



# 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			
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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)
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, 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.

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 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

CC16a

## Receipts and payments accounts


For the period from	Period start date	To	Period end date
	01/08/24		31/07/25

### 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 £
<b>A1 Receipts</b>					
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	-
<b>Sub total (Gross income for AR)</b>	<b>240</b>	<b>10,952</b>	<b>-</b>	<b>11,192</b>	<b>11,773</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>240</b>	<b>10,952</b>	<b>-</b>	<b>11,192</b>	<b>11,773</b>
<b>A3 Payments</b>					
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
<b>Sub total</b>	<b>1,989</b>	<b>15,545</b>	<b>-</b>	<b>17,534</b>	<b>17,114</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>1,989</b>	<b>15,545</b>	<b>-</b>	<b>17,534</b>	<b>17,114</b>
<b>Net of receipts/(payments)</b>	<b>- 1,749</b>	<b>- 4,593</b>	<b>-</b>	<b>- 6,342</b>	<b>- 5,341</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>2,641</b>	<b>12,716</b>	<b>-</b>	<b>15,357</b>	<b>11,336</b>
<b>Cash funds this year end</b>	<b>892</b>	<b>8,123</b>	<b>-</b>	<b>9,015</b>	<b>5,995</b>



## 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 £
<b>B1 Cash funds</b>	Fund in account	892	8,123	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>892</b>	<b>8,123</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	OK	OK	OK
<b>B2 Other monetary assets</b>	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
<b>B3 Investment assets</b>	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
<b>B4 Assets retained for the charity's own use</b>	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
	Sport Equipment	Unrestricted	-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
<b>B5 Liabilities</b>	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