



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

Postcode	<input type="text" value="DL17 8NX"/>
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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			
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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.

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

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 W	-	-	-	-	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
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
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)
	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	