
STILL I RISE

UNAUDITED

TRUSTEES' REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2024

STILL I RISE

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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

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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 Ukrainian refugees. Buckinghamshire has welcomed hundreds of Ukrainian refugee families escaping the war since the "Homes for Ukraine" 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 Ukrainian 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

**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



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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
		<u>17,989</u>	<u>17,989</u>	<u>1,652</u>
Total income				
Expenditure on:				
Charitable activities	4	17,969	17,969	8,274
		<u>17,969</u>	<u>17,969</u>	<u>8,274</u>
Total expenditure				
		<u>20</u>	<u>20</u>	<u>(6,622)</u>
Net movement in funds				
Reconciliation of funds:				
Total funds brought forward		4,191	4,191	10,813
Net movement in funds		20	20	(6,622)
		<u>4,211</u>	<u>4,211</u>	<u>4,191</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.

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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
		<hr/>	<hr/>
Net current assets		4,211	4,191
		<hr/>	<hr/>
Total net assets		4,211	4,191
		<hr/>	<hr/>
Charity funds			
Unrestricted funds	7	4,211	4,191
		<hr/>	<hr/>
Total funds		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.

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
	17,989	17,989
	<i>Unrestricted funds 2023 £</i>	<i>Total funds 2023 £</i>
Donations	1,652	1,652

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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).

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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>
At 31 March 2023	<u><u>881</u></u>

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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
	<u><u> </u></u>	<u><u> </u></u>	<u><u> </u></u>	<u><u> </u></u>

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>
General Funds	£	£	31 March 2023 £
	1,652	(8,274)	4,191
	<u><u> </u></u>	<u><u> </u></u>	<u><u> </u></u>