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**STILL I RISE**

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

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## STILL I RISE

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## STILL I RISE

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

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<b>Trustees</b>	N Kuznetsova, Trustee
	K Drake, Trustee
	K Middleton, Trustee

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## STILL I RISE

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### TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2022

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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.

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

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**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



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**STILL I RISE**

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**STATEMENT OF FINANCIAL ACTIVITIES  
FOR THE YEAR ENDED 31 MARCH 2022**

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

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STILL I RISE

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BALANCE SHEET AS AT 31 MARCH 2022


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

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.

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

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**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.



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

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

	<i>Unrestricted funds 2021 £</i>	<i>Total funds 2021 £</i>
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
	<u>9,920</u>	<u>9,920</u>

#### 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).

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STILL I RISE

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

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6. Tangible fixed assets

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

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## STILL I RISE

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

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#### 7. Statement of funds

##### Statement of funds - current year

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

**General funds** Represent the balance of Still 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

<b>Unrestricted funds</b>	<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