

STILL I RISE

England & Wales · Charity number 1182706

Details

Status Registered

Legal form CIO

Registered 2019-03-29

Register [View on the Charity Commission register](#)

Contact

Address 3 Farm Court
45 High Street
Pinner
HA5 5PJ

Phone 07703812438

Email admin@stillirise.org.uk

Website www.stillirise.org.uk

Activities

Objects: 1 To improve the mental and physical health of individuals through the practice of Kundalini yoga, Mindfulness and Meditation.2 To advance the education of the public by providing mental and physical wellbeing courses.3 To promote social integration/inclusivity with special focus towards BAME and excluded/marginalized groups of community.4 To improve individuals coping and resilience skills whilst receiving support through group talking therapy and counselling. 5 To provide services and facilitate recreational welfare activities for individuals including children and young people who are in need of support by the reason of disability, special need, financial hardship, age, infirmity, care responsibilities, discrimination, difficult social circumstances with aim of improving their life condition.

Activities: Talking therapy groups and community meet ups to overcome adversities; Psychoeducational courses; Art classes for ukrainian refugee children.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information, Other Charitable Activities
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, Disability, Amateur Sport, Recreation, Other Charitable Purposes
- **Who:** Children/young People, Elderly/old People, People With Disabilities, People Of A Particular Ethnic Or Racial Origin, Other Charities Or Voluntary Bodies, Other Defined Groups, The General Public/mankind

Geography

- Buckinghamshire
- Hertfordshire
- Throughout London

Finances

| Period end | Income | Expenditure | Assets | Employees |
|------------|---------|-------------|--------|-----------|
| 2025-03-31 | £22,511 | £21,651 | - | - |
| 2024-03-31 | £17,989 | £17,969 | - | - |
| 2023-03-31 | £1,652 | £8,274 | - | - |
| 2022-03-31 | £9,993 | £4,633 | - | - |
| 2021-03-31 | £16,189 | £9,920 | - | - |

Trustees

| Name | Role | Appointed |
|---------------------|------|------------|
| Katsiaryna Drake | | 2018-12-15 |
| Kristine Middleton | | 2022-05-01 |
| Natalina Kuznetsova | | 2019-04-04 |

STILL I RISE

England & Wales - Charity number 1182706

Accounts

STILL I RISE

UNAUDITED

TRUSTEES' REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2025

STILL I RISE

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STILL I RISE

**REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITY, ITS TRUSTEES AND
ADVISERS FOR THE YEAR ENDED 31 MARCH 2025**

Trustees N Kuznetsova, Trustee
 K Drake, Trustee
 K Middleton, Trustee

STILL I RISE

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2025

The Trustees present their annual report together with the financial statements of the Still I Rise for the year ended 31 March 2025.

This year Still I Rise concentrated on Children's mental wellbeing by delivering art classes.

Objectives and activities

a. Policies and objectives

1 To improve the mental and physical health of individuals through the practice of Kundalini yoga, Mindfulness and Meditation. 2 To advance the education of the public by providing mental and physical wellbeing courses. 3 To promote social integration/inclusivity with special focus towards BAME and excluded/marginalized groups of community. 4 To improve individuals coping and resilience skills whilst receiving support through group talking therapy and counselling. 5 To provide services and facilitate recreational welfare activities for individuals including children and young people who are in need of support by the reason of disability, special need, financial hardship, age, infirmity, care responsibilities, discrimination, difficult social circumstances with aim of improving their life condition.

In setting objectives and planning for activities, the Trustees have given due consideration to general guidance published by the Charity Commission relating to public benefit, including the guidance 'Public benefit: running a charity (PB2)'.

b. Strategies and activities undertaken for achieving objectives

Still I Rise has delivered art classes to children in disadvantaged backgrounds at risk of anti-social behaviour. The art course were designed to encompass a wide range of mediums and techniques. Projects include acrylics on a canvas; watercolours; inks; pastels; clay modelling; textiles; graffiti art and more. Four extra hours of youth work a week were provided: 2.5 hours of art classes and an additional 1.5 hour per week is allocated for setting up the classroom; changing between classes and clearing out at the end. A total number of 312 hours will be covered in 2 academic school years (78 weeks). Sessions ran in a block of two art classes. They take place in out of school hours and comprise the following schedule: 30 min classroom set up; 1 hour 15 min art class 1; 30 min change over; 1 hour 15 min art class 2; 30 min clear out. Each class accommodates up to 20 children. We ran two classes per week with up to 40 children attending weekly. The classes are open to all cultural and religious backgrounds and gender identities. Disabilities and special needs will be accommodated to the best of the teachers abilities. Still I Rise also delivered additional one to one art sessions for children with special needs.

STILL I RISE

**TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2025**

Financial review

a. Going concern

After making appropriate enquiries, the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements.

b. Reserves policy

General funds within unrestricted funds held at 31 March 2025 was £5,071.

Structure, governance and management

a. Constitution

Still I Rise is a registered CIO, number 1182706.

b. Methods of appointment or election of Trustees

The management of the Charity is the responsibility of the Trustees who are elected and co-opted under the terms of the Trust deed.

Approved by order of the members of the board of Trustees and signed on their behalf by:

N Kuznetsova
Date: 23/01/2026



**STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2025**

| | Note | Unrestricted funds 2025 £ | Total funds 2025 £ | <i>Total funds 2024 £</i> |
|------------------------------------|------|------------------------------------|-----------------------------|---------------------------------------|
| Income from: | | | | |
| Donations | 3 | 22,511 | 22,511 | 17,989 |
| | | <u>22,511</u> | <u>22,511</u> | <u>17,989</u> |
| Total income | | | | |
| Expenditure on: | | | | |
| Charitable activities | 4 | 21,651 | 21,651 | 17,969 |
| | | <u>21,651</u> | <u>21,651</u> | <u>17,969</u> |
| Total expenditure | | | | |
| | | <u>860</u> | <u>860</u> | <u>20</u> |
| Net movement in funds | | | | |
| Reconciliation of funds: | | | | |
| Total funds brought forward | | 4,211 | 4,211 | 4,191 |
| Net movement in funds | | 860 | 860 | 20 |
| | | <u>5,071</u> | <u>5,071</u> | <u>4,211</u> |
| Total funds carried forward | | | | |

The Statement of Financial Activities includes all gains and losses recognised in the year.

The notes on pages 6 to 10 form part of these financial statements.

STILL I RISE

BALANCE SHEET AS AT 31 MARCH 2025

| | Note | 2025 £ | 2024 £ |
|---------------------------|------|---------------------|---------------------|
| Tangible assets | 6 | 0 | 0 |
| | | <u>0</u> | <u>0</u> |
| Current assets | | | |
| Cash at bank and in hand | | 5,071 | 5,071 |
| | | <u>5,071</u> | <u>5,071</u> |
| Net current assets | | 5,071 | 4,211 |
| Total net assets | | 5,071 | 4,211 |
| | | <u><u>5,071</u></u> | <u><u>4,211</u></u> |
| Charity funds | | | |
| Unrestricted funds | 7 | 5,071 | 4,211 |
| Total funds | | 5,071 | 4,211 |
| | | <u><u>5,071</u></u> | <u><u>4,211</u></u> |

The financial statements were approved and authorised for issue by the Trustees and signed on their behalf by:

N Kuznetsova

Date: 23/01/2026



The notes on pages 6 to 10 form part of these financial statements.

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2025

1. General information

Still I Rise is a CIO registered in England and domiciled in the UK.

2. Accounting policies

2.1 Basis of preparation of financial statements

The financial statements have been prepared in accordance with the Charities SORP (FRS 102) - 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 2015), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

The financial statements have been prepared to give a 'true and fair' view and 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 Charities SORP (FRS 102) published on 16 July 2014 rather than the Accounting and Reporting by Charities: Statement of Recommended Practice effective from 1 April 2005 which has since been withdrawn.

Still I Rise meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

2.2 Income

All income is recognised once the Charity has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

Grants are included in the Statement of financial activities on a receivable basis. The balance of income received for specific purposes but not expended during the period is shown in the relevant funds on the Balance sheet. Where income is received in advance of entitlement of receipt, its recognition is deferred and included in creditors as deferred income. Where entitlement occurs before income is received, the income is accrued.

2.3 Expenditure

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 allocated on the portion of the asset's use.

Expenditure on charitable activities is incurred on directly undertaking the activities which further the Charity's objectives, as well as any associated support costs.

All expenditure is inclusive of irrecoverable VAT.

STILL I RISE

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2025

2. Accounting policies (continued)

2.4 Tangible fixed assets and depreciation

Tangible fixed assets costing £NIL or more are capitalised and recognised when future economic benefits are probable and the cost or value of the asset can be measured reliably.

Tangible fixed assets are initially recognised at cost. After recognition, under the cost model, tangible fixed assets are measured at cost less accumulated depreciation and any accumulated impairment losses. All costs incurred to bring a tangible fixed asset into its intended working condition should be included in the measurement of cost.

Depreciation is charged so as to allocate the cost of tangible fixed assets less their residual value over their estimated useful lives, using the straight-line method.

The estimated useful lives are as follows:

Office equipment - 3 years

2.5 Cash at bank and in hand

Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

2.6 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Charity and which have not been designated for other purposes.

3. Income from donations and legacies

| | Unrestricted funds 2025 £ | Total funds 2025 £ |
|---------------------|--|---------------------------------------|
| Public Donations | 165 | 165 |
| Corporate Donations | 463.91 | 463.91 |
| Grants | 17,382 | 17,382 |
| Private Donations | 4,501 | 4,501 |
| | <u>22,511</u> | <u>22,511</u> |
| | <i>Unrestricted funds 2024 £</i> | <i>Total funds 2024 £</i> |
| Donations | <u>17,989</u> | <u>17,989</u> |

STILL I RISE

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2025

4. Analysis of expenditure on charitable activities

Summary by fund type

| | Unrestricted funds 2025 £ | Total funds 2025 £ |
|-------------------------|--|---------------------------------------|
| Materials | 4,641 | 4,641 |
| Special needs teacher | 3,500 | 3,500 |
| Facilitator Fees | 3,765 | 3,765 |
| Facilitator assistance | 3,030 | 3,030 |
| Administration | 2,058 | 2,058 |
| Hall Hire | 3,600 | 3,600 |
| Legal & Professional | 650 | 650 |
| Platforms/maintenance | 393 | 393 |
| Donations | 13 | 13 |
| | 21,651 | 21,651 |
| | 21,651 | 21,651 |
| | <i>Unrestricted funds 2024 £</i> | <i>Total funds 2024 £</i> |
| Materials | 2,468 | 2,468 |
| Advertising & Promotion | 2,359 | 2,359 |
| Facilitator Fees | 7,872 | 7,872 |
| Travel | 52 | 52 |
| Administration | 540 | 540 |
| Hall Hire | 2,160 | 2,160 |
| Donations | 140 | 140 |
| Legal & Professional | 1,500 | 1,500 |
| Training | 80 | 80 |
| Platforms maintenance | 558 | 558 |
| Special events | 240 | 240 |
| | 17,969 | 17,969 |
| | 17,969 | 17,969 |

5. Trustees' remuneration and expenses

During the year, no Trustees received any remuneration or other benefits (2025 - £NIL).

During the year ended 31 March 2025, no Trustee expenses have been incurred (2025 - £NIL).

STILL I RISE

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2025

6. Tangible fixed assets – N/A

| | Office equipment £ |
|--------------------------|--------------------------|
| Cost or valuation | |
| Additions | 0 |
| At 31 March 2025 | <u>0</u> |
| Depreciation | |
| Charge for the year | 0 |
| At 31 March 2025 | <u>0</u> |
| Net book value | |
| At 31 March 2025 | <u>0</u> |
| <i>At 31 March 2024</i> | <u>0</u> |

STILL I RISE

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2025

7. Statement of funds

Statement of funds - current year

| | Balance at 1 April 2024 £ | Income £ | Expenditure £ | Balance at 31 March 2025 £ |
|---------------------------|---------------------------------|-------------|------------------|-------------------------------------|
| Unrestricted funds | | | | |
| General Funds | 4,211 | 22,511 | 21,651 | 5,071 |

General funds Represent the balance of Sill I Rise funds.

Grants: A grant of £17,381.51 was received from National Lottery in this financial year and £463.91 in small instalments from Pay pal fund throughout the year.

National Lottery grant was allocated for “Art Connection” project. It facilitates art classes for children 11 – 18 living in High Wycombe.

Statement of funds - prior year

| Unrestricted funds | <i>Income</i> £ | <i>Expenditure</i> £ | <i>Balance at</i> <i>31 March</i> <i>2024</i> £ |
|---------------------------|--------------------|-------------------------|--|
| General Funds | 17,989 | 17,969 | 4,211 |

STILL I RISE

England & Wales - Charity number 1182706

Accounts

STILL I RISE

UNAUDITED

TRUSTEES' REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2024

STILL I RISE

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STILL I RISE

**REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITY, ITS TRUSTEES AND
ADVISERS FOR THE YEAR ENDED 31 MARCH 2024**

Trustees N Kuznetsova, Trustee
 K Drake, Trustee
 K Middleton, Trustee

STILL I RISE

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2024

The Trustees present their annual report together with the financial statements of the Still I Rise for the year ended 31 March 2024.

This financial year Still I Rise offered psychoeducational courses at the start of the year. They help to improve contentment and mental wellbeing within oneself naturally encourage the person to look outside, being less judgemental, create positive social contacts, promoting tolerance and integration. It is suitable for participants with mental health challenges that would aim to improve participants mental wellbeing, motivation and positive

From May 2024 Charity offered art classes for children of Ukranian refugees. Buckinghamshire has welcomed hundreds of Ukranian refugee families escaping the war since the "Homes for Ukran" scheme began. The art course is designed for children aged 6 – 16 and encompass a wide range of mediums and techniques. It includes fluid art, acrylics on a canvas, pastels, clay, fabrics craft and more. The project will help children to integrate into a new community; provide out-of-school activities which are currently lacking; allow children to express themselves through art and develop creativity; improve mental well-being and help to digest their traumas or distress through art.

Objectives and activities

a. Policies and objectives

1 To improve the mental and physical health of individuals through the practice of Kundalini yoga, Mindfulness and Meditation. 2 To advance the education of the public by providing mental and physical wellbeing courses. 3 To promote social integration/inclusivity with special focus towards BAME and excluded/marginalized groups of community. 4 To improve individuals coping and resilience skills whilst receiving support through group talking therapy and counselling. 5 To provide services and facilitate recreational welfare activities for individuals including children and young people who are in need of support by the reason of disability, special need, financial hardship, age, infirmity, care responsibilities, discrimination, difficult social circumstances with aim of improving their life condition.

In setting objectives and planning for activities, the Trustees have given due consideration to general guidance published by the Charity Commission relating to public benefit, including the guidance 'Public benefit: running a charity (PB2)'.

b. Strategies for achieving objectives

The Charity offers psychoeducational courses and support in order to improve mental wellbeing, improve confidence, increase self-esteem, increase happiness, socialise with peers and more. A new project engaging children of Ukranian refugees that had started at the end of the last year, has continued through 2024. The aim is to improve children's mental wellbeing through art.

All of the psychoeducational courses follow a similar structure that creates warm and supportive environment

1. Check in. Each participant introduces themselves in turn (4 min each). At the following session check-ins each participant shares events that happened last week and any challenging situations they like to bring up or questions they may have.
2. Once everyone has spoken, the facilitator presents the topic of the day accompanied by slides. Participants can raise a question at any point during the presentation, and the facilitator can initiate a question to the group spontaneously at any point during the presentation to make it engaging.
3. Some longer sessions may have 10 min break.
4. Group discussion relevant to the topic. The group might be broken down into smaller 3-4 person subgroups where appropriate. Some sessions may have practical exercises.
5. Check out. Each participant is called out in turn to have any closing comments or anything they would like to share about the session.

c. Activities undertaken to achieve objectives

STILL I RISE

TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

Ten weeks Course "Recovering your authentic core" (Apr - July) – online

This programme aims to increase an understanding of authenticity: what does it mean (to you)? Themes include identity; navigating social environments; and uncovering authentic personal meaning. Questions answered throughout: Who are you? Exploring individual identity. Who are you in the world? Who you are vs. who you think you should be. How to integrate (more) authenticity in your life? Exploring the impact of pleasing, courage and relational risks. How do you find personal meaning? Finding one's authentic purpose.

Six weeks Course "Healing and Harmony in Relationships" (Oct - Nov) – online

- (1) The window of tolerance. Tolerating and processing emotions – learning to recognise where you are. Gratitude practise. What? Why? and How? (3) Dealing with difficult emotions. How? (4) Practising mindfulness in your thinking. How? (5) Rituals. What? Why? How? (6) Endings and ending rituals

Art Classes for Children of Ukrainian Refugees (Apr 2023 – Apr 2024)

On site project in High Wycombe. Two classes on Saturdays, 1 h 15 min each. Children undertaking various projects: acrylic painting, watercolors, crafts making, textiles, clay modelling and more.

Financial review

a. Going concern

After making appropriate enquiries, the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements.

b. Reserves policy

General funds within unrestricted funds held at 31 March 2024 was £4,211.65.

Structure, governance and management

a. Constitution

Still I Rise is a registered CIO, number 1182706.

b. Methods of appointment or election of Trustees

The management of the Charity is the responsibility of the Trustees who are elected and co-opted under the terms of the Trust deed.

Approved by order of the members of the board of Trustees and signed on their behalf by:

N Kuznetsova
Date: 08/05/2024



STILL I RISE

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2024

| | Note | Unrestricted funds 2024 £ | Total funds 2024 £ | Total funds 2023 £ |
|------------------------------------|------|------------------------------------|-----------------------------|-----------------------------|
| Income from: | | | | |
| Donations | 3 | 17,989 | 17,989 | 1,652 |
| | | <hr/> | <hr/> | <hr/> |
| Total income | | 17,989 | 17,989 | 1,652 |
| Expenditure on: | | | | |
| Charitable activities | 4 | 17,969 | 17,969 | 8,274 |
| | | <hr/> | <hr/> | <hr/> |
| Total expenditure | | 17,969 | 17,969 | 8,274 |
| | | <hr/> | <hr/> | <hr/> |
| Net movement in funds | | 20 | 20 | (6,622) |
| Reconciliation of funds: | | | | |
| Total funds brought forward | | 4,191 | 4,191 | 10,813 |
| Net movement in funds | | 20 | 20 | (6,622) |
| | | <hr/> | <hr/> | <hr/> |
| Total funds carried forward | | 4,211 | 4,211 | 4,191 |
| | | <hr/> | <hr/> | <hr/> |

The Statement of Financial Activities includes all gains and losses recognised in the year.

The notes on pages 6 to 10 form part of these financial statements.

STILL I RISE

BALANCE SHEET AS AT 31 MARCH 2024

| | Note | 2024 £ | 2023 £ |
|---------------------------|------|-----------|-----------|
| Tangible assets | 6 | 0 | 0 |
| | | <hr/> | <hr/> |
| | | 0 | 0 |
| Current assets | | | |
| Cash at bank and in hand | | 4,211 | 4,191 |
| | | <hr/> | <hr/> |
| | | 4,211 | 4,191 |
| Net current assets | | <hr/> | <hr/> |
| | | 4,211 | 4,191 |
| Total net assets | | <hr/> | <hr/> |
| | | 4,211 | 4,191 |
| | | <hr/> | <hr/> |
| Charity funds | | | |
| Unrestricted funds | 7 | 4,211 | 4,191 |
| | | <hr/> | <hr/> |
| Total funds | | <hr/> | <hr/> |
| | | 4,211 | 4,191 |
| | | <hr/> | <hr/> |

The financial statements were approved and authorised for issue by the Trustees and signed on their behalf by:

N Kuznetsova

Date: 08/05/2024



The notes on pages 6 to 10 form part of these financial statements.

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2024

1. General information

Still I Rise is a CIO registered in England and domiciled in the UK.

2. Accounting policies

2.1 Basis of preparation of financial statements

The financial statements have been prepared in accordance with the Charities SORP (FRS 102) - 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 2015), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

The financial statements have been prepared to give a 'true and fair' view and 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 Charities SORP (FRS 102) published on 16 July 2014 rather than the Accounting and Reporting by Charities: Statement of Recommended Practice effective from 1 April 2005 which has since been withdrawn.

Still I Rise meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

2.2 Income

All income is recognised once the Charity has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

Grants are included in the Statement of financial activities on a receivable basis. The balance of income received for specific purposes but not expended during the period is shown in the relevant funds on the Balance sheet. Where income is received in advance of entitlement of receipt, its recognition is deferred and included in creditors as deferred income. Where entitlement occurs before income is received, the income is accrued.

2.3 Expenditure

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 allocated on the portion of the asset's use.

Expenditure on charitable activities is incurred on directly undertaking the activities which further the Charity's objectives, as well as any associated support costs.

All expenditure is inclusive of irrecoverable VAT.

STILL I RISE

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2024

2. Accounting policies (continued)

2.4 Tangible fixed assets and depreciation

Tangible fixed assets costing £NIL or more are capitalised and recognised when future economic benefits are probable and the cost or value of the asset can be measured reliably.

Tangible fixed assets are initially recognised at cost. After recognition, under the cost model, tangible fixed assets are measured at cost less accumulated depreciation and any accumulated impairment losses. All costs incurred to bring a tangible fixed asset into its intended working condition should be included in the measurement of cost.

Depreciation is charged so as to allocate the cost of tangible fixed assets less their residual value over their estimated useful lives, using the straight-line method.

The estimated useful lives are as follows:

Office equipment - 3 years

2.5 Cash at bank and in hand

Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

2.6 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Charity and which have not been designated for other purposes.

3. Income from donations and legacies

| | Unrestricted funds 2024 £ | Total funds 2024 £ |
|---------------------|--|---------------------------------------|
| Public Donations | 308 | 308 |
| Corporate Donations | 3,000 | 3,000 |
| Grants | 10,498 | 10,498 |
| Private Donations | 4,183 | 4,183 |
| | <hr/> 17,989 <hr/> | <hr/> 17,989 <hr/> |
| | <i>Unrestricted funds 2023 £</i> | <i>Total funds 2023 £</i> |
| Donations | <hr/> <i>1,652</i> <hr/> | <hr/> <i>1,652</i> <hr/> |

STILL I RISE

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2024

4. Analysis of expenditure on charitable activities

Summary by fund type

| | Unrestricted funds 2024 £ | Total funds 2024 £ |
|-------------------------|--|---------------------------------------|
| Materials | 2,468 | 2,468 |
| Advertising & Promotion | 2,359 | 2,359 |
| Facilitator Fees | 7,872 | 7,872 |
| Travel | 52 | 52 |
| Administration | 540 | 540 |
| Hall Hire | 2,160 | 2,160 |
| Donations | 140 | 140 |
| Legal & Professional | 1,500 | 1,500 |
| Training | 80 | 80 |
| Platforms maintenance | 558 | 558 |
| Special events | 240 | 240 |
| | 17,969 | 17,969 |
| | <i>Unrestricted funds 2023 £</i> | <i>Total funds 2023 £</i> |
| Materials | 446 | 446 |
| Advertising & Promotion | 639 | 639 |
| Facilitator Fees | 5,515 | 5,515 |
| Travel | 28 | 28 |
| Depreciation | 881 | 881 |
| Platform maintenance | 178 | 178 |
| Donations | 110 | 110 |
| Activity equipment | 477 | 477 |
| | 8,274 | 8,274 |

5. Trustees' remuneration and expenses

During the year, no Trustees received any remuneration or other benefits (2024 - £NIL).

During the year ended 31 March 2024, no Trustee expenses have been incurred (2024 - £NIL).

STILL I RISE

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2024

6. Tangible fixed assets

| | Office equipment £ |
|--------------------------|--------------------------|
| Cost or valuation | |
| Additions | 0 |
| At 31 March 2024 | <u>0</u> |
| Depreciation | |
| Charge for the year | 0 |
| At 31 March 2024 | <u>0</u> |
| Net book value | |
| At 31 March 2024 | <u>0</u> |
| <i>At 31 March 2023</i> | <u><u>881</u></u> |

STILL I RISE

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2024

7. Statement of funds

Statement of funds - current year

| | Balance at 1 April 2023 £ | Income £ | Expenditure £ | Balance at 31 March 2024 £ |
|---------------------------|---------------------------------|-------------|------------------|-------------------------------------|
| Unrestricted funds | | | | |
| General Funds | 4,191 | 17,989 | 17,969 | 4,211 |

General funds Represent the balance of Still I Rise funds.

Grants: A grant of £10,000 was received from National Lottery in May 2023, £3,000 from Taleon Impero in March 2024 and £498 in small instalments from Pay pal fund throughout the year.

National Lottery grant was allocated for "Shine through art" project. It facilitates art classes for Ukrainian children moved to Buckinghamshire during the war.

Statement of funds - prior year

| Unrestricted funds | <i>Income</i> £ | <i>Expenditure</i> £ | <i>Balance at</i> <i>31 March</i> <i>2023</i> £ |
|---------------------------|--------------------|-------------------------|--|
| General Funds | 1,652 | (8,274) | 4,191 |

STILL I RISE

England & Wales - Charity number 1182706

Accounts

STILL I RISE

UNAUDITED

TRUSTEES' REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH

STILL I RISE

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STILL I RISE

**REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITY, ITS TRUSTEES AND
ADVISERS FOR THE YEAR ENDED 31 MARCH 2023**

Trustees N Kuznetsova, Trustee
 K Drake, Trustee
 K Middleton, Trustee

STILL I RISE

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2023

The Trustees present their annual report together with the financial statements of the Still I Rise for the year ended 31 March 2023.

This financial year Still I Rise offered psychoeducational courses. They help to improve contentment and mental wellbeing within oneself naturally encourage the person to look outside, being less judgemental, create positive social contacts, promoting tolerance and integration. It is suitable for participants with mental health challenges that would aim to improve participants mental wellbeing, motivation and positive outlook in life.

Still I Rise also offered a psychoeducational course for women identified with autism in adulthood. The programme was developed to account for late-identified autistic females' specific needs. They are finding themselves in a unique situation of having lived a large proportion of their lives without knowing their condition. The main programme runs over 10-weeks where participants retrospectively look back at their lives from a place of compassion, learn more about autism, digest diagnosis, develop confidence and self-acceptance, devise strategies to suit their needs, gain validation from hearing stories of others and socialise in a group of like-minded individuals.

Objectives and activities

a. Policies and objectives

1 To improve the mental and physical health of individuals through the practice of Kundalini yoga, Mindfulness and Meditation. 2 To advance the education of the public by providing mental and physical wellbeing courses. 3 To promote social integration/inclusivity with special focus towards BAME and excluded/marginalized groups of community. 4 To improve individuals coping and resilience skills whilst receiving support through group talking therapy and counselling. 5 To provide services and facilitate recreational welfare activities for individuals including children and young people who are in need of support by the reason of disability, special need, financial hardship, age, infirmity, care responsibilities, discrimination, difficult social circumstances with aim of improving their life condition.

In setting objectives and planning for activities, the Trustees have given due consideration to general guidance published by the Charity Commission relating to public benefit, including the guidance 'Public benefit: running a charity (PB2)'.

b. Strategies for achieving objectives

The Charity offers psychoeducational courses and support in order to improve mental wellbeing, improve confidence, increase self-esteem, go back to work (if currently unemployed and like to do so), increase happiness, socialise with peers and more. Towards the year of the year a new project engaging children of Ukrainian refugees have started. The aim is to improve children's mental wellbeing through art.

All of the psychoeducational courses follow a similar structure that creates warm and supportive environment

1. Check in. Each participant introduces themselves in turn (4 min each). At the following session check-ins each participant shares events that happened last week and any challenging situations they like to bring up or questions they may have.
2. Once everyone has spoken, the facilitator presents the topic of the day accompanied by slides. Participants can raise a question at any point during the presentation, and the facilitator can initiate a question to the group spontaneously at any point during the presentation to make it engaging.
3. Some longer sessions may have 10 min break.
4. Group discussion relevant to the topic. The group might be broken down into smaller 3-4 person subgroups where appropriate. Some sessions may have practical exercises.
5. Check out. Each participant is called out in turn to have any closing comments or anything they would like to share about the session.

c. Activities undertaken to achieve objectives

Psychoeducational Course for late identified autistic women (throughout the year)

The course is currently taking part in DProf scientific study in Middlesex University, London.

STILL I RISE

TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

- Six weeks ACT "Anxiety Reduction Programme" (April - May) - online
The programme is designed to increase psychological flexibility and based on Acceptance and Commitment Therapy (ACT) methodology. It provides action-based tools to effectively deal with anxiety. Each session follows a certain topic and follow the 6 core processes of ACT: (1) Being Present (Be Here Now), (2) Cognitive Diffusion (Watch Your Thinking), (3) Acceptance (Open Up), (4) Self as Context (Pure Awareness), (5) Values (Know What Matters), (6) Committed Action (Do What It Takes)

- Eight weeks Course "Release Chronic Stress and Live your best Life" (Summer) - online
The S.T.R.E.S.S Model is designed to neutralise your accumulated stress, kick out your stress related physical symptoms, and position your life for happiness, peace, productivity and personal fulfilment. 6 Step Recovery Programme. S - Settle with the Past and the Present; T - Terminate Tension with Relaxation; R - Regain Control with your Worry Instinct's Wellbeing Energy; E - Eliminate Doubts and Expect the Positive; S - Set and See your Targets; S - Sail the Ship

Ten weeks Course "Healing and Harmony in Relationships" (Oct - Nov) – online
The goal of the programme is to build back better relationships with self and others. The programme includes topics such as: attachment theory; setting healthy boundaries; introversion/extraversion; values in relationships; parenting the inner child (relationship to self); power dynamics and equality; control and anger management; beginnings and endings (how do we deal with new beginnings and endings in relationship); open communication; and uprooting relational expectations (what do we need? what do we expect?).

Ten weeks Course "Recovering your authentic core" (Jan - Apr) – online
This programme aims to increase an understanding of authenticity: what does it mean (to you)? Themes include identity; navigating social environments; and uncovering authentic personal meaning. Questions answered throughout: Who are you? Exploring individual identity. Who are you in the world? Who you are vs. who you think you should be. How to integrate (more) authenticity in your life? Exploring the impact of pleasing, courage and relational risks. How do you find personal meaning? Finding one's authentic purpose.

Art Classes for Children of Ukrainain Refugees (Feb – Mar) – carried on next financial year
On site project in High Wycombe. Classes on Saturdays, 1 h 15 min. Children undertaking various projects: acrylic painting, watercolors, crafts making, textiles, clay modelling and more.

Financial review

a. Going concern

After making appropriate enquiries, the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements.

b. Reserves policy

General funds within unrestricted funds held at 31 March 2023 was £4,191.

Structure, governance and management

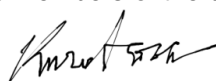
a. Constitution

Still I Rise is a registered CIO, number 1182706.

b. Methods of appointment or election of Trustees

The management of the Charity is the responsibility of the Trustees who are elected and co-opted under the Approved by order of the members of the board of Trustees and signed on their behalf by:

N Kuznetsova
Date: 23/01/2023



STILL I RISE

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2023

| | Note | Unrestricted funds 2023 £ | Total funds 2023 £ | Total funds 2022 £ |
|------------------------------------|------|------------------------------------|-----------------------------|-----------------------------|
| Income from: | | | | |
| Donations | 3 | 1,652 | 1,652 | 9,993 |
| | | <hr/> | <hr/> | <hr/> |
| Total income | | 1,652 | 1,652 | 9,993 |
| Expenditure on: | | | | |
| Charitable activities | 4 | 8,274 | 8,274 | 5,514 |
| | | <hr/> | <hr/> | <hr/> |
| Total expenditure | | 8,274 | 8,274 | 5,514 |
| | | <hr/> | <hr/> | <hr/> |
| Net movement in funds | | (6,622) | (6,622) | 4,479 |
| Reconciliation of funds: | | | | |
| Total funds brought forward | | 10,813 | 10,813 | 6,334 |
| Net movement in funds | | (6,622) | (6,622) | 4,479 |
| | | <hr/> | <hr/> | <hr/> |
| Total funds carried forward | | 4,191 | 4,191 | 10,813 |
| | | <hr/> | <hr/> | <hr/> |

The Statement of Financial Activities includes all gains and losses recognised in the year.

The notes on pages 6 to 10 form part of these financial statements.

STILL I RISE

BALANCE SHEET AS AT 31 MARCH 2023

| | Note | 2023 £ | 2022 £ |
|---------------------------|------|-----------|-----------|
| Tangible assets | 6 | 0 | 881 |
| | | <hr/> | <hr/> |
| | | 0 | 881 |
| Current assets | | | |
| Cash at bank and in hand | | 4,191 | 10,813 |
| | | <hr/> | <hr/> |
| | | 4,191 | 10,813 |
| Net current assets | | <hr/> | <hr/> |
| | | 4,191 | 10,813 |
| Total net assets | | <hr/> | <hr/> |
| | | 4,191 | 11,694 |
| | | <hr/> | <hr/> |
| Charity funds | | | |
| Unrestricted funds | 7 | 4,191 | 11,694 |
| | | <hr/> | <hr/> |
| Total funds | | <hr/> | <hr/> |
| | | 4,191 | 11,694 |
| | | <hr/> | <hr/> |

The financial statements were approved and authorised for issue by the Trustees and signed on their behalf by:

N Kuznetsova

Date: 23/01/2023



The notes on pages 6 to 10 form part of these financial statements.

STILL I RISE

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023

1. General information

Still I Rise is a CIO registered in England and domiciled in the UK.

2. Accounting policies

2.1 Basis of preparation of financial statements

The financial statements have been prepared in accordance with the Charities SORP (FRS 102) - 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 2015), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

The financial statements have been prepared to give a 'true and fair' view and 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 Charities SORP (FRS 102) published on 16 July 2014 rather than the Accounting and Reporting by Charities: Statement of Recommended Practice effective from 1 April 2005 which has since been withdrawn.

Still I Rise meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

2.2 Income

All income is recognised once the Charity has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

Grants are included in the Statement of financial activities on a receivable basis. The balance of income received for specific purposes but not expended during the period is shown in the relevant funds on the Balance sheet. Where income is received in advance of entitlement of receipt, its recognition is deferred and included in creditors as deferred income. Where entitlement occurs before income is received, the income is accrued.

2.3 Expenditure

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 allocated on the portion of the asset's use.

Expenditure on charitable activities is incurred on directly undertaking the activities which further the Charity's objectives, as well as any associated support costs.

All expenditure is inclusive of irrecoverable VAT.

STILL I RISE

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023

2. Accounting policies (continued)

2.4 Tangible fixed assets and depreciation

Tangible fixed assets costing £NIL or more are capitalised and recognised when future economic benefits are probable and the cost or value of the asset can be measured reliably.

Tangible fixed assets are initially recognised at cost. After recognition, under the cost model, tangible fixed assets are measured at cost less accumulated depreciation and any accumulated impairment losses. All costs incurred to bring a tangible fixed asset into its intended working condition should be included in the measurement of cost.

Depreciation is charged so as to allocate the cost of tangible fixed assets less their residual value over their estimated useful lives, using the straight-line method.

The estimated useful lives are as follows:

Office equipment - 3 years

2.5 Cash at bank and in hand

Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

2.6 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Charity and which have not been designated for other purposes.

3. Income from donations and legacies

| | Unrestricted funds 2023 £ | Total funds 2023 £ |
|---------------------|--|---------------------------------------|
| Public Donations | 236 | 236 |
| Corporate Donations | 416 | 416 |
| Grants | 1000 | 1000 |
| | <u>1,652</u> | <u>1,652</u> |
| | | |
| | <i>Unrestricted funds 2022 £</i> | <i>Total funds 2022 £</i> |
| Donations | 9,993 | 9,993 |
| | <u>9,993</u> | <u>9,993</u> |

STILL I RISE

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023

4. Analysis of expenditure on charitable activities

Summary by fund type

| | Unrestricted funds 2023 £ | Total funds 2023 £ |
|-------------------------|--|---------------------------------------|
| Materials | 446 | 446 |
| Advertising & Promotion | 639 | 639 |
| Facilitator Fees | 5,515 | 5,515 |
| Travel | 28 | 28 |
| Depreciation | 881 | 881 |
| Platform maintenance | 178 | 178 |
| Donations | 110 | 110 |
| Activity equipment | 477 | 477 |
| | <hr/> | <hr/> |
| | 8,274 | 8,274 |
| | <hr/> | <hr/> |
| | <i>Unrestricted funds 2022 £</i> | <i>Total funds 2022 £</i> |
| Office Expenses | 78 | 78 |
| Advertising & Promotion | 800 | 800 |
| Facilitator Fees | 3,730 | 3,730 |
| Donations | 25 | 25 |
| Depreciation | 881 | 881 |
| | <hr/> | <hr/> |
| | 5,514 | 5,514 |
| | <hr/> | <hr/> |

5. Trustees' remuneration and expenses

During the year, no Trustees received any remuneration or other benefits (2023 - £NIL).

During the year ended 31 March 2023, no Trustee expenses have been incurred (2023 - £NIL).

STILL I RISE

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023

6. Tangible fixed assets

| | Office equipment £ |
|--------------------------|--------------------------|
| Cost or valuation | |
| Additions | 881 |
| At 31 March 2023 | <u>881</u> |
| Depreciation | |
| Charge for the year | 881 |
| At 31 March 2023 | <u>881</u> |
| Net book value | |
| At 31 March 2023 | <u>0</u> |
| <i>At 31 March 2022</i> | <u><u>1,762</u></u> |

STILL I RISE

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023

7. Statement of funds

Statement of funds - current year

| | Balance at 1 April 2022 £ | Income £ | Expenditure £ | Balance at 31 March 2023 £ |
|---------------------------|---------------------------------|-------------|------------------|-------------------------------------|
| Unrestricted funds | | | | |
| General Funds | 10,813 | 1,652 | (8,274) | 4,191 |

General funds Represent the balance of Sill I Rise funds.

Grants: A grant of £1,000 was received from Casey Trust in April 2022 and £416 from Genesys in March 2023. We have also received £10,000 grant which is only just missed a year end cut off. It will be reported in the next financial year.

These grants were given towards art classes for Ukrainian children moved to Buckinghamshire during the war. They have been started in February 2023.

There was a delay in starting art project after an initial grant as we were awaiting for more funds, required for this project.

Statement of funds - prior year

| Unrestricted funds | <i>Income</i> £ | <i>Expenditure</i> £ | <i>Balance at</i> <i>31 March</i> <i>2022</i> £ |
|---------------------------|--------------------|-------------------------|--|
| General Funds | 9,993 | (5,514) | 10,813 |

STILL I RISE

England & Wales - Charity number 1182706

Accounts

STILL I RISE

UNAUDITED
TRUSTEES' REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

STILL I RISE

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STILL I RISE

**REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITY, ITS TRUSTEES AND
ADVISERS FOR THE YEAR ENDED 31 MARCH 2022**

Trustees N Kuznetsova, Trustee
 K Drake, Trustee
 K Middleton, Trustee

STILL I RISE

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2022

The Trustees present their annual report together with the financial statements of the Still I Rise for the year ended 31 March 2022.

Still I Rise offers Kundalini Yoga and Mindfulness classes. The practice of Kundalini Yoga and Mindfulness are perfect for equipping people with tools for dealing with pressures such as: stress, loneliness, low confidence, mental health issues, negative emotions such as rage, guilt, trauma.

Rising concerns over increasing rates of mental health issues are prompting to look for solution of an early intervention practice. Kundalini Yoga has been proven to calm anxiety, alleviate depression, reduce stress, overcoming addictions, balancing the nervous system, synchronising the brain, building confidence as well as keeping a strong body.

Still I Rise also offers psychoeducational courses. They help to improve contentment and mental wellbeing within oneself naturally encourage the person to look outside, being less judgemental, create positive social contacts, promoting tolerance and integration. It is suitable for participants with mental health challenges that would aim to improve participants mental wellbeing, motivation and positive outlook in life.

Objectives and activities

a. Policies and objectives

1 To improve the mental and physical health of individuals through the practice of Kundalini yoga, Mindfulness and Meditation. 2 To advance the education of the public by providing mental and physical wellbeing courses. 3 To promote social integration/inclusivity with special focus towards BAME and excluded/marginalized groups of community. 4 To improve individuals coping and resilience skills whilst receiving support through group talking therapy and counselling. 5 To provide services and facilitate recreational welfare activities for individuals including children and young people who are in need of support by the reason of disability, special need, financial hardship, age, infirmity, care responsibilities, discrimination, difficult social circumstances with aim of improving their life condition.

In setting objectives and planning for activities, the Trustees have given due consideration to general guidance published by the Charity Commission relating to public benefit, including the guidance 'Public benefit: running a charity (PB2)'.

b. Strategies for achieving objectives

The Charity offer the following activities:

Kundalini Yoga and Sound Bath Relaxation. This Session includes a brief mindfulness moment and breathing techniques, followed by "Kriya" (yoga set). Sessions are naturally slower and more meditative in nature compared to other styles of yoga. They are suitable for mixed ability, gently encouraging participants to progress. It would be aimed at different aspects of body and mind such as: decreasing stress; releasing unwanted emotions such as anger, guilt or shame; increasing motivation and energy levels; strengthening immunity and nervous system; improvement of mental clarity and more. Session is concluded with relaxation (inc. Sound Bath) and small meditation. This encourages deep relaxation, contentment and clarity of mind.

Group Talking Therapy. It consists of topic of the day explained by a facilitator, practical exercise done by the whole group, participants reflection on the topic and general discussion. After a number of sessions participants start to become more optimistic, hopeful for the future, have more strength and resilience to restart/find jobs, take positive action and decisions, believe in themselves, be in more harmonious relationships, regulate themselves (emotions and thoughts) better and generally be more content and happy.

STILL I RISE

TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

c. Activities undertaken to achieve objectives

Kundalini Yoga and Talking Support Group Session would start with the yoga class (one hour), followed by conversational support group (one hour).

- Three weeks CBT "Dealing with Worry" Course (April) – online
In these sessions we will be using techniques from CBT to help you learn how to manage your worry. CBT looks at how your thoughts (including worries), emotions, behaviours and physical sensations are all interlinked and interact with each other. Sometimes, this interaction can develop into a negative cycle.
- Six weeks ACT "Anxiety Reduction Programme" (April - May) - online
The programme is designed to increase psychological flexibility and based on Acceptance and Commitment Therapy (ACT) methodology. It provides action-based tools to effectively deal with anxiety. Each session follows a certain topic and follow the 6 core processes of ACT: (1) Being Present (Be Here Now), (2) Cognitive Diffusion (Watch Your Thinking), (3) Acceptance (Open Up), (4) Self as Context (Pure Awareness), (5) Values (Know What Matters), (6) Committed Action (Do What It Takes)
- Eight weeks Course "Release Chronic Stress and Live your best Life" (Summer) - online
The S.T.R.E.S.S Model is designed to neutralise your accumulated stress, kick out your stress related physical symptoms, and position your life for happiness, peace, productivity and personal fulfilment. 6 Step Recovery Programme. S - Settle with the Past and the Present; T - Terminate Tension with Relaxation; R - Regain Control with your Worry Instinct's Wellbeing Energy; E - Eliminate Doubts and Expect the Positive; S - Set and See your Targets; S - Sail the Ship
- Ongoing Positive Psychology, Meaning and Valued Living, Strength finding Webinars (Autumn) - online

Financial review

a. Going concern

After making appropriate enquiries, the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements.

b. Reserves policy

General funds within unrestricted funds held at 31 March 2022 was £10,813.

Structure, governance and management

a. Constitution

Still I Rise is a registered CIO, number 1182706.

b. Methods of appointment or election of Trustees

The management of the Charity is the responsibility of the Trustees who are elected and co-opted under the

Approved by order of the members of the board of Trustees and signed on their behalf by:

N Kuznetsova
Date: 10/01/2022



STILL I RISE

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2022

| | Note | Unrestricted funds 2022 £ | Total funds 2022 £ | Total funds 2021 £ |
|------------------------------------|------|------------------------------------|-----------------------------|-----------------------------|
| Income from: | | | | |
| Donations | 3 | 9,993 | 9,993 | 16,189 |
| | | <hr/> | <hr/> | <hr/> |
| Total income | | 9,993 | 9,993 | 16,189 |
| Expenditure on: | | | | |
| Charitable activities | 4 | 5,514 | 5,514 | 9,920 |
| | | <hr/> | <hr/> | <hr/> |
| Total expenditure | | 5,514 | 5,514 | 9,920 |
| | | <hr/> | <hr/> | <hr/> |
| Net movement in funds | | 4,479 | 4,479 | 6,269 |
| Reconciliation of funds: | | | | |
| Total funds brought forward | | 6,334 | 6,334 | 65 |
| Net movement in funds | | 4,479 | 4,479 | 6,269 |
| | | <hr/> | <hr/> | <hr/> |
| Total funds carried forward | | 10,813 | 10,813 | 6,334 |
| | | <hr/> | <hr/> | <hr/> |

The Statement of Financial Activities includes all gains and losses recognised in the year.

The notes on pages 6 to 10 form part of these financial statements.

STILL I RISE

BALANCE SHEET AS AT 31 MARCH 2022

| | Note | 2022 £ | 2021 £ |
|---------------------------|------|---------------|--------------|
| Tangible assets | 6 | 881 | 1,762 |
| | | <u>881</u> | <u>1,762</u> |
| Current assets | | | |
| Cash at bank and in hand | | 10,813 | 4,572 |
| | | <u>10,813</u> | <u>4,572</u> |
| Net current assets | | 10,813 | 4,572 |
| | | <u>10,813</u> | <u>4,572</u> |
| Total net assets | | 11,694 | 6,334 |
| | | <u>11,694</u> | <u>6,334</u> |
| Charity funds | | | |
| Unrestricted funds | 7 | 11,694 | 6,334 |
| | | <u>11,694</u> | <u>6,334</u> |
| Total funds | | 11,694 | 6,334 |
| | | <u>11,694</u> | <u>6,334</u> |

The financial statements were approved and authorised for issue by the Trustees and signed on their behalf by:

N Kuznetsova

Date: 10/01/2022



The notes on pages 6 to 10 form part of these financial statements.

STILL I RISE

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2022

1. General information

Still I Rise is a CIO registered in England and domiciled in the UK.

2. Accounting policies

2.1 Basis of preparation of financial statements

The financial statements have been prepared in accordance with the Charities SORP (FRS 102) - 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 2015), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

The financial statements have been prepared to give a 'true and fair' view and 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 Charities SORP (FRS 102) published on 16 July 2014 rather than the Accounting and Reporting by Charities: Statement of Recommended Practice effective from 1 April 2005 which has since been withdrawn.

Still I Rise meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

2.2 Income

All income is recognised once the Charity has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

Grants are included in the Statement of financial activities on a receivable basis. The balance of income received for specific purposes but not expended during the period is shown in the relevant funds on the Balance sheet. Where income is received in advance of entitlement of receipt, its recognition is deferred and included in creditors as deferred income. Where entitlement occurs before income is received, the income is accrued.

2.3 Expenditure

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 allocated on the portion of the asset's use.

Expenditure on charitable activities is incurred on directly undertaking the activities which further the Charity's objectives, as well as any associated support costs.

All expenditure is inclusive of irrecoverable VAT.

STILL I RISE

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2022

2. Accounting policies (continued)

2.4 Tangible fixed assets and depreciation

Tangible fixed assets costing £NIL or more are capitalised and recognised when future economic benefits are probable and the cost or value of the asset can be measured reliably.

Tangible fixed assets are initially recognised at cost. After recognition, under the cost model, tangible fixed assets are measured at cost less accumulated depreciation and any accumulated impairment losses. All costs incurred to bring a tangible fixed asset into its intended working condition should be included in the measurement of cost.

Depreciation is charged so as to allocate the cost of tangible fixed assets less their residual value over their estimated useful lives, using the straight-line method.

The estimated useful lives are as follows:

Office equipment - 3 years

2.5 Cash at bank and in hand

Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

2.6 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Charity and which have not been designated for other purposes.

3. Income from donations and legacies

| | Unrestricted funds 2022 £ | Total funds 2022 £ |
|-----------|--|---------------------------------------|
| Donations | 73 | 73 |
| Grants | 9,920 | 9,920 |
| | <u>9,993</u> | <u>9,993</u> |
| | <i>Unrestricted funds 2021 £</i> | <i>Total funds 2021 £</i> |
| Donations | 16,189 | 16,189 |
| | <u>16,189</u> | <u>16,189</u> |

STILL I RISE

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2022

4. Analysis of expenditure on charitable activities

Summary by fund type

| | Unrestricted funds 2022 £ | Total funds 2022 £ |
|-------------------------|------------------------------------|-----------------------------|
| Office Expenses | 78 | 78 |
| Advertising & Promotion | 800 | 800 |
| Facilitator Fees | 3,730 | 3,730 |
| Donations | 25 | 25 |
| Depreciation | 881 | 881 |
| | <hr/> 5,514 <hr/> | <hr/> 5,514 <hr/> |

| | Unrestricted funds 2021 £ | Total funds 2021 £ |
|--------------------------------|------------------------------------|-----------------------------|
| Training | 174 | 174 |
| Legal & Professional fees | 5,995 | 5,995 |
| Advertising & Promotion | 345 | 345 |
| Facilitator Fees | 2,500 | 2,500 |
| Printing, Postage & Stationery | 25 | 25 |
| Depreciation | 881 | 881 |
| | <hr/> 9,920 <hr/> | <hr/> 9,920 <hr/> |

5. Trustees' remuneration and expenses

During the year, no Trustees received any remuneration or other benefits (2021 - £NIL).

During the year ended 31 March 2022, no Trustee expenses have been incurred (2021 - £NIL).

STILL I RISE

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2022

6. Tangible fixed assets

| | Office equipment £ |
|--------------------------|--------------------------|
| Cost or valuation | |
| Additions | 1,762 |
| At 31 March 2022 | <u>1,762</u> |
| Depreciation | |
| Charge for the year | 881 |
| At 31 March 2022 | <u>881</u> |
| Net book value | |
| At 31 March 2022 | <u>881</u> |
| <i>At 31 March 2021</i> | <u><u>2,643</u></u> |

STILL I RISE

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2022

7. Statement of funds

Statement of funds - current year

| | Balance at 1 April 2021 £ | Income £ | Expenditure £ | Balance at 31 March 2022 £ |
|---------------------------|---------------------------------|-------------|------------------|-------------------------------------|
| Unrestricted funds | | | | |
| General Funds | 6,334 | 9,993 | (5,514) | 10,813 |

General funds Represent the balance of Sill I Rise funds.

National Lottery A grant of £9,920 was received from the National Lottery in February 2022.

This grant covered the following projects:

Support Group for Late Identified Autistic Females – once a week

Psychoeducational Courses (ACT, “Healing and Harmony in the Relationships”, Positive Psychology) – once a week

As the Grant was received near to year’s end, the above-mentioned sessions took place after the reporting period.

Statement of funds - prior year

| Unrestricted funds | <i>Income</i> £ | <i>Expenditure</i> £ | <i>Balance at</i> <i>31 March</i> <i>2021</i> £ |
|---------------------------|--------------------|-------------------------|--|
| General Funds | 16,189 | (9,920) | 6,334 |

STILL I RISE

England & Wales - Charity number 1182706

Accounts

STILL I RISE

UNAUDITE

TRUSTEES' REPORT AND FINANCIAL

FOR THE YEAR ENDED 31 MARCH 2021

STILL I RISE

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| Trustees' report | 2 - 3 |
| Statement of financial activities | 4 |
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| Notes to the financial statements | 6 - 10 |

STILL I RISE

**REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITY, ITS TRUSTEES AND
ADVISERS FOR THE YEAR ENDED 31 MARCH 2021**

Trustees N Kuznetsova, Trustee
 K Drake, Trustee
 E Goodfellow, Trustee

STILL I RISE

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2021

The Trustees present their annual report together with the financial statements of the Still I Rise for the year ended 31 March 2021.

Still I Rise offers Kundalini Yoga and Mindfulness classes. The practice of Kundalini Yoga and Mindfulness are perfect for equipping people with tools for dealing with pressures such as: stress, loneliness, low confidence, mental health issues, negative emotions such as rage, guilt, trauma.

Rising concerns over increasing rates of mental health issues are prompting to look for solution of an early intervention practice. Kundalini Yoga has been proven to calm anxiety, alleviate depression, reduce stress, overcoming addictions, balancing the nervous system, synchronising the brain, building confidence as well as keeping a strong body.

Improved contentment and mental wellbeing within oneself naturally encourage the person to look outside, being less judgemental, create positive social contact, each promoting tolerance and integration.

Objectives and activities

a. Policies and objectives

1 To improve the mental and physical health of individuals through the practice of Kundalini yoga, Mindfulness and Meditation. 2 To advance the education of the public by providing mental and physical wellbeing courses. 3 To promote social integration/inclusivity with special focus towards BAME and excluded/marginalized groups of community. 4 To improve individuals coping and resilience skills whilst receiving support through group talking therapy and counselling. 5 To provide services and facilitate recreational welfare activities for individuals including children and young people who are in need of support by the reason of disability, special need, financial hardship, age, infirmity, care responsibilities, discrimination, difficult social circumstances with aim of improving their life condition.

In setting objectives and planning for activities, the Trustees have given due consideration to general guidance published by the Charity Commission relating to public benefit, including the guidance 'Public benefit: running a charity (PB2)'.

b. Strategies for achieving objectives

The Charity will offer the following activities:

Kundalini Yoga and Sound Bath Relaxation. This Session includes a brief mindfulness moment and breathing techniques, followed by "Kriya" (yoga set). Sessions are naturally slower and more meditative in nature compared to other styles of yoga. They are suitable for mixed ability, gently encouraging participants to progress. It would be aimed at different aspects of body and mind such as: decreasing stress; releasing unwanted emotions such as anger, guilt or shame; increasing motivation and energy levels; strengthening immunity and nervous system; improvement of mental clarity and more. Session is concluded with relaxation (inc. Sound Bath) and small meditation. This encourages deep relaxation, contentment and clarity of mind.

Group Talking Therapy. It consists of topic of the day explained by a facilitator, practical exercise done by the whole group, participants reflection on the topic and general discussion. After a number of sessions participants start to become more optimistic, hopeful for the future, have more strength and resilience to restart/find jobs, take positive action and decisions, believe in themselves, be in more harmonious relationships, regulate themselves (emotions and thoughts) better and generally be more content and happy.

STILL I RISE

TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2021

c. Activities undertaken to achieve objectives

Kundalini Yoga and Talking Support Group (two sessions a week). Session would start with the yoga class (one hour), followed by conversational support group (one hour).

- Three weeks CBT "Dealing with Worry" Course (April) – online
In these sessions we will be using techniques from CBT to help you learn how to manage your worry. CBT looks at how your thoughts (including worries), emotions, behaviours and physical sensations are all interlinked and interact with each other. Sometimes, this interaction can develop into a negative cycle.
- Six weeks ACT "Anxiety Reduction Programme" (April - May) - online
The programme is designed to increase psychological flexibility and based on Acceptance and Commitment Therapy (ACT) methodology. It provides action-based tools to effectively deal with anxiety. Each session follows a certain topic and follow the 6 core processes of ACT: (1) Being Present (Be Here Now), (2) Cognitive Diffusion (Watch Your Thinking), (3) Acceptance (Open Up), (4) Self as Context (Pure Awareness), (5) Values (Know What Matters), (6) Committed Action (Do What It Takes)

Financial review

a. Going concern

After making appropriate enquiries, the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements.

b. Reserves policy

General funds within unrestricted funds held at 31 March 2021 was £6,334.

Structure, governance and management

a. Constitution

Still I Rise is a registered CIO, number 1182706.

b. Methods of appointment or election of Trustees

The management of the Charity is the responsibility of the Trustees who are elected and co-opted under the terms of the Trust deed.

Approved by order of the members of the board of Trustees and signed on their behalf by:

N Kuznetsova
Date: 04/08/2021



STILL I RISE

STATEMENT OF FINANCIAL
ACTIVITIES FOR THE YEAR ENDED 31

| | Note | Unrestricted funds 2021 £ | Total funds 2021 £ | Total funds 2020 £ |
|------------------------------------|------|------------------------------------|-----------------------------|-----------------------------|
| Income from: | | | | |
| Donations | 3 | 16,189 | 16,189 | 1,000 |
| | | <hr/> | <hr/> | <hr/> |
| Total income | | 16,189 | 16,189 | 1,000 |
| Expenditure on: | | | | |
| Charitable activities | 4 | 9,920 | 9,920 | 935 |
| | | <hr/> | <hr/> | <hr/> |
| Total expenditure | | 9,920 | 9,920 | 935 |
| | | <hr/> | <hr/> | <hr/> |
| Net movement in funds | | 6,269 | 6,269 | 65 |
| | | <hr/> | <hr/> | <hr/> |
| Reconciliation of funds: | | | | |
| Total funds brought forward | | 65 | 65 | - |
| Net movement in funds | | 6,269 | 6,269 | 65 |
| | | <hr/> | <hr/> | <hr/> |
| Total funds carried forward | | 6,334 | 6,334 | 65 |
| | | <hr/> | <hr/> | <hr/> |

The Statement of Financial Activities includes all gains and losses recognised in the year.

The notes on pages 6 to 10 form part of these financial statements.

STILL I RISE

BALANCE SHEET AS AT 31 MARCH 2021

| | Note | 2021 £ | 2020 £ |
|---------------------------|------|---------------------|------------------|
| Tangible assets | 6 | 1,762 | - |
| | | <u>1,762</u> | <u>-</u> |
| Current assets | | | |
| Cash at bank and in hand | | 4,572 | 65 |
| | | <u>4,572</u> | <u>65</u> |
| Net current assets | | <u>4,572</u> | <u>65</u> |
| Total net assets | | <u><u>6,334</u></u> | <u><u>65</u></u> |
| Charity funds | | | |
| Unrestricted funds | 7 | 6,334 | 65 |
| | | <u>6,334</u> | <u>65</u> |
| Total funds | | <u><u>6,334</u></u> | <u><u>65</u></u> |

The financial statements were approved and authorised for issue by the Trustees and signed on their behalf by:

N Kuznetsova

Date: 04/08/2021



The notes on pages 6 to 10 form part of these financial statements.

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2021

1. General information

Still I Rise is a CIO registered in England and domiciled in the UK.

2. Accounting policies

2.1 Basis of preparation of financial statements

The financial statements have been prepared in accordance with the Charities SORP (FRS 102) - 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 2015), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

The financial statements have been prepared to give a 'true and fair' view and 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 Charities SORP (FRS 102) published on 16 July 2014 rather than the Accounting and Reporting by Charities: Statement of Recommended Practice effective from 1 April 2005 which has since been withdrawn.

Still I Rise meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

2.2 Income

All income is recognised once the Charity has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

Grants are included in the Statement of financial activities on a receivable basis. The balance of income received for specific purposes but not expended during the period is shown in the relevant funds on the Balance sheet. Where income is received in advance of entitlement of receipt, its recognition is deferred and included in creditors as deferred income. Where entitlement occurs before income is received, the income is accrued.

2.3 Expenditure

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 allocated on the portion of the asset's use.

Expenditure on charitable activities is incurred on directly undertaking the activities which further the Charity's objectives, as well as any associated support costs.

All expenditure is inclusive of irrecoverable VAT.

STILL I RISE

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2021

2. Accounting policies (continued)

2.4 Tangible fixed assets and depreciation

Tangible fixed assets costing £NIL or more are capitalised and recognised when future economic benefits are probable and the cost or value of the asset can be measured reliably.

Tangible fixed assets are initially recognised at cost. After recognition, under the cost model, tangible fixed assets are measured at cost less accumulated depreciation and any accumulated impairment losses. All costs incurred to bring a tangible fixed asset into its intended working condition should be included in the measurement of cost.

Depreciation is charged so as to allocate the cost of tangible fixed assets less their residual value over their estimated useful lives, using the straight-line method.

The estimated useful lives are as follows:

Office equipment - 3 years

2.5 Cash at bank and in hand

Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

2.6 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Charity and which have not been designated for other purposes.

3. Income from donations and legacies

| | Unrestricted funds 2021 £ | Total funds 2021 £ |
|-----------|--|---------------------------------------|
| Donations | 6,189 | 6,189 |
| Grants | 10,000 | 10,000 |
| | <hr/> 16,189 <hr/> | <hr/> 16,189 <hr/> |
| | <i>Unrestricted funds 2020 £</i> | <i>Total funds 2020 £</i> |
| Donations | 1,000 | 1,000 |
| | <hr/> 1,000 <hr/> | <hr/> 1,000 <hr/> |

STILL I RISE

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2021

4. Analysis of expenditure on charitable activities

Summary by fund type

| | Unrestricted funds 2021 £ | Total funds 2021 £ |
|--------------------------------|--|---------------------------------------|
| Training | 174 | 174 |
| Legal & Professional fees | 5,995 | 5,995 |
| Advertising & Promotion | 345 | 345 |
| Facilitator Fees | 2,500 | 2,500 |
| Printing, Postage & Stationery | 25 | 25 |
| Depreciation | 881 | 881 |
| | <hr/> | <hr/> |
| | 9,920 | 9,920 |
| | <hr/> | <hr/> |
| | <i>Unrestricted funds 2020 £</i> | <i>Total funds 2020 £</i> |
| Training | 240 | 240 |
| Legal & Professional fees | 695 | 695 |
| | <hr/> | <hr/> |
| | 935 | 935 |
| | <hr/> | <hr/> |

5. Trustees' remuneration and expenses

During the year, no Trustees received any remuneration or other benefits (2020 - £NIL).

During the year ended 31 March 2021, no Trustee expenses have been incurred (2020 - £NIL).

STILL I RISE

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2021

6. Tangible fixed assets

| | Office equipment £ |
|--------------------------|--------------------------|
| Cost or valuation | |
| Additions | 2,643 |
| At 31 March 2021 | <u>2,643</u> |
| Depreciation | |
| Charge for the year | 881 |
| At 31 March 2021 | <u>881</u> |
| Net book value | |
| At 31 March 2021 | <u>1,762</u> |
| <i>At 31 March 2020</i> | <u>-</u> |

STILL I RISE

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2021

7. Statement of funds

Statement of funds - current year

| | Balance at 1 April 2020 | Income | Expenditure | Balance at 31 March 2021 |
|---------------------------|------------------------------------|---------------|--------------------|---|
| | £ | £ | £ | £ |
| Unrestricted funds | | | | |
| General Funds | 65 | 6,189 | (4,080) | 2,174 |
| National Lottery | - | 10,000 | (5,840) | 4,160 |
| | <u>65</u> | <u>16,189</u> | <u>(9,920)</u> | <u>6,334</u> |

General funds Represents the balance of Sill I Rise funds.

National Lottery A grant of £10,000 was received from the National Lottery in December 2020.

This grant covered the following projects:

Kundalini Yoga Therapy and a talking support group - held twice every week online between January and May 2021.

After the reporting period the following courses were also facilitated:

- 3 week CBT "Dealing with Worry" Course (April) - online
- 6 week ACT "Anxiety Reduction Programme" (April - May) - online

Group Counselling sessions and Kundalini Yoga & Meditation were held in June 2021 and were also funded by the National Lottery grant.

Statement of funds - prior year

| | <i>Income</i> | <i>Expenditure</i> | <i>Balance at 31 March 2020</i> |
|---------------------------|---------------|--------------------|---|
| | £ | £ | £ |
| Unrestricted funds | | | |
| General Funds | <u>1,000</u> | <u>(935)</u> | <u>65</u> |