

Summary of the main achievements of the charity during the year

Step Out Project

Delivery of the Step Out project continued and the project was completed this reporting year.

Step Out had huge success in engaging the target audience; individuals from lower social economic groups, long term unemployed, people with disabilities, who were inactive and moving them into at least 30 mins of physical activity a week.

The model of delivery changed throughout the years of project, due to learning and insight of how to best engage our target audience as well as the challenges of the pandemic.

The project was hugely successful in particular engaging the target audience, a group that is typically very hard to reach.

Many positive outcomes were achieved through this project with the evaluation highlighting improved physical activity levels, enhancing physical and mental wellbeing, self efficacy and 'softer' employability skills. Additionally key piece of learning was the success of the community based asset approach in reaching our target audience.

ESC Lottery Fund – ParaSport

The project enabled the Active Life Foundation to provide specialist equipment to provide inclusive, accessibility physical activities on people's 'doorstep' in locations were already attending.

The project achieved many outcomes including-:

Getting inactive people to become more active - The project beneficiaries increased their physical activity through participating in new sessions utilising the specialised / adapted equipment.

Develop more resilient sporting habits - We believe resilient sporting habits have been developed through regular and continued participation in physical activity throughout the project.

Lead to more positive attitudes among young people - We feel role models have developed through the project, which has helped physical activity to become attainable, utilising 'someone like me' effect which has had an inspiring impact.

We believe physical wellbeing and mental wellbeing have been improved due to the increased levels of physical activity being completed. Along with improved self-esteem and confidence through the mastery effect and learning new skills.

The sustainability and the future of the project has been one of the main success stories. The Community Asset Based Approach was used; and the sustainability of the project is secured through those assets (organisations) staff and volunteers taking over the delivery of the sessions to their service users, through an upskilling process. As well as the value and importance of physical activity being enhanced within those organisations.

The parasport project engaged 48 participants, whom considered themselves to have a disability and/or a life limiting condition, with the majority being female.

Pioneering Care Partnership CCG – Young at Heart

The Active Life Foundation provided a safe environment for individuals aged 65+ to participate in appropriate, moderate intensity physical

activities. With personnel providing support and advice and signposting if necessary to mental health services.

The project aimed to improve physical health of participants – improved cardiovascular health, reduced risk of diabetes, less pain; as well as mental and emotional wellbeing – improved social interactions, relationships, reduced isolation and loneliness; therefore looking to have a positive affect on dementia risk / rates over the longer term. Utilising a behaviour change model, the project was delivered in two very deprived wards where life expectancy is significantly below the national average.

Key outcomes from the Young at Heart project include-:

92 % of participants Enhanced Physical Health

95% of participants indicated that feelings of loneliness and Isolation reduced

90% of participants indicated that their Mental and Emotional Wellbeing improved through the duration of the project.

Ways to Wellbeing were achieved by the project participants at every session

Connect

Be Active

Keep Learning

Take Notice

ESC Lottery Fund – Return to Play

The Active Life Foundation continued the delivery of the Return to Play project.

This enabled The Active Life Foundation to continue to engage individual's who ceased to be active due to the pandemic and wider social issues.

The fund allowed us to make service delivery alterations that were required to target individuals in the top decile of deprivation where typically life expectancy is around 10 years less compared to the national average and more affluent areas. As well as target individuals who faced greater health inequalities such as cardio vascular disease and ill mental health.

Cheshire Community Foundation – Assura Community Fund – Active Mams

The Active Life Foundation delivered 'Active Mams' targeting low income single mothers in areas of high disadvantage. A co-design approach delivered 3 weekly sessions of a mix of activities including, 'Mums on the Run', 'Walk & Talk', 'BuggyBlitz', Post Natal 'Pilates' and group exercise. A key success was the close relationship with healthcare professionals, mainly NHS Health Visitors who distribute information and signposted people onto the project.

Outcomes achieved include-:

66 direct beneficiaries have participated over 12 months

90% of participants reported improvements in mental and physical health

80% of participants increased Physical Activities levels

75% of participants enhanced self-esteem

CDCF Made By Sport

The Active Life Foundation delivered sessions aiming to reduce Crime and Anti Social Behaviour. Sessions were delivered in a very deprived ward, in the top decile for overall deprivation on the IMD. The sessions were designed to divert young people from committing crime and social behaviour as well as participating in risky behaviour by providing structured, diversionary in a safe environment.

ESC Lottery Fund - This Girl Can

The Active Life Foundation secured funding and delivered a group exercise project. That featured goal setting and educational, lifestyle workshops featuring advice on how to build physical activity / moving more into people's everyday life and healthy eating advice, and body composition measurements if desired by the participants. The project is engaging underrepresented group and aims to breakdown barriers and misconceptions and fears around becoming active. Targeting individuals who live in high deprivation (top 10% IMD) and face health inequalities.

Pioneering Care Partnership CCG – Evergreen

The Active Life Foundation secured funding and delivery commenced on the Evergreen project. Which created a safe environment for participants to meet socially and participant in appropriate physical exercise, aiming to target those 65+.

Evergreen utilises a place-based approach creating key partnerships with local assets that aim to meet the needs of our clients. Trusted channels of communication with key stakeholders have been established to engage our target audience and truly understand the health inequalities they face.

Aiming to achieve improved mental and emotional wellbeing and physical health.

Brief statement of the charity's policy on reserves

It is the policy of the Charity to try and build up the level of unrestricted reserves, which are free reserves of the charity, to a level that equates to approximately 3 – 6 months unrestricted budgeted future operating expenditure. This will enable the charity to withstand a prolonged drop in funding and provide sufficient funds to cover management and administration support costs and any emergencies that may arise from time to time.

Details of any funds materially in deficit

Further financial review details (Optional information)

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

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

The Active Life Foundation's main source of funding this year has been from a variety of grants and awards.

The majority of our money is spent on being in a position to deliver a programme of physical activity opportunities.

We have very low overheads as we don't have an office premises.

Any unrestricted funds go into the bank account to start to accumulate an appropriate level of reserves.

Section F

Other optional information


Section G

Declaration

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

Signed on behalf of the charity's trustees

Signature(s)



Full name(s)

Jonathan Thompson

Position (eg Secretary, Chair, etc)

Secretary

Date

25/05/2023



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
The Active Life Foundation

No (if any)
1181532

CC16a

Receipts and payments accounts

For the period from	Period start date 01/08/21	To	Period end date 31/07/22
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Step Out Project	-	1,023	-	1,023	5,353
Donations	-	-	-	-	156
Coaching	1,380	1,695	-	3,075	382
CDCF Community Safety Fund	-	-	-	-	-
CDCF - NHS Health Improvement Fund	-	-	-	-	-
ESC Lottery Fund - ParaSport	-	-	-	-	2,338
Pioneering Care Partnership - CCG Young at Heart	-	-	-	-	4,895
ESC Lottery Fund - Return to Play	-	-	-	-	3,570
Cheshire Community Foundation - Assura Community Fund Active Mams	-	-	-	-	4,980
CDCF - Made by Sport	-	-	-	-	2,000
Pioneering Care Partnership - Evergreen	-	2,808	-	2,808	-
ESC Lottery Fund - This Girl Can	-	3,970	-	3,970	-
Misc.	10	61	-	71	-
Sub total (Gross income for AR)	1,390	9,557	-	10,947	23,673
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	1,390	9,557	-	10,947	23,673
A3 Payments					
DBS & Safeguarding Training	33	-	-	33	90
Insurance	251	-	-	251	271
Equipment	-	2,289	-	2,289	1,207
Coaching Fees	-	15,250	-	15,250	8,058
Training	-	-	-	-	-
Venue Hire	311	2,542	-	2,853	2,994
Marketing	-	332	-	332	298
Admin	-	29	-	29	5
	-	-	-	-	-
Sub total	596	20,442	-	21,038	12,922
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	596	20,442	-	21,038	12,922
Net of receipts/(payments)	794	- 10,885	-	- 10,091	10,752
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	986	20,440	-	21,427	10,675
Cash funds this year end	1,781	9,555	-	11,336	21,427

THE ACTIVE LIFE FOUNDATION

England & Wales - Charity number 1181532

Accounts



Trustees' Annual Report for the period

Period start date			Period end date				
From	Day 01	Month 08	Year 2020	To	Day 31	Month 07	Year 2021

Section A Reference and administration details

Charity name

Other names charity is known by

Registered charity number (if any)

Charity's principal address

31 Brunel Street
Ferryhill
Co. Durham
Postcode DL17 8NX

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Kevin Young	Chair		
2	Jonathon Brian Thompson	Secretary		
3	Chris James Spence			
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

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

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

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

--

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document <i>(eg. trust deed, constitution)</i>	Constitution (2019)
How the charity is constituted <i>(eg. trust, association, company)</i>	Charitable Incorporated Organisation
Trustee selection methods <i>(eg. appointed by, elected by)</i>	Appointed by existing trustees by a resolution passed at a properly convened meeting of the charity trustees.

Additional governance issues (Optional information)

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

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

The Active Life Foundation has in place the following policies and procedures-: Bullying & Harassment, Code of Behaviour, Conflict of Interests, Equal Opportunities, Financial Management, Health and Safety, Safeguarding children and young people, Safeguarding adults, Safe Recruitment, Supervision and Whistle Blowing. All of which are reviewed periodically.

Safeguarding training (up to Level 3 Designated Lead) and Enhanced DBS checks are undertaken by all relevant individuals.

The Active Life Foundation has a written induction policy. All relevant individuals complete the induction process; which details the policies and procedures of The Active Life Foundation.

The Active Life Foundation is a member of the Darlington Organisations Together forum facilitated by HealthWatch Darlington, which brings together VCSE sector organisations sharing best practice. The Active Life Foundation works in partnership with numerous organisations and is involved in networks with Street Games, Tees Valley Sport, County Durham Sport and Pioneering Care Partnership. The Active Life Foundation is also a member of SPORTED, a specific body which supports and aids the development of VCSE sector. In addition The Active Life Foundation receives updates for best safeguarding practice from body's such as Ann Craft Trust and NSPCC child protection in Sport Unit.

The Active Life Foundation's has a risk register and 'near misses' document, this is reviewed on an ongoing basis. This process addresses how The Active Life Foundation is continually looking to mitigate risks and improve the standard of all policies and procedures. This process looks to identifying possible risks, including risks to our beneficiaries or to anyone connected to The Active Life Foundation that are current or may be

emerging in the future and how to mitigate those risks. This process is one way how The Active Life Foundation is continually managing the risk.

Section C

Objectives and activities

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

To promote for the benefit of the inhabitants of England, the provision of facilities for healthy recreation or other leisure time occupation of individuals who have need of such facilities by reason of their youth, age, infirmity or disablement, financial hardship or social and economic circumstances with the object of improving their conditions of life.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

In planning the activities for the year the Trustees have considered the Charity Commission's guidance on public benefit at their meetings and confirm that public benefit has been provided by the range of activities delivered.

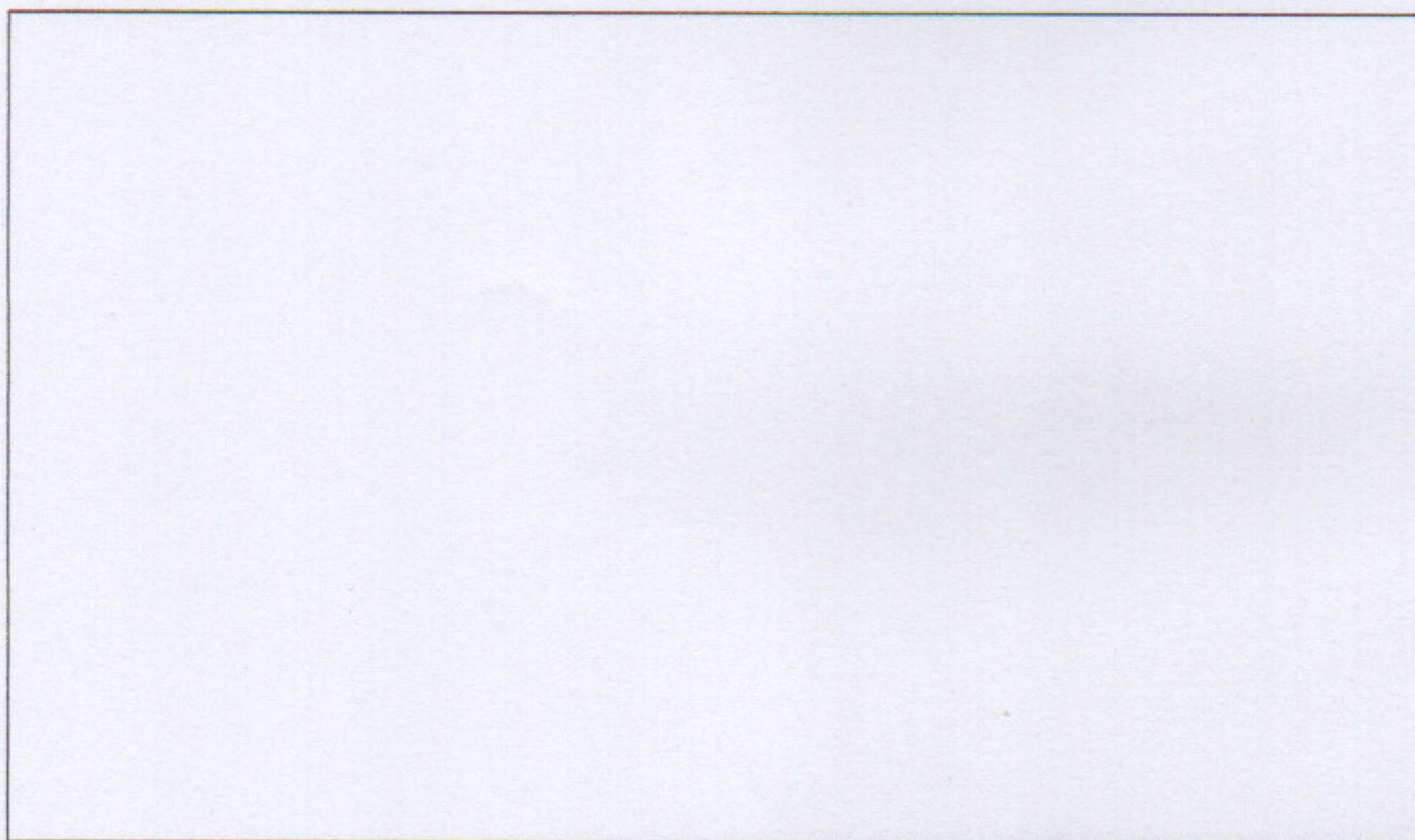
The focus of our activities are creating physical activities in areas of high economic and social deprivation. The physical activities delivered in the community aim to improve individuals' conditions of life through increased physical health (proven to prevent & manage over 20 chronic conditions) and mental health (proven to reduce stress, anxiety), individual well-being (increase in self-esteem and self-efficacy), social and community well-being (increased social interactions & reduced isolation) and economic well-being (improved job prospects of individuals and reduction on public sector spending e.g. for the NHS reduction of medical costs due to improved health, reduction in anti social behaviour and reduced pressure on local police forces).

The activities delivered range from Chair Based Exercise, Health Walks, Archery, Just Bowls, New Age Kurling, Fitness Classes, Basketball Badminton, low impact fitness classes, Pilates, family fitness and running groups. The majority of our sessions are provided free of charge with a few ranging between £1 - £3.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.



Summary of the main achievements of the charity during the year

Step Out Project

Delivery of the Step Out project was disrupted due to the pandemic and various lockdowns with delivery model changing inline with Government guidelines and relevant restrictions.

Outdoor activities such as Couch 2 5K were promoted to fit guidelines. With certain activities moving indoors when restrictions allowed, with certain elements of delivery changing for example the 'fit and feed' altered with the food provision being limited due to restrictions.

The pandemic, restrictions and guidelines placed extra stress on resources, as the additional workload to implement control measures to ensure a Covid secure environment took between 1 – 2 hours per sessions. Resulting in the total time for the delivery of a one hour session being up to 3 hours.

Step Out had huge success in engaging the target audience; individuals from lower social economic groups, long term unemployed, people with disabilities, who were inactive and moving them into at least 30 mins of physical activity a week.

Many positive outcomes were achieved through this project with the evaluation highlighting improved physical and mental wellbeing, self efficacy and 'softer' employability skills.

CDCF Community Safety Fund

The Active Life Foundation continued to deliver and completed the rebound project an anti-social behaviour project which saw physical activity sessions delivered as diversionary activities with educational workshops focusing on Crime, staying safe online, Alcohol and Drug Misuse and Safeguarding.

The pandemic altered the delivery of project which focused on outdoor sessions initially moving indoors when restrictions allowed, implementing the relevant control measures.

The project was based in areas of high deprivation which had the highest prevalence of Anti social behaviour, Rebound engaged 50 individuals from our target audience and delivered 142 hours of divisionary activity. 92% of project participants reported an improvement in either their physical or mental health.

Additionally, closer relationships with local agencies such as the neighbourhood police have emerged enabling a greater ability to reach those most in need.

CDCF NHS Health Improvement Fund

The Active Life Foundation completed the Healthy Leisure project funded through the NHS Health Improvement Fund administrated by County Durham Community Foundation.

In line with national restrictions and Government guidelines project delivery moved to non contact model and supported individuals to be active and inline with the relevant guidelines moved to outdoor delivery when allowed, implementing the relevant 58 control measures to prevent to spread of coronavirus.

Relevant outcomes are listed below

97% of participants reported an improvement to health

70% of participants reported a reduction in isolation / loneliness

75% of participants reported having a long term health condition

80% of the participants we engaged were from our target audience

ESC Lottery Fund – ParaSport

The Active Life Foundation secured funding to purchase specialist equipment to provide inclusive, accessibility physical activities on people's 'doorstep' in locations were already attending. Using a community asset based approach The Active Life Foundation worked with Disability groups and provided modified adapted inclusive provision. Additionally The Active Life Foundation also worked with Luncheon clubs and faith groups to support individuals with long term chronic conditions into physical activity. The pandemic delayed the start of the project due to the restrictions that were in place.

Pioneering Care Partnership CCG – Young at Heart

The Active Life Foundation secured funding to create a safe environment for individuals aged 65+ to participate in appropriate, moderate intensity physical activities. With personnel providing support and advice and signposting if necessary to mental health services. This project aimed to improve physical health of participants – improved cardiovascular health, reduced risk of diabetes, less pain; as well as mental and emotional wellbeing – improved social interactions, relationships, reduced isolation and loneliness; therefore looking to have a positive affect on dementia risk / rates over the longer term. The project was delivered in two very deprived wards where life expectancy is significantly below the national average. The project is underpinned by a behaviour change model, which frames our work and communications from pre engagement, action onto the project, to sustained action.

ESC Lottery Fund – Return to Play

The Active Life Foundation secured funding that enabled the necessary service alterations to support those individuals and deliver sessions to those who were active pre-lockdown within our work, but had since ceased to be active; not only due to the restrictions imposed on our work but of the wider impact of the pandemic. This work was targeted to individuals in the top decile of deprivation where typically life expectancy is around 10 years less compared to the national average and more affluent areas. Also in these target areas physical health indicators such as cardiovascular disease and ill mental health prevalence is significantly higher than the national average.

Cheshire Community Foundation – Assura Community Fund – Active Mams

The Active Life Foundation secured funding to deliver 'Active Mams' which works with low income single mothers in areas of high disadvantage, a programme co-designed with the target audience delivers three physical activity sessions a week for mothers and babies. Sessions feature 'Mums on the Run', 'Walk & Talk', 'BuggyBlitz', Post Natal 'Pilates' and group exercise. A close relationship with healthcare professionals, mainly NHS Health Visitors who distribute information and signpost people onto the project has been key in engaging and recruitment. A wide selection of outcomes have been achieved including increased self-esteem; improved physical wellbeing, improved social networks, improved mental wellbeing and reduction in isolation and loneliness.

CDCF Made By Sport

The Active Life Foundation secured funding to reduce Crime and Anti Social Behaviour. The Active Life Foundation will support divisionary, positive experiences for young people in the form of physical activity. The majority of work for this project will commence next reporting year.

Covid 19 Pandemic

The Covid pandemic was a very challenging time, in terms of altering service design and delivery models. Working within the recommended guidelines and restrictions increased workload from a typical session taking around 1 and a half hours to 2 - 3 hours per session. In addition the changes in our target audiences habits through the pandemic led to The Active Life Foundation focusing more on the 'relapse' phase of the behaviour change model that frames our work.

Section E

Financial review

Brief statement of the charity's policy on reserves

It is the policy of the Charity to try and build up the level of unrestricted reserves, which are free reserves of the charity, to a level that equates to approximately 3 – 6 months unrestricted budgeted future operating expenditure. This will enable the charity to withstand a prolonged drop in funding and provide sufficient funds to cover management and administration support costs and any emergencies that may arise from time to time.

Details of any funds materially in deficit

Further financial review details (Optional information)

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

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

The Active Life Foundation's main source of funding this year has been from a variety of grants and awards.

The majority of our money is spent on being in a position to deliver a programme of physical activity opportunities.

We have very low overheads as we don't have an office premises.

Any unrestricted funds go into the bank account to start to accumulate an appropriate level of reserves.

Section F

Other optional information

In accordance section 6 of The Active Life Foundation constitution and sections 185 to 188 of the Charities Act 2011. Payment was made to a trustee for providing an additional service which was over and above normal trustee duties; as conditions A to D of relevant act were met and conditions of constitution. The amount paid for the service was set out in a written agreement and the amount does not exceed what is reasonable and is less than market value. The payment is less than what The Active Life Foundation is currently paying for similar services and less than what other organisations pay for similar services. The trustee who received the benefit was not involved and was absent in the discussion and had no vote and was not included in the quorum. The other Trustees were satisfied that it was in the best interests of The Active Life Foundation for the service to be provided by the trustee who benefited with regard to; the cost, quality of, skills, expertise, experience and efficiency; of the service provided. The trustee who benefited was in the minority of charity trustees. Section six of The Active Life Foundation constitution enables benefit. The trustees had regard to charity commission guidance and legislation before making the agreement and to Duty of care in section 1 (1) of the Trustee Act 2000. The decisions and rational for that decision was recorded in the minutes of relevant meeting.


Name of trustee who was paid for a service over and above normal trustee duties: Jonathan Thompson
Brief Details: Basketball Coaching (full details recorded in minute book with discussion of advantages and disadvantages and full rational).

Continuation of agreement spanning two reporting years.
Amount: £2,000.00 for 100 Sessions
Amount of pension contributions: N/A
Amount of any other benefit: N/A

Section G Declaration

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

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Jonathan Brian Thompson	
Position (eg Secretary, Chair, etc)	Secretary	
Date	24.05.2022	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
The Active Life Foundation

No (if any)
1181532

CC16a

Receipts and payments accounts

For the period from	Period start date 01/08/20	To	Period end date 31/07/21
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Step Out Project	-	5,353	-	5,353	6,472
Donations	156	-	-	156	211
Coaching	382	-	-	382	875
CDCF Community Safety Fund	-	-	-	-	-
CDCF - NHS Health Improvement Fund	-	-	-	-	8,570
ESC Lottery Fund - ParaSport	-	2,338	-	2,338	-
Pioneering Care Partnership - CCG Young at Heart	-	4,895	-	4,895	-
ESC Lottery Fund - Return to Play	-	3,570	-	3,570	-
Cheshire Community Foundation - Assura Community Fund Active Mams	-	4,980	-	4,980	-
CDCF - Made by Sport	-	2,000	-	2,000	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	538	23,135	-	23,673	16,128
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	538	23,135	-	23,673	16,128
A3 Payments					
DBS & Safeguarding Training	90	-	-	90	30
Insurance	271	-	-	271	271
Equipment	-	1,207	-	1,207	2,678
Coaching Fees	-	8,058	-	8,058	20,702
Training	-	-	-	-	120
Venue Hire	-	2,994	-	2,994	1,173
Marketing	-	298	-	298	279
Admin	5	-	-	5	-
	-	-	-	-	-
Sub total	366	12,556	-	12,922	25,253
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	366	12,556	-	12,922	25,253
Net of receipts/(payments)	172	10,579	-	10,752	9,125
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	814	9,861	-	10,675	19,800
Cash funds this year end	986	20,440	-	21,427	10,675

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Fund in account	986	20,440	-
		-	-	-
		-	-	-
	Total cash funds	986	20,440	-
	<small>(agree balances with receipts and payments account(s))</small>	<small>OK</small>	<small>OK</small>	<small>OK</small>

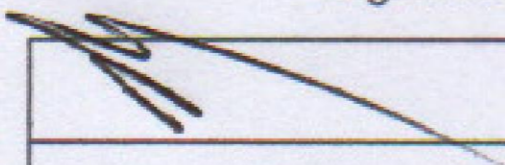
Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use	Sport Equipment	Unrestricted	-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	Jonathan Thompson	24.05.2022

THE ACTIVE LIFE FOUNDATION

England & Wales - Charity number 1181532

Accounts



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	Day 01	Month 08	Year 2019		Day 31	Month 07	Year 2020

Section A Reference and administration details

Charity name

Other names charity is known by

Registered charity number (if any)

Charity's principal address

31 Brunel Street	
Ferryhill	
Co. Durham	
Postcode	DL17 8NX

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Kevin Young	Chair		
2	Jonathon Brian Thompson	Secretary		
3	Chris James Spence			
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
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17				
18				
19				
20				

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

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

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

--

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document <i>(eg. trust deed, constitution)</i>	Constitution (2019)
How the charity is constituted <i>(eg. trust, association, company)</i>	Charitable Incorporated Organisation
Trustee selection methods <i>(eg. appointed by, elected by)</i>	Appointed by existing trustees by a resolution passed at a properly convened meeting of the charity trustees.

Additional governance issues (Optional information)

- You **may choose** to include additional information, where relevant, about:
- policies and procedures adopted for the induction and training of trustees;
 - the charity's organisational structure and any wider network with which the charity works;
 - relationship with any related parties;
 - trustees' consideration of major risks and the system and procedures to manage them.

The Active Life Foundation has in place the following policies and procedures-: Bullying & Harassment, Code of Behaviour, Conflict of Interests, Equal Opportunities, Financial Management, Health and Safety, Safeguarding children and young people, Safeguarding adults, Safe Recruitment, Supervision and Whistle Blowing. All of which are reviewed periodically.

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The Active Life Foundation has a written induction policy. All relevant individuals complete the induction process; which details the policies and procedures of The Active Life Foundation.

The Active Life Foundation is a member of the Darlington Organisations Together forum facilitated by HealthWatch Darlington, which brings together VCSE sector organisations sharing best practice. The Active Life Foundation works in partnership with numerous organisations and is involved in networks with Street Games, Tees Valley Sport, County Durham Sport and Pioneering Care Partnership. The Active Life Foundation is also a member of SPORTED, a specific body which supports and aids the development of VCSE sector. In addition The Active Life Foundation receives updates for best safeguarding practice from body's such as Ann Craft Trust and NSPCC child protection in Sport Unit.

The Active Life Foundation's has a risk register and 'near misses' document, this is reviewed on an ongoing basis. This process addresses how The Active Life Foundation is continually looking to mitigate risks and improve the standard of all policies and procedures. This process looks to identifying possible risks, including risks to our beneficiaries or to anyone connected to The Active Life Foundation that are current or may be

emerging in the future and how to mitigate those risks. This process is one way how The Active Life Foundation is continually managing the risk.

Section C

Objectives and activities

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

To promote for the benefit of the inhabitants of England, the provision of facilities for healthy recreation or other leisure time occupation of individuals who have need of such facilities by reason of their youth, age, infirmity or disablement, financial hardship or social and economic circumstances with the object of improving their conditions of life.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

In planning the activities for the year the Trustees have considered the Charity Commission's guidance on public benefit at their meetings and confirm that public benefit has been provided by the range of activities delivered.

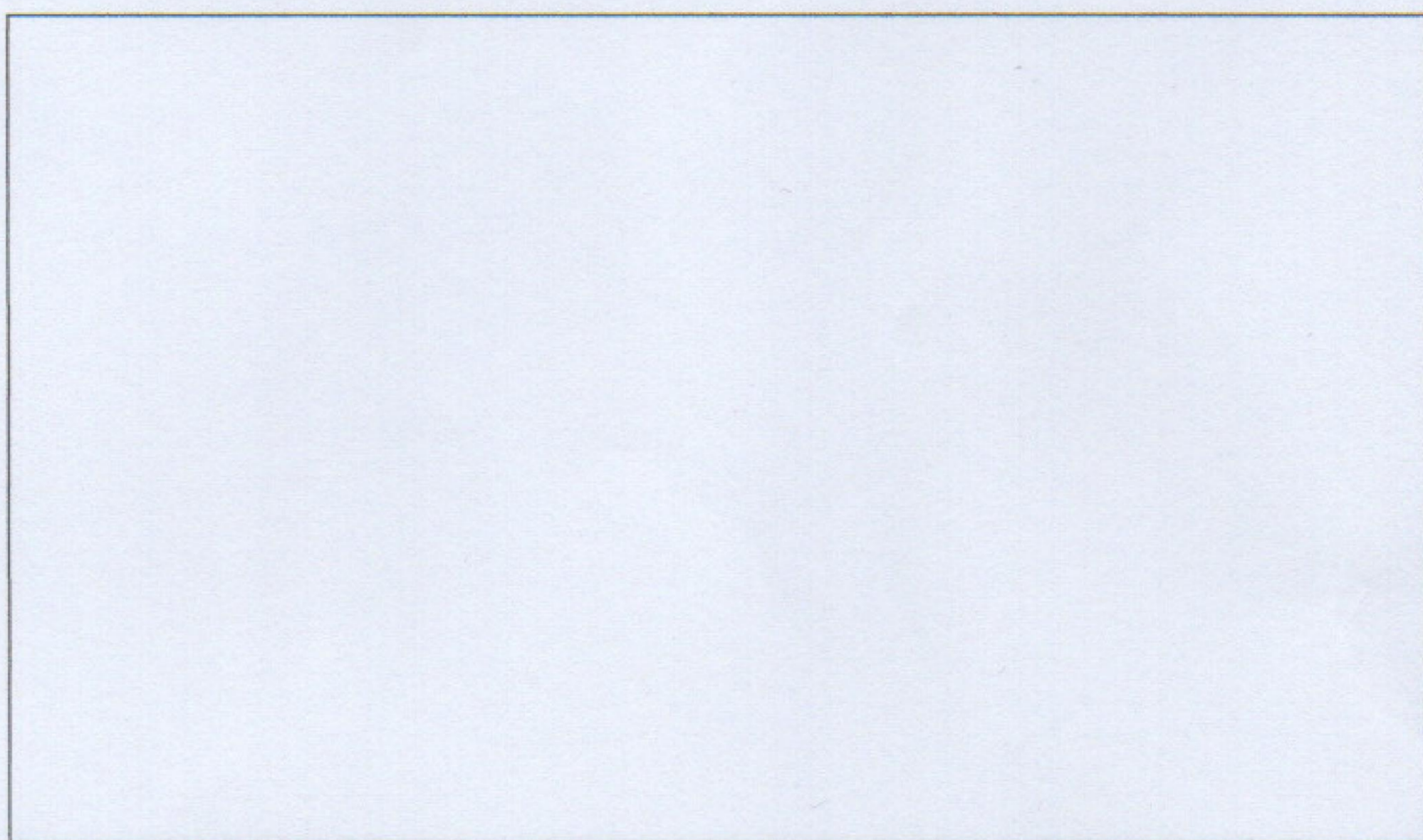
The focus of our activities are creating physical activities in areas of high economic and social deprivation. The physical activities delivered in the community aim to improve individuals' conditions of life through increased physical health (proven to prevent & manage over 20 chronic conditions) and mental health (proven to reduce stress, anxiety), individual well-being (increase in self-esteem and self-efficacy), social and community well-being (increased social interactions & reduced isolation) and economic well-being (improved job prospects of individuals and reduction on public sector spending e.g. for the NHS reduction of medical costs due to improved health, reduction in anti social behaviour and reduced pressure on local police forces).

The activities delivered range from Chair Based Exercise, Health Walks, Archery, Just Bowls, New Age Kurling, Fitness Classes, Basketball, Badminton, low impact fitness classes, family fitness and running groups. The majority of our sessions are provided free of charge with a few at £1.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.



Summary of the main achievements of the charity during the year**Step Out Project**

The Active Life Foundation continued to deliver the Step Out project, providing a range of activities including Just Bowl, Archery, Badminton, Xplorer and Couch 2 5K in various locations including Sports Halls, Community Centres, Church Halls and outdoor venues e.g. parks, nature reserves.

The project is on target to engage 300 individuals who are currently unemployed and not physically active; into regular physical activities. The inclusion of family activities has been hugely successful; family badminton, family archery and family multi sports saw a significant number of the target audience engage in the project. This led to the development and creation of a fit and fed model by working with partner organisations and providing a healthy meal / packed lunch after the activity sessions.

Both qualitative and quantitative evidence shows outcomes such as improved physical and mental health as well as self-confidence and esteem and improved employability skills.

All sessions are provided free of charge.

CDCF Community Safety Fund

The Active Life Foundation delivered the re-bounce project an anti-social behaviour project which saw physical activity sessions delivered as diversionary activities with educational workshops focusing on Crime, staying safe online, Alcohol and Drug Misuse and Safeguarding. Working across three areas which have the highest recorded rates of anti social behaviour. The project has had good engagement and has worked closely with the local neighbourhood police team. All sessions are provided free of charge.

CDCF NHS Health Improvement Fund

The Active Life Foundation secured funding and delivered the healthy leisure project. Which targets the 65+ age group, who have long term health conditions with particular focus on carers. Physical activity sessions included chair based exercise, low impact fitness classes and Just Bowl – a modified version of the traditional game. Signposting and information has been provided to participants to assist in smoking cessation as part of the project.

Other Activities

Utilising a community asset based approach The Active Life Foundation have delivered numerous activities to individuals who are part of luncheon clubs and disability support groups; providing physical activities aiming to improve the health of those individuals.

Covid 19 Pandemic

When the Covid 19 pandemic hit The Active Life Foundation moved to an emergency response role. With face to face delivery of activities prohibited, The Active Life Foundation moved to online delivery and a non contact delivery model; supporting individuals to continue to be active; and those who won't active, to start their journey.

Section E

Financial review

Brief statement of the charity's policy on reserves

It is the policy of the Charity to try and build up the level of unrestricted reserves, which are free reserves of the charity, to a level that equates to approximately 3 – 6 months unrestricted budgeted future operating expenditure. This will enable the charity to withstand a prolonged drop in funding and provide sufficient funds to cover management and administration support costs and any emergencies that may arise from time to time.

Details of any funds materially in deficit

Further financial review details (Optional information)

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

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

The Active Life Foundation's main source of funding this year has been from a variety of grants and awards.

The majority of our money is spent on being in a position to deliver a programme of physical activity opportunities.

We have very low overheads as we don't have an office premises.

Any unrestricted funds go into the bank account to start to accumulate an appropriate level of reserves.

Section F

Other optional information

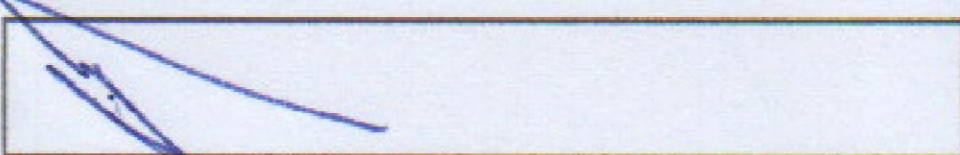
In accordance section 6 of The Active Life Foundation constitution and sections 185 to 188 of the Charities Act 2011. Payment was made to a trustee for providing an additional service which was over and above normal trustee duties; as conditions A to D of relevant act were met and conditions of constitution. The amount paid for the service was set out in a written agreement and the amount does not exceed what is reasonable and is less than market value. The payment is less than what The Active Life Foundation is currently paying for similar services and less than what other organisations pay for similar services. The trustee who received the benefit was not involved and was absent in the discussion and had no vote and was not included in the quorum. The other Trustees were satisfied that it was in the best interests of The Active Life Foundation for the service to be provided by the trustee who benefited with regard to; the cost, quality of, skills, expertise, experience and efficiency; of the service provided. The trustee who benefited was in the minority of charity trustees. Section six of The Active Life Foundation constitution enables benefit. The trustees had regard to charity commission guidance and legislation before making the agreement and to Duty of care in section 1 (1) of the Trustee Act 2000. The decisions and rational for that decision was recorded in the minutes of relevant meeting.

Name of trustee who was paid for a service over and above normal trustee duties: Jonathan Thompson
Brief Details: Basketball Coaching (full details recorded in minute book with discussion of advantages and disadvantages and full rational).
Amount: £1,000.00 for 50 Sessions
Amount of pension contributions: N/A
Amount of any other benefit: N/A

Section G**Declaration**

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

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Janatha Thompson	
Position (eg Secretary, Chair, etc)	Secretary.	
Date	10.05.21.	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name The Active Life Foundation	No (if any) 1181632
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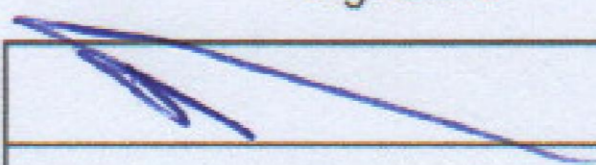
Receipts and payments accounts

For the period from	Period start date 01/08/19	To	Period end date 31/07/20
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Step Out Project	-	6,472	-	6,472	12,263
Donations	211	-	-	211	900
Coaching	875	-	-	875	30
CDCF Community Safety Fund	-	-	-	-	7,400
CDCF - NHS Health Improvement Fund	-	8,570	-	8,570	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	1,086	15,042	-	16,128	20,593
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	1,086	15,042	-	16,128	20,593
A3 Payments					
DBS & Safeguarding Training	30	-	-	30	135
Insurance	271	-	-	271	271
Equipment	-	2,678	-	2,678	387
Coaching Fees	-	20,702	-	20,702	-
Training	120	-	-	120	-
Venue Hire	-	1,173	-	1,173	-
Marketing	-	279	-	279	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	421	24,832	-	25,253	793
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	421	24,832	-	25,253	793
Net of receipts/(payments)	665	- 9,790	-	- 9,125	19,800
A5 Transfers between funds	- 375	375	-	-	-
A6 Cash funds last year end	524	19,276	-	19,800	-
Cash funds this year end	814	9,861	-	10,675	19,800

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds			-	-
		-	-	-
		-	-	-
	Total cash funds	-	-	-
	(agree balances with receipts and payments account(s))	Agreement Error	Agreement Error	OK
B2 Other monetary assets	Details	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
		Jonathan Thompson	05.05.21	