
STILL I RISE

UNAUDITED

TRUSTEES' REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH

STILL I RISE

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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

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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 Ukranian refugees have started. The aim is to improve children's mental wellbeing though 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.

**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

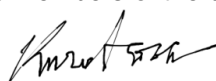
a. Constitution

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



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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
		<u>1,652</u>	<u>1,652</u>	<u>9,993</u>
Total income				
Expenditure on:				
Charitable activities	4	8,274	8,274	5,514
		<u>8,274</u>	<u>8,274</u>	<u>5,514</u>
Total expenditure				
		<u>(6,622)</u>	<u>(6,622)</u>	<u>4,479</u>
Net movement in funds				
Reconciliation of funds:				
Total funds brought forward		10,813	10,813	6,334
Net movement in funds		(6,622)	(6,622)	4,479
		<u>4,191</u>	<u>4,191</u>	<u>10,813</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 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
		<hr/>	<hr/>
Net current assets		4,191	10,813
		<hr/>	<hr/>
Total net assets		4,191	11,694
		<hr/>	<hr/>
Charity funds			
Unrestricted funds	7	4,191	11,694
		<hr/>	<hr/>
Total funds		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.

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.

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>

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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
	8,274	8,274
	<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
	5,514	5,514

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).

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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>
At 31 March 2022	<u><u>1,762</u></u>

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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 Still 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	Income £	Expenditure £	Balance at 31 March 2022 £
General Funds	9,993	(5,514)	10,813