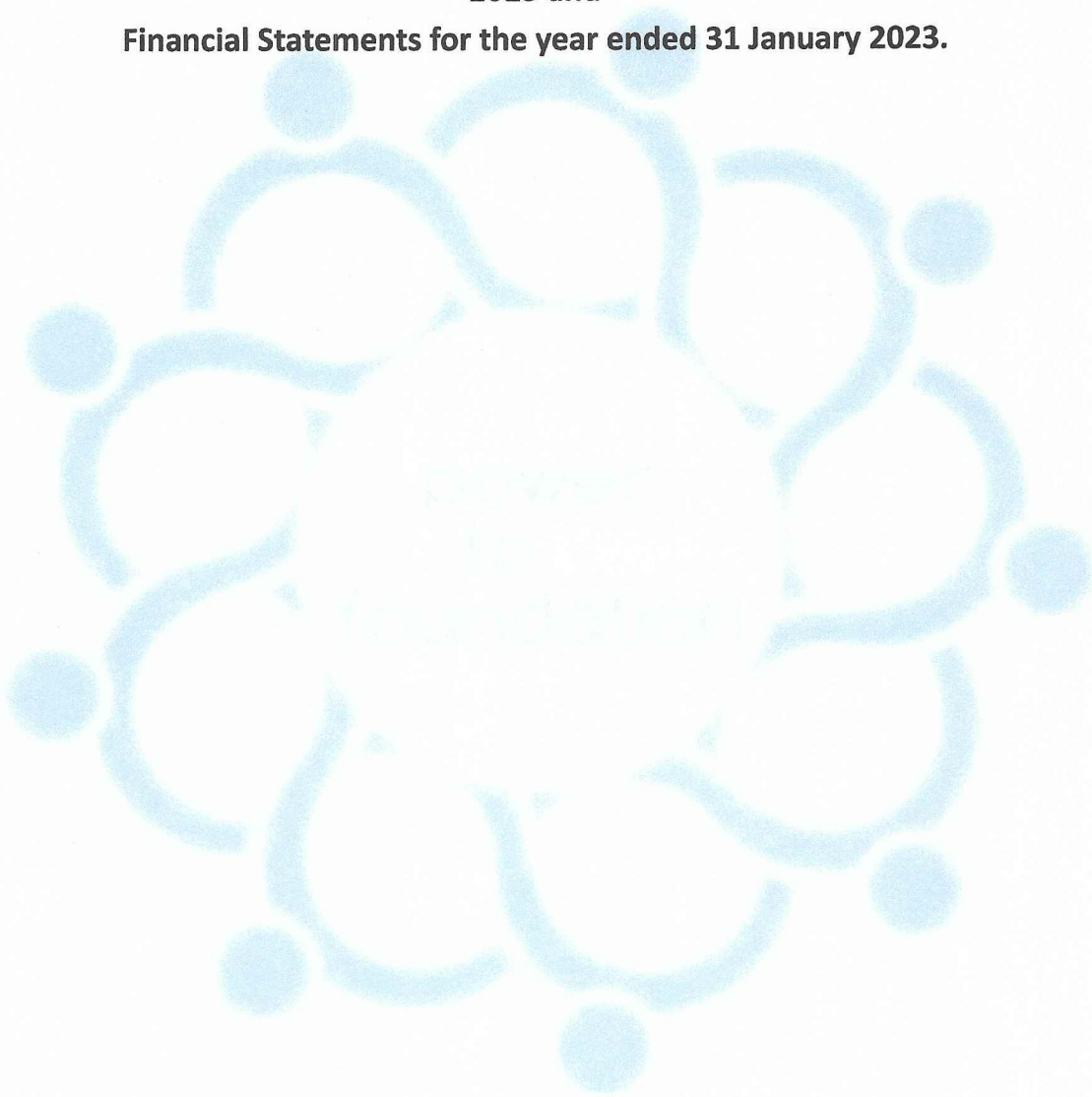




**Power to Live Foundation Trustees' Report of Activities for year ended 30th April
2023 and
Financial Statements for the year ended 31 January 2023.**



Charity registration number: 118199

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Administrative Information

Charity Name: Power to Live Foundation
Charity registration number: 1181997
Operational address: Westgate Chambers, 8a Elm Park Road, Pinner, HA5 3LA

Trustees

Ms Tien Kuei
Mr George Panayiotou
Ms Olivia Gray

Management Committee

Ms Tien Kuei	CEO
Kelsey Wiemer	Chief Operations Officer
Benjamin Harrison	Head of Fundraising Strategy and Campaign
Michael Tang	Finance Officer
Jacqueline Thorne	Operations Manager
Frances Heaume	Marketing and Social Media Manager

Bankers

Charities Aid Foundation Bank 25 Kings Hill Avenue, Kings Hill Kent ME19, 4JQ

Accountant

Morgan Berkley, Westgate Chambers, 8a Elm Park Road, Pinner, HA5 3LA

Purpose and Aims

Our charity's purpose as set out in the objectives of the Foundation's Constitution is to benefit the public in the UK by:

1. Providing evidence-based behavioural treatments to clients with no or low income in socially deprived communities.
2. Supporting the advancement of evidence-based behavioural treatment by (but not limited to) training psychotherapists in these approaches, in order to provide subsidised treatment to the population group stated in object 1.

The aim of our charity is to provide relief from mental distress and social isolation for people with psycho-social difficulties, and ensure that they are integrated into their communities, and feel valued and respected.



What Needs Are We Addressing?

According to the British Medical Association: “mental health services in England received a record **4.6 million referrals** during 2022 (up 22% from 2019), with the number of people in contact with mental health services steadily rising. The highest number of referrals comes from areas of high deprivation. Sadly the demand for mental health services is outpacing the government resources afforded to them. The **latest estimates put the waiting list at 1.4 million people** (2021).”¹

This is where charities like Power to Live become so important as we continue to bridge a part of this gap by offering faster access to psychological support as well as social connection groups, thus fostering and nurturing the Power to Live within the adults of today.

This year we faced a challenge with increased demand for in-person therapy as people start to value more face to face contact. We have started to rent a specialist therapy room one day a week to cater to this demand but this is not a sustainable solution, since we are only able to meet 10% of the demand for in-person sessions, and the cost of room rental accounts for the second largest expense for the charity. Going forward, we need to solve our issue with premises so we can provide in-person treatments that are affordable to the many and cost efficient for the charity.

Our Unique Approach

Growing evidence shows the efficacy of third-wave CBT approaches such as Acceptance and Commitment therapy (ACT), process-based psychotherapies, and neuro-behavioural interventions in treating anxiety, depression, and complex trauma. Although IAPT services provide first-wave CBT treatment, NHS mental health trusts are yet to catch up with the evolving field, specifically the third and fourth waves, which adopt primarily behavioural approaches that focus on changing behaviours rather than change how you think. Apart from the NHS IAPT services, not many services offer robust, cost-effective behavioural therapy. Private services for CBT and behavioural approaches are expensive to self-fund and are therefore not an option for low-income groups.

¹ Source:

<https://www.bma.org.uk/advice-and-support/nhs-delivery-and-workforce/pressures/mental-health-pressures-data-analysis#:~:text=Mental%20health%20services%20in%20England,mental%20health%20services%20steadily%20rising.>



What Needs Are We Addressing?

Donations:

We applied for and received £10,000 donations for the first time from Laurence Modiano Charitable Trust.

Collaborations:

We started a collaboration with the Department of Environment, Food and Rural Affairs (DEFRA) to receive referrals to treat care-experienced young adults currently working with DEFRA. We already have a collaboration with Drive Forward Foundation to receive referrals for the care-experienced young adults they work with. This client group has complex attachment trauma and needs, so this means we expanded our paid senior therapist team, who are all qualified CBT therapists to train in trauma informed treatments.

Accreditation Programme for Psychological Therapies Services (APPTS):

APPTS is a psychological therapies services development programme developed with the aim of improving quality and highlighting achievements, spearheaded by the Royal College of Psychiatrists and British Psychological Society. Power to Live applied to enter their rigorous accreditation process in March 2023, which involves submitting and presenting evidence to the APPTS peer reviewers to demonstrate how they are meeting each standard. Service users and therapists were also interviewed by the APPTS team to gain additional evidence and perspectives. At the end of April, we received preliminary feedback from the review committee indicating we met 72% of the required standards. To gain accreditation, we must demonstrate that we meet 100% of the standards. We are able to submit additional evidence and the final decision will be made at the end of May.

Significantly, we met 100% of the standards that fell under the category: “Is it caring?” We are very proud of this feedback from our therapists and service users as caring is central to our mission and ethos as a charity.



What Needs Are We Addressing?

APPT Reviewers' Report

"Service users spoken to during the review had many positive experiences to share while seeking care. Service users felt that the care provided at the service was the best they have received thus far when compared to other services. Several stated that the experience while seeking care was "life- changing". Service users have also stated that the communication with members of staff was very good. They felt that they were granted accessible points of contact. Service users stated that the administration team continuously reached out to ensure that they were happy with the care received after each session and that they were always told when to expect to hear back from therapists between sessions.

Staff members spoken to on the day of the peer review have stated that they feel supported by the service. Therapists shared that their wellbeing was prioritised, with some detailing how management keeps a close eye if their caseload gets too high. Therapists feel no added pressure to increase caseload. They also stated that management was very accessible and support was always offered if needed. Overall, a positive organisational culture across the service is evident."



Our Impact 2023

	End of April 2022	End of April 2023
Number of Clients assessed	90	125
Therapist Training	ONE 8-weeks behavioural therapy training in Oct 2022	TWO 8-weeks behavioural therapy training in Oct 2022 and April 2023
	TEN placement therapists trained	24 placement therapist trained
Waiting time	Data not collected	6 weeks
Therapy Capacity	40 clients a week (minimum ²) can receive treatment	96 clients a week (minimum) can receive treatment
Total no of sessions	Data not collected	1608
Senior Therapist Team	SIX therapists from our previous placement volunteers were selected to join our senior therapist team. These therapists are now qualified and are paid by the session to see complex clients.	EIGHT senior therapists - TWO more qualified therapists were selected to join our senior team.
Supervision	ONE supervisor to cover the whole team	THREE Supervisors covering the whole team
Social Connection Group Building a connected community.	Data not collected	Social connection group started in February 2023, holding THREE meetings a month . This group is promoted on meetup.com to be open to all and also promoted to clients that have completed treatment with us so they can continue to be supported within the P2L community.
Team Expansion	Marketing and social Media manager works with us ad-hoc to improve our social media presence.	Chief Operations Officer and Finance Officer appointed as paid roles. Head of Fund-raising and strategies (pro-bono role) was appointed to drive our fund-raising efforts.

² Each therapist has to take on a minimum case-load of 4 clients - but can see more if they have the capacity.



Who are our therapists?

Our therapists are recruited from various Masters level Psychotherapy and psychology courses from Universities based in London. They are interviewed then selected to join our 8-weeks training course.

Placement volunteer Therapist requirements

Our placement therapists are required to attend and pass an 8-weeks training course in behavioural treatments. Those assessed to be competent in this approach are allowed to proceed to clinical work, i.e. seeing clients. They are required to attend weekly group supervision and monthly individual supervisions to improve their skills as well as maintain treatment quality.

Building a supportive community of therapists

Power to Live (P2L) provides therapists with weekly team supervision and quarterly socials to create a caring, learning community and to prevent isolation and burn out. This structure for therapists serves to retain both voluntary and employed therapists by enhancing their sense of belonging. P2L wants to nurture therapists with leadership potential and those that have completed their post-graduate degree are brought into the charity as paid senior therapists that can provide complex treatment and supervision to our expanding group of volunteers.

Training and Supervision

Our training and supervision team is made up of certified experts with advanced degrees. We also offer a range of external skills training with other certified experts. This year we opened up training in Functional Analytic Psychotherapy levels one and two and Acceptance and Commitment therapy to our therapist team. From May 2023 to April 2024 we have schema therapy training and supervision training lined up, and three members of the senior therapist team will be attending the Association of contextual behavioural psychotherapy world conference in July 2023, with the intention of sharing their learnings from the conference with the rest of the team.



What is the client's journey?

Care Pathway



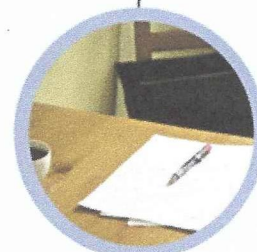
1 Book a free assessment online

The first step requires booking an assessment online by completing a registration form on our website www.powertolive.uk. After completing the registration form, a clinician will contact you within a week to arrange a 45-minute online assessment.



2 Assessment

A senior clinician will contact you by email to arrange a 45-minute assessment at your convenience. The assessment aims to gather key information so the best support can be determined based on your needs and our resources.



3 Assessment review and decision

The information obtained during assessment is reviewed and a decision is made regarding acceptance for therapy. Please note due to the experience level of trainee therapists and limited resources, we do have strict exclusion criteria which can be found on our website. If we are unable to accept your referral, you will be notified via phone call and in writing. You are welcome to refer again in the future.



4 Allocation or signposting

If accepted for treatment, you will be notified by email and a therapist allocated as soon as possible based on our current wait times. You are welcome to email your assessment therapist for updates on wait time and therapist allocation.



What is the client's journey?

Inclusion Criteria

It is important to have a robust triage process in place to assess for inclusion/exclusion criteria. We are aware that our volunteer therapists cannot cater to complex needs, and those in the exclusion criteria require multidisciplinary medical care that we cannot provide. This system is necessary to safeguard clients and our therapists.

Inclusion	Exclusion if one or more of these conditions.
<ul style="list-style-type: none">● Anxiety● Depression● Life stress● Relationship issues● Trauma / PTSD	<ul style="list-style-type: none">● Active addiction● Psychosis● Actively suicidal● Diagnosed Personality disorder● Active Eating Disorder



Who used and benefited from our service?

P2L has been able to provide free and minimum-cost therapy to 70% of clients referred to our service over the past year. 63% belonged to the no income to lower income category as they either were not in paid employment or were receiving benefits or within the low-income category (see figure 3). A total of 82% of our clients have regularly attended therapy, showing a high retention rate regardless of varying ages and income levels.

Sex and Age of clients

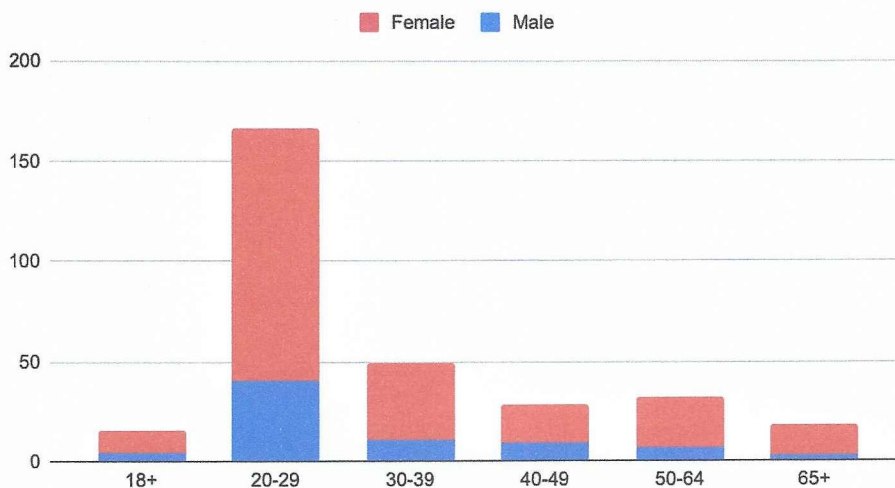


Figure 1 - Sex and Age of Clients

Count of Income level

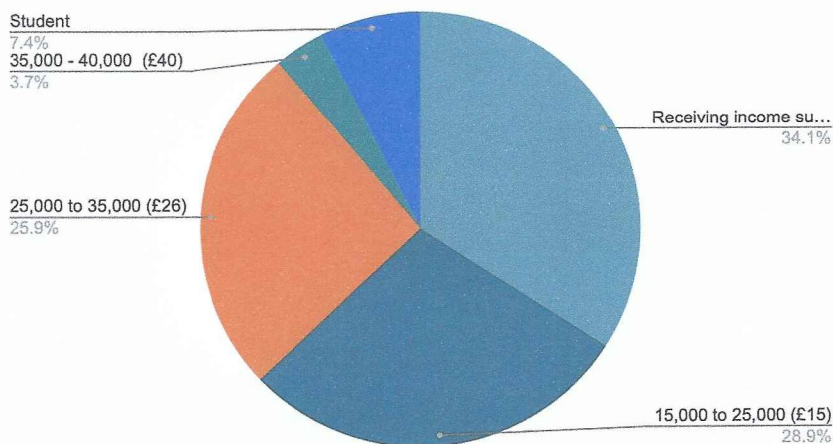


Figure 2: Client population split by income level



Who used and benefited from our service?

Ethnicity

132 responses

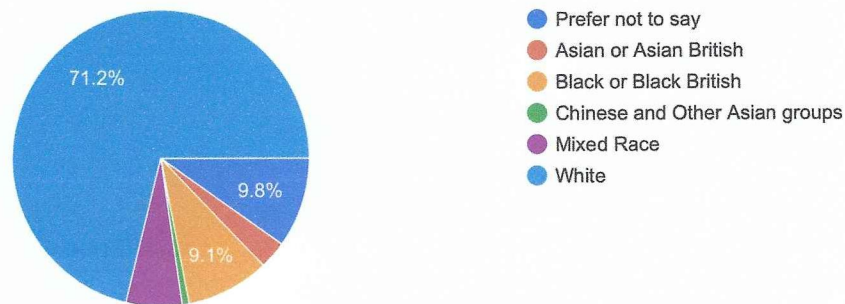


Figure 3: Client grouped by Ethnicity

Types of Issues Presented by Severity

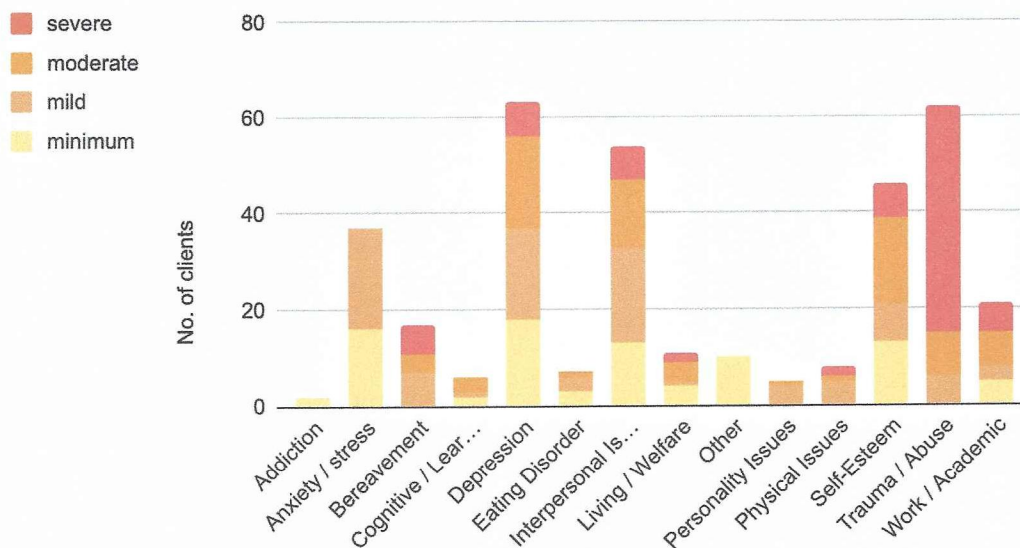


Figure 4: Type of issues presented by client

Our data showed that the most common issues experienced by our client population consisted of complex childhood trauma, which has continued to deteriorate their mental (and sometimes physical) well-being in their adult lives, often comorbid with anxiety, depression, low self-esteem and interpersonal issues.



How Do Our Activities Deliver Public Benefit?

Our vision at Power to Live is to facilitate an inclusive environment that highlights the importance of mental health and wellbeing in paving the way to a more fulfilling and sustainable life.

Power to Live operates on a sliding-scale income-based approach to provide low-cost, easily accessible therapy. Due to the geographic benefits of virtual platforms to reach clients, P2L has adopted a hybrid model of delivering telehealth and in-person treatments. Telehealth therapy allows us to transcend barriers of distance and geographical location and facilitates our mission to reach people across the UK.

After completing the treatment, we send our clients a feedback form. So far the return rate of the feedback form is not high when it is sent by email after completion, so this year we intend to tighten the process by getting the client to complete the feedback form at the end of their last session.

Samples of Client Feedbacks

C was a brilliant therapist and I felt like I got so much out of my sessions with her. She's extremely empathetic and kind and made me feel very supported so that I could be honest in my sessions. I was very lucky to have her as my therapist and feel super grateful for the experience of working with her.

Honestly, ever since our very first call I had a good feeling about my therapist. Her approach really resonates with me personally. She has certainly helped me to navigate many different thoughts and feelings from my work life and personal life. I learnt a lot about Cognitive Behaviour Therapy through her. Sanchita both holds space for me to fully express myself and chimes in with useful grounding techniques, wisdom and encouragement. I'd definitely recommend power to live to anyone looking for a friendly therapist. I had been through a couple before finding her and it was so worth the wait.

Great connection...I always look forward to my sessions. Thanks for the support. Thanks for all you do. You have been amazing and you are all such a great team. I can't thank you enough

I feel like I'm starting to slowly change as a person. Overall, therapy gave me an opportunity to get a different point of view, away from family and friends. Therapy is a type of self-care, because talking about how I feel has helped me become more honest and confident.

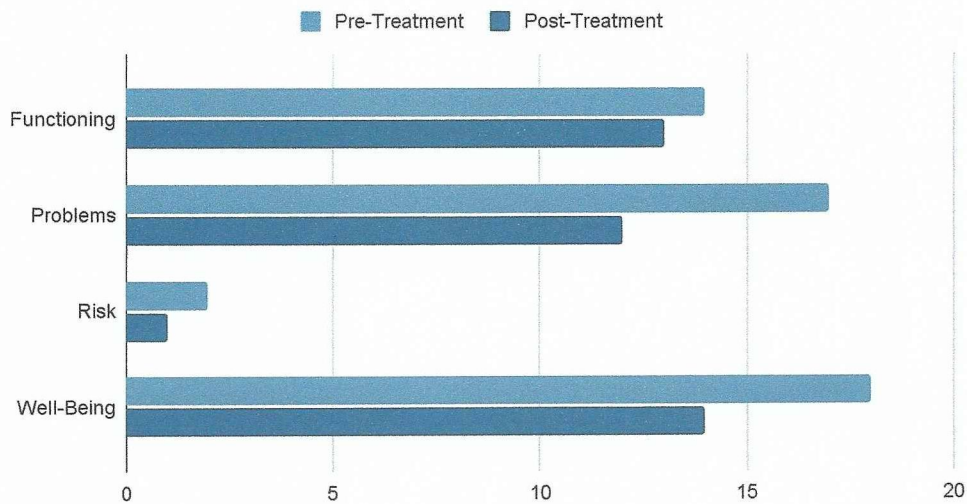
Therapist spoke very clearly, engaged in eye contact and observed my non-verbal body language throughout. Disclosures made her feel like a real person. Hero behaviour.



How Do Our Activities Deliver Public Benefit?

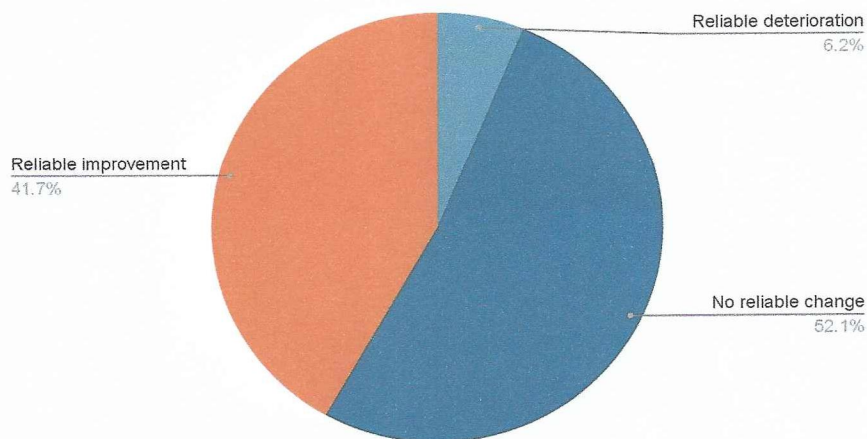
Therapeutic Outcome

CORE-OM Domain Scores



Average pre and post treatment CORE-OM psychometric score for each measured domain for clients treated from 1 May 2022 - 30 April 2023.

Reliable Change



41.7% of clients from 1 May 2022 - 30 April 2023 demonstrated reliable improvement in their CORE psychometric scores out of 246 clients with full clinical data entered.



How Do Our Activities Deliver Public Benefit?

Challenges to address for next year:

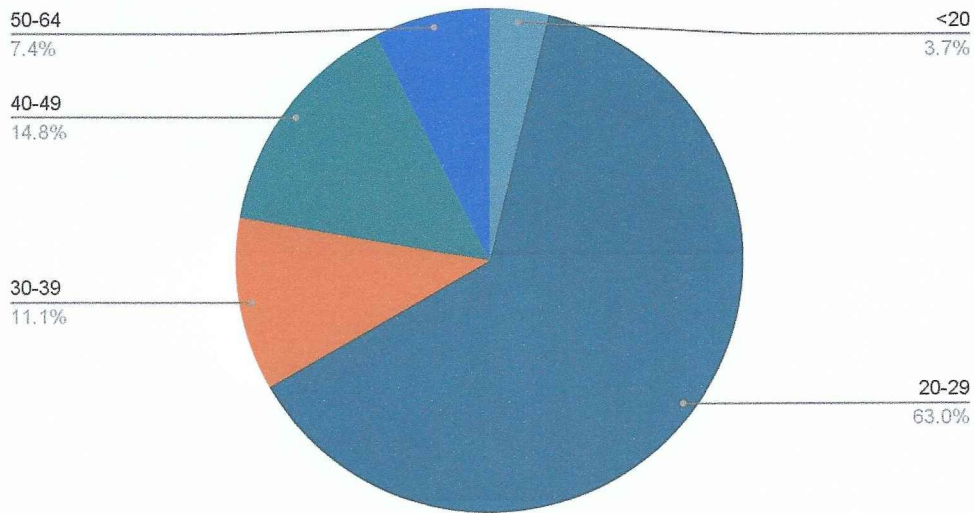
1. Increased demand for in-person treatment means we are under pressure to find treatment space that balances with our budget.
2. Social connection group: Our next stage within these 5 years is to create a community of people who watch out for each other. We want to continue to push our social connection group and start hosting in-person events. We want to train regular participants to be Group Leaders.
3. We want to encourage our clients post-treatment to be a part of these connection groups so they are not left isolated after therapy. The aim is to create a safe space that validates, normalises, and makes room for similar and varied experiences of members.
Monitoring and Evaluation Process
4. We found that we have 212 clients with insufficient data quality in our CORE database. This accounts for 46% of our clients which is far too high. As an organisation we still need to work on training our therapists to improve data entry.
5. Specialised psychometrics need to be introduced so we can more accurately measure the behavioural changes that third-wave treatment targets.
6. Bringing in teaching experts in third-wave treatments and diversity to broaden the range of training for our therapists so they can deliver the best treatment possible.
7. Create a specialist trauma treatment team to look after clients with attachment trauma.



Appendix I:

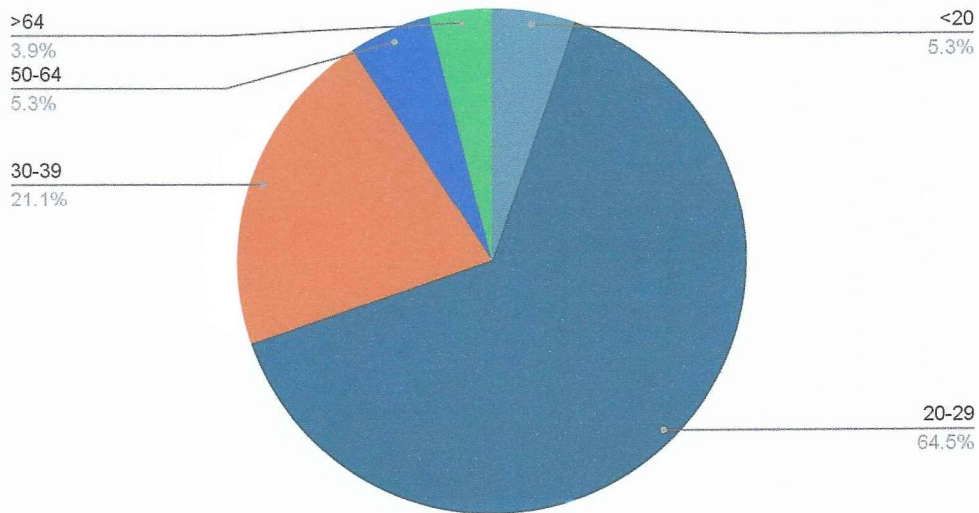
Clients by Gender and Age Banding

Male Clients by Age Banding



Pie chart showing male client population by age from 01/05/22 - 30/04/23

Female Clients by Age Banding



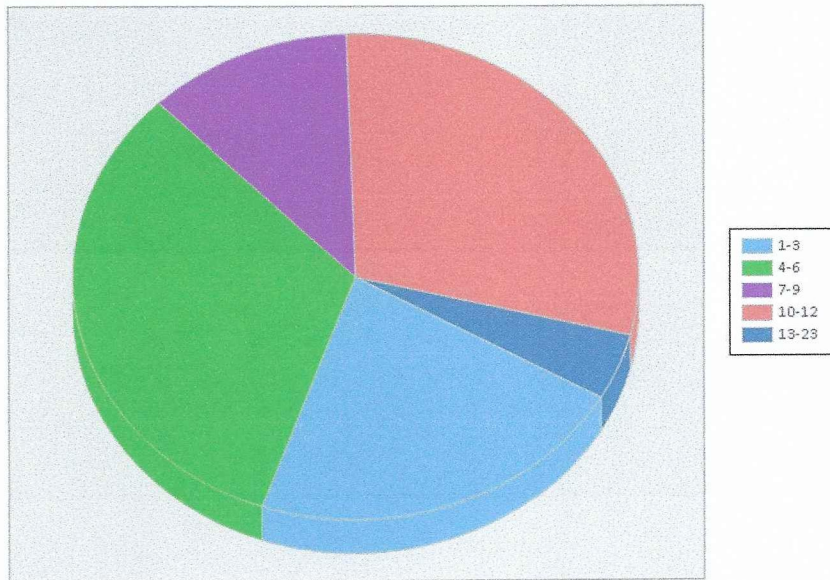
Pie chart showing female client population by age from 01/05/22 - 30/04/23



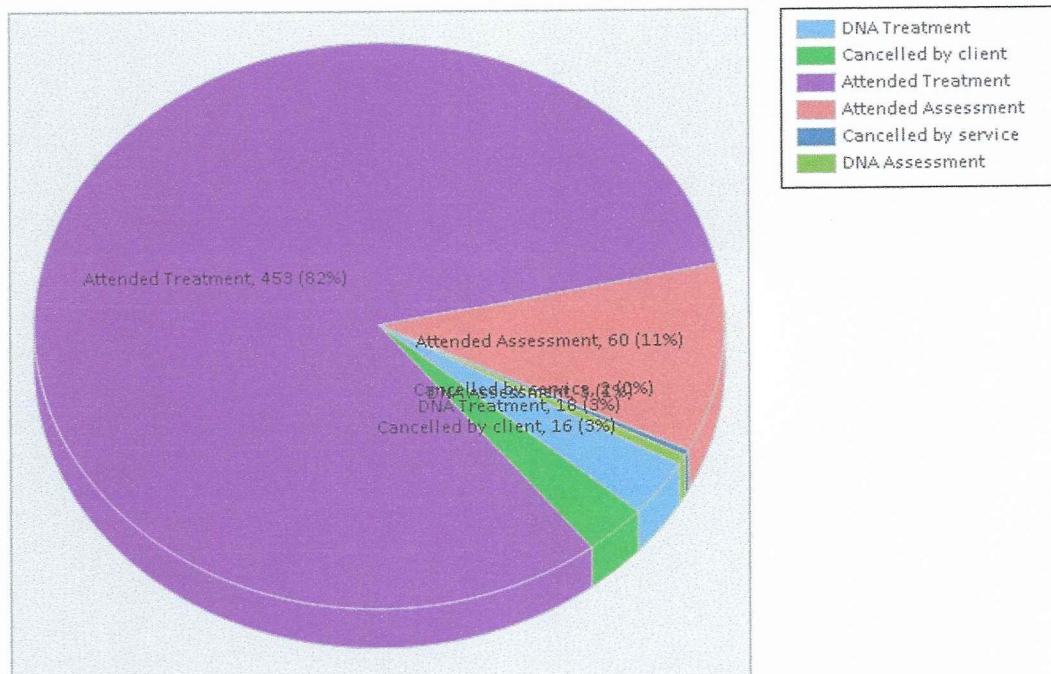
Appendix I:

Session Attendance

No. of clients who attended for "x" treatment sessions



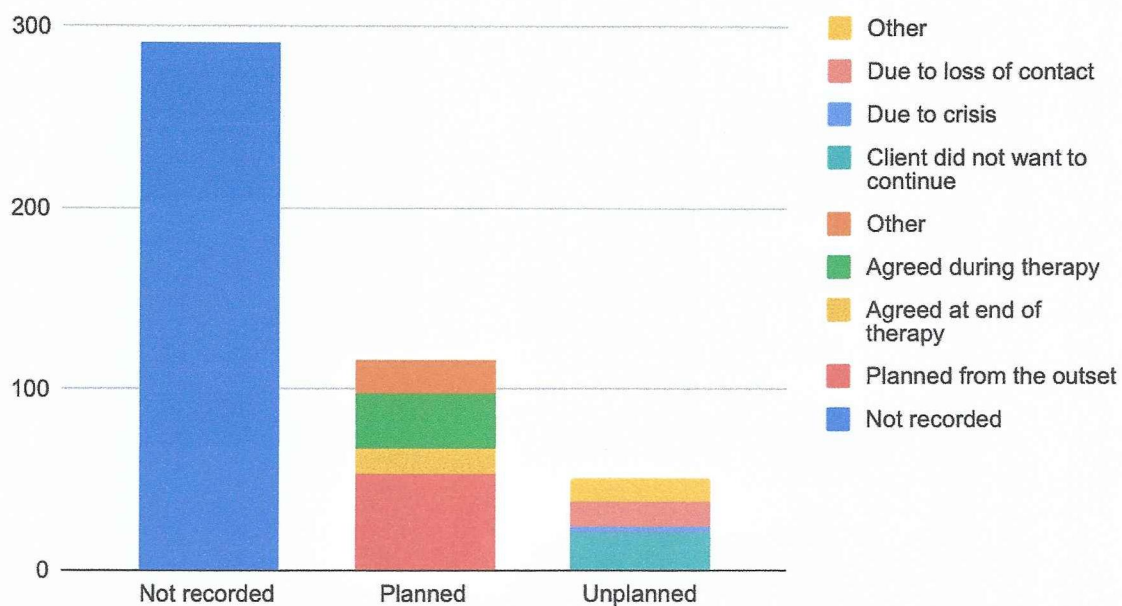
Sessions by Session Type



Appendix I:

Type of Session ending

Type of Session Endings



Charity Registration No. 1181997

POWER TO LIVE FOUNDATION
TRUSTEES' REPORT AND EXAMINED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 JANUARY 2023

POWER TO LIVE FOUNDATION

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Tien Kuei George Panayiotou Olivia Gray	(Appointed 3 January 2023)
Charity number	1181997	
Registered address	Westgate Chambers 8a Elm Park Road Pinner Middlesex HA5 3LA	
Independent examiner	Morgan Berkeley Limited Westgate Chambers 8a Elm Park Road Pinner Middlesex HA5 3LA	

POWER TO LIVE FOUNDATION

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Independent examiner's report	3
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Balance sheet	5
Notes to the financial statements	6 - 11

POWER TO LIVE FOUNDATION

TRUSTEES' REPORT

FOR THE YEAR ENDED 31 JANUARY 2023

The trustees present their annual report and financial statements for the year ended 31 January 2023.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the Charities Act 2011 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)".

Objectives and activities

The charity was set up for such purpose that are charitable according to the law of England and Wales for the benefit of the public, in particular but, not exclusively for the purposes of advancement of health for public benefit.

Public benefit statement

In setting the charity's objectives, the trustees have paid due regard to Public Benefit guidance published by the Charity Commission.

Achievements and performance

Summary of policies adopted to achieve the main aim:

The charity received funding from income arising from donations for the year under review.

During the year the charity did not expend any resources for charitable purposes as it was still in its early stages of establishing itself.

Financial review

Financial results

The detailed results are shown on page 4.

The present level of funding is adequate to support the continuation of the provision of the charity's objectives, and the trustees consider the financial position to be satisfactory.

The trustees have assessed the major risks to which the charity is exposed, and are satisfied that systems are in place to mitigate exposure to the major risks.

Structure, governance and management

Legal and administrative information

The charity was incorporated on 12th February 2019 as a Charitable Incorporated Organisation (CIO) and is governed by its constitution.

The trustees who served during the year and up to the date of signature of the financial statements were:

Tien Kuei

Dr Ross George White

(Resigned 3 January 2023)

George Panayiotou

Olivia Gray

(Appointed 3 January 2023)

The Charity's Trustees are appointed in accordance with its constitution.

The Board has the power to appoint additional trustees as it considers fit to do so.

POWER TO LIVE FOUNDATION

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 JANUARY 2023

Statement of trustees' responsibilities

The trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England and Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that year.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping sufficient accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees' report was approved by the Board of Trustees.


Tien Kuei (Aug 11, 2023 18:54 GMT+2)

Tien Kuei

Trustee

Dated:11/8/23.....

POWER TO LIVE FOUNDATION

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF POWER TO LIVE FOUNDATION

I report to the trustees on my examination of the financial statements of Power To Live Foundation (the charity) for the year ended 31 January 2023.

Responsibilities and basis of report

As the trustees of the charity you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 (the 2011 Act).

I report in respect of my examination of the charity's financial statements carried out under section 145 of the 2011 Act. In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

Your attention is drawn to the fact that the charity has prepared financial statements in accordance with Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has now been withdrawn.

I understand that this has been done in order for financial statements to provide a true and fair view in accordance with Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- 1 accounting records were not kept in respect of the charity as required by section 130 of the 2011 Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the financial statements to be reached.

Morgan Berkeley Ltd
Morgan Berkeley Ltd (Aug 11, 2023 18:48 GMT+1)

Morgan Berkeley Limited

Westgate Chambers
8a Elm Park Road
Pinner
HA5 3LA
Middlesex

Dated: 11 August 2023

POWER TO LIVE FOUNDATION

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDED 31 JANUARY 2023

	Notes	Unrestricted funds 2023 £	Unrestricted funds 2022 £
<u>Income from:</u>			
Donations and legacies	3	13,250	14,264
Charitable activities	4	33,287	-
Other trading activities	5	392	-
Total income		<u>46,929</u>	<u>14,264</u>
<u>Expenditure on:</u>			
Raising funds	6	<u>269</u>	<u>126</u>
Charitable activities		<u>22,619</u>	<u>610</u>
Other expenses	9	<u>20,316</u>	<u>2,876</u>
Total resources expended		<u>43,204</u>	<u>3,612</u>
Net movement in funds		3,725	10,652
Fund balances at 1 February 2022		<u>17,770</u>	<u>7,118</u>
Fund balances at 31 January 2023		<u><u>21,495</u></u>	<u><u>17,770</u></u>

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.


POWER TO LIVE FOUNDATION

BALANCE SHEET

AS AT 31 JANUARY 2023

	Notes	2023 £	£	2022 £	£
Fixed assets					
Intangible assets	11		250		500
Tangible assets	12		846		1,692
			<u>1,096</u>		<u>2,192</u>
Current assets					
Debtors	13	7,927		-	
Cash at bank and in hand		<u>24,872</u>		<u>17,018</u>	
		32,799		17,018	
Creditors: amounts falling due within one year	14	<u>(12,400)</u>		<u>(1,440)</u>	
Net current assets			<u>20,399</u>		<u>15,578</u>
Total assets less current liabilities			<u>21,495</u>		<u>17,770</u>
Income funds					
Unrestricted funds			<u>21,495</u>		<u>17,770</u>
			<u>21,495</u>		<u>17,770</u>

The financial statements were approved by the Trustees on 11/8/23


Tien Kuei (Aug 11, 2023, 18:54 GMT+2)
Tien Kuei
Trustee

POWER TO LIVE FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 JANUARY 2023

1 Accounting policies

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's, the Charities Act 2011 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)". The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

The financial statements have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved following the Statement of Recommended Practice for charities applying FRS 102 rather than the version of the Statement of Recommended Practice which is referred to in the Regulations but which has since been withdrawn.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

1.2 Going concern

There are no material uncertainties about the charity's ability to continue.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

POWER TO LIVE FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 JANUARY 2023

1 Accounting policies

(Continued)

1.5 Intangible fixed assets other than goodwill

Intangible assets acquired separately from a business are recognised at cost and are subsequently measured at cost less accumulated amortisation and accumulated impairment losses.

Amortisation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Website costs	25% per annum
---------------	---------------

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Computer software	25% per annum
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The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.7 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.8 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

POWER TO LIVE FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 JANUARY 2023

1 Accounting policies

(Continued)

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Donations and legacies

	Unrestricted funds	Unrestricted funds
	2023	2022
	£	£
Donations and gifts	13,250	14,264

4 Charitable activities

	2023	2022
	£	£
Income from therapy	14,214	-
Drive Forward Foundation	14,190	-
Income from training course	4,883	-
	33,287	-

POWER TO LIVE FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 JANUARY 2023

5 Other trading activities

	Unrestricted funds	Total
	2023 £	2022 £
Non-charitable trading activities	371	-
Bank interest receivable	21	-
	<hr/>	<hr/>
Other trading activities	392	-
	<hr/>	<hr/>

6 Raising funds

	Unrestricted funds	Unrestricted funds
	2023 £	2022 £
<u>Fundraising and publicity</u>		
Other fundraising costs	269	126
	<hr/>	<hr/>
	269	126
	<hr/>	<hr/>

7 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

8 Employees

The average monthly number of employees during the year was:

2023 Number	2022 Number
2	-
<hr/>	<hr/>

The charity has 2 employees and 3 trustees during the year.

There were no employees whose annual remuneration was more than £60,000.

POWER TO LIVE FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 JANUARY 2023

9 Other expenses

	Unrestricted funds	Unrestricted funds
	2023	2022
Staff training and related costs	3,924	-
Marketing and advertising	605	-
Insurance	193	-
Telephone	581	505
Accountancy fees	3,000	540
Rent	1,921	626
Bank charges	241	109
Computer and website costs	1,958	1,096
Legal and professional	1,740	
Salaries, employer's NIC and pension	5,057	
Depreciation	1,096	
	<u>20,316</u>	<u>2,876</u>

10 Taxation

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects.

11 Intangible fixed assets

	Website costs £
Cost	
At 1 February 2022 and 31 January 2023	<u>1,000</u>
Amortisation and impairment	
At 1 February 2022	500
Amortisation charged for the year	<u>250</u>
At 31 January 2023	<u>750</u>
Carrying amount	
At 31 January 2023	<u>250</u>
At 31 January 2022	<u>500</u>

POWER TO LIVE FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 JANUARY 2023

12 Tangible fixed assets

	Computer software £
Cost	
At 1 February 2022	3,384
At 31 January 2023	3,384
Depreciation and impairment	
At 1 February 2022	1,692
Depreciation charged in the year	846
At 31 January 2023	2,538
Carrying amount	
At 31 January 2023	846
At 31 January 2022	1,692

13 Debtors

	2023 £	2022 £
Amounts falling due within one year:		
Trade debtors	6,086	-
Prepayments and accrued income	1,841	-
	7,927	-

14 Creditors: amounts falling due within one year

	2023 £	2022 £
Trade creditors	5,750	-
Accruals and deferred income	6,650	1,440
	12,400	1,440

15 Related party transactions

There were no disclosable related party transactions during the year (2022 - none).