



Trustees' Annual Report for the period

From

Period start date

Day	Month	Year
01	08	2021

To

Period end date

Day	Month	Year
31	07	2022

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				
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16				
17				
18				
19				
20				

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

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

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

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Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (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

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	To	Period end date
	01/08/21		31/07/22

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

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	1,781	9,555	-
		-	-	-
		-	-	-
	Total cash funds	1,781	9,555	-
(agree balances with receipts and payments account(s))		OK	OK	OK

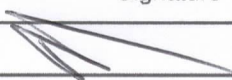
Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

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	25/05/2023