



Trustees' Annual Report for the period

From

Period start date

Day
01

Month
08

Year
2022

To

Period end date

Day
31

Month
07

Year
2023

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				
6				
7				
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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)

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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.

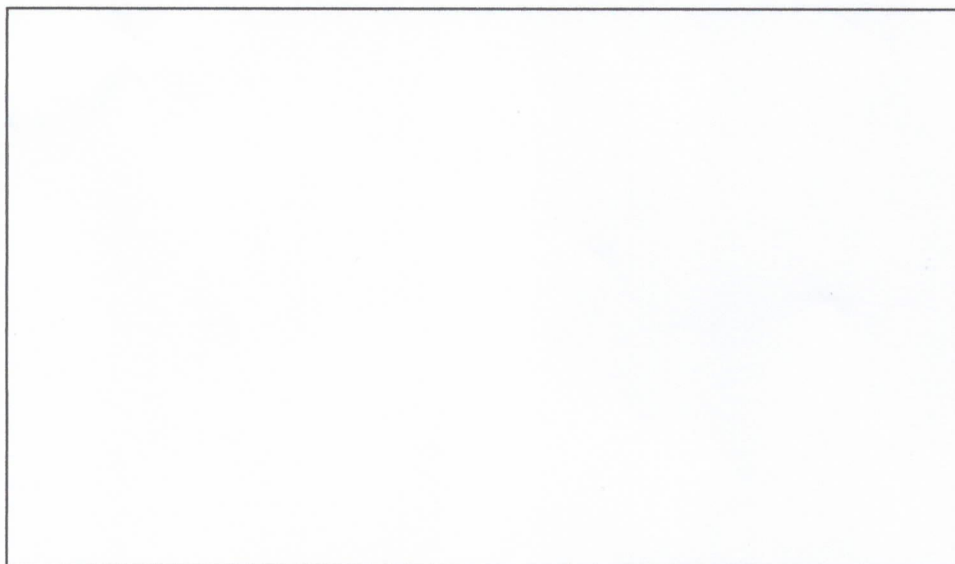
The focus of our activities are creating physical activities in areas of high economic and social deprivation. The physical activities delivered in the community aim to improve individuals' conditions of life through increased physical health (proven to prevent & manage over 20 chronic conditions) and 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.

A large empty rectangular box with a thin black border, intended for optional information related to objectives and activities.

Section D

Achievements and performance

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

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)

Position (eg Secretary, Chair, etc)

Date

	
Jonathan Thompson	
Secretary	
25.05.24	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
The Active Life Foundation

No (if any)
1181532

Receipts and payments accounts

CC16a

For the period
from

Period start date
01/08/22

To

Period end date
31/07/23

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

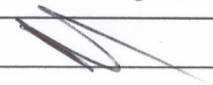
	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

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

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

	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