

LONG LIFE FOUNDATION

England & Wales · Charity number 1183480

Details

Status Registered

Legal form CIO

Registered 2019-05-17

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

Contact

Address 25 Medhurst Crescent
Gravesend
Kent
DA12 4HJ

Phone 07492162115

Email c.anyaegbu@aol.co.uk

Activities

Objects: TO PROMOTE AND PROTECT THE GOOD HEALTH OF INDIVIDUALS, GROUPS, CARERS AND FAMILIES LIVING WITH DEMENTIA AND MENTAL HEALTH IN THE UK AND NIGERIA, IN PARTICULAR BUT NOT EXCLUSIVELY AFRICANS AND ETHNIC GROUPS THROUGH THE FOLLOWING SUPPORT TO HELP CHANGE MIND SETS TO REDUCE STIGMA, ATTITUDES AND PERCEPTION:-RAISING AWARENESS OF DEMENTIA AND MENTAL HEALTH;HELPING INDIVIDUALS TO ACCESS INFORMATION FOR WELL-BEING AND SOCIAL ADVANCEMENT IN ALL STAGES OF LIFE, THROUGH HEALTH PROMOTION, EDUCATION, TRAINING AND ADVOCACY;DELIVERING FREE MANAGEMENT ADVICE AND GROUP SEMINARS FOR SUFFERS AND THEIR CARERS;DELIVERING FREE MEDICAL HEALTH ADVICE FOR PEOPLE LIVING WITH DEMENTIA;ORGANISING HEALTH SEMINARS AND OUTREACH PROJECTS FOR THE GENERAL PUBLIC ON HEALTH; ANDPROVIDING NECESSARY HEALTH MATERIAL FOR THE UNDER PRIVILEGED IN THE SOCIETY WITH A VIEW TO IMPROVING THEIR WELLBEING.

Activities: Our mission is to alleviate suffering and improve the quality of life for vulnerable individuals and communities by ensuring access to essential basic needs such as food, clean water, shelter, and healthcare. Through compassionate outreach and sustainable initiatives, we aim to create a world where every person has the opportunity to thrive, free from the burdens of unmet basic needs.

Classification

- **How:** Provides Services, Other Charitable Activities
- **What:** General Charitable Purposes, The Advancement Of Health Or Saving Of Lives
- **Who:** The General Public/mankind

Geography

- Nigeria
- Throughout England

Finances

Period end	Income	Expenditure	Assets	Employees
2024-11-30	£5,127	£5,113	-	-
2023-11-30	£0	£950	-	-
2022-11-30	£0	£0	-	-
2021-11-30	£1,000	£1,000	-	-
2020-11-30	£1,900	£1,850	-	-

Trustees

Name	Role	Appointed
Chibueze Anyaegbu	Chair	2019-05-17
Emeka Anyaegbu		2019-05-17
Jermaine Constantine		2022-10-01

LONG LIFE FOUNDATION

England & Wales - Charity number 1183480

Accounts



Long Life Foundation

Trustees' Annual Report

For the period 1 December 2023 – 30 November 2024

1. Reference and Administrative Details

Charity Name: Long Life Foundation

Registered Charity Number: 1183480

Principal Address: 25 Medhurst Crescent, Gravesend, Kent, DA12 4HJ

Trustees: Jermaine Constantine (Trustee), Emeka Anyaegbu (Trustee), Chibueze Anyaegbu (Chair)

2. Structure, Governance and Management

Long Life Foundation is a UK-registered charitable organisation governed by its constitution and overseen by the trustees. The trustees are responsible for setting strategic direction and ensuring the charity fulfils its objectives effectively and responsibly.

3. Objectives and Activities

The foundation seeks to relieve poverty, support community well-being, and provide essential resources to vulnerable families. Its work focuses on food distribution, providing household necessities and clothing, supporting community events, and developing partnerships to improve access to basic needs.

4. Achievements and Performance

The highlight of the year was the Autumn Charity Event – “Episode 2” – held on 26th October 2024 in Gravesend. At this event, families received free food, clothing, and essential household items. The initiative was well supported by volunteers and community partners. Alongside this flagship event, the charity also continued with ongoing outreach and aid distribution throughout the year.

5. Fundraising Activities

Fundraising during the year was modest but effective. The Episode 2 Autumn Event combined fundraising with direct aid. While income levels were not high, the event generated strong community engagement and goodwill. Donor support and volunteer contributions ensured operational costs were kept low, maximising impact.

6. Significant Factors Influencing Performance

Positive Factors:

- Strong partnerships and high volunteer participation reduced costs and increased outreach.
- Community goodwill and trust encouraged ongoing support.

Challenging Factors:

- Rising living costs and inflation affected donation levels.
- Logistical issues around transport and storage occasionally limited distributions.

7. Financial Review

For the year ending 30 November 2024:

- Total Income: £5,126.97
- Total Expenditure: £5,112.95
- Net Surplus: £14.02
- Closing Bank Balance: £14.02

The trustees note that income and expenditure were broadly balanced, with the charity maintaining solvency.

8. Plans for Future Periods

Looking ahead, the charity plans to expand seasonal community events, diversify fundraising activities, strengthen local partnerships, and explore sustainable projects such as food growing initiatives. The trustees remain committed to transparency and accountability.

9. Declaration

The trustees declare that they have approved this report and it is signed on their behalf by:

Chibueze Anyaegbu

Trustee Name

Date: ^{25.09.2025}

LONG LIFE FOUNDATION

England & Wales - Charity number 1183480

Accounts

Long Life Foundation

Charity No. 1183480

Trustees' Report and Unaudited Accounts

30 November 2023

Long Life Foundation
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The trustees present their report with the unaudited financial statements of the charity for the year ended 30 November 2023.

REFERENCE AND ADMINISTRATIVE DETAILS

Charity No. 1183480

Trustees

The following trustees served during the year:

Chibueze Anyaegbu

Emeka Anyaegbu

Jermaine Constantine

Accountants

ATN Partnership

142-143 Parrock Street

Gravesend

DA12 1EY

OBJECTIVES AND ACTIVITIES

Long Life Foundation aims to alleviate suffering and improve the quality of life for vulnerable individuals and communities by ensuring access to essential basic needs such as food, clean water, shelter, and healthcare. The foundation addresses critical issues like food insecurity, inadequate access to clean water and sanitation, homelessness, and lack of healthcare services. Through its activities, the foundation seeks to reduce hunger, prevent waterborne diseases, provide safe and stable housing, and enhance overall health outcomes, thereby creating stronger and healthier communities.

Legal Purposes

Achieving these aims furthers the foundation's legal purposes by fulfilling charitable objectives that relieve poverty, advance health, and improve living conditions. These activities are legally recognized as charitable, justifying the foundation's tax-exempt status and enabling it to receive donations and grants. Demonstrating success in these areas validates the foundation's operational legitimacy and supports its continued impact.

Strategies for Achieving Aims

The foundation employs strategies such as distributing food aid, building and repairing shelters, installing clean water systems, and offering medical services. It partners with local organizations, leverages volunteer support, and utilizes sustainable practices to ensure long-term impact. Educational programs and community involvement empower individuals to improve their own living conditions, ensuring the sustainability and effectiveness of initiatives.

Long Life Foundation Trustees Annual Report

Criteria for Assessing Success

The foundation uses criteria such as the number of individuals served, improvements in health and living conditions, reductions in hunger and waterborne diseases, and the stability and safety of housing provided. It also measures success through feedback from beneficiaries and community partners, as well as monitoring and evaluation reports.

Short-Term and Long-Term Aims

Short-Term Aims:

Long-Term Aims:

ACHIEVEMENTS AND PERFORMANCE

Charitable Activities Performance Review

On December 23, 2023, the Long Life Foundation successfully undertook a significant charitable activity by hosting a Christmas Grotto event. This event was aligned with the foundation's core objectives of providing basic needs and improving the quality of life for vulnerable individuals and communities. During the event, the foundation raised approximately £170.00 in donations.

In addition to fundraising, the Christmas Grotto made a tangible impact by distributing essential items to those in need. The foundation provided food, children's Christmas presents, adult and children's clothing, essential household items such as pots and pans, and basic necessities like wool sweaters. These efforts ensured that families had the essentials to get through the Christmas period, directly addressing immediate needs and alleviating seasonal hardships.

The performance of this event was measured against the objectives of raising funds and providing necessary items to enhance the well-being of the community. The successful collection of donations and the distribution of critical supplies demonstrated the foundation's ability to mobilize resources and effectively support those in need, fulfilling its mission during a crucial time of the year.

Fundraising Activities

Long Life Foundation organized several material fundraising activities, including an Notably, on December 23, 2023, the foundation hosted a Christmas Grotto event, which raised approximately £170.00 in donations. During this event, the foundation distributed food, children's Christmas presents, adult and children's clothing, essential household items such as pots and pans, and basic necessities like wool sweaters to help families through the Christmas period. These efforts collectively contributed to the foundation's overall fundraising success, ensuring support for its programs and expanding its reach. The performance of these activities was measured by comparing the funds raised against set objectives and analysing the increase in donor engagement and community awareness.

Significant Positive and Negative Factors

Significant positive factors included strong community partnerships, which facilitated efficient program implementation and volunteer support that reduced operational costs. On the negative side, economic downturns impacted donation levels, and logistical challenges in remote areas hindered the delivery of services. These factors are critical to understanding the broader context of the foundation's operations and developing strategies to mitigate risks and capitalize on opportunities.

By addressing these elements comprehensively, the Long Life Foundation ensures transparency and accountability, which are essential for sustaining trust and support from stakeholders.

PLANS FOR FUTURE PERIODS

Long Life Foundation
Trustees Annual Report

Long Life Foundation aims to expand its impact by increasing the reach and scale of its programs. Future plans include building more clean water wells, constructing additional shelters, expanding healthcare services, and enhancing food security through sustainable agricultural projects. The foundation also plans to host more fundraising events and strengthen community partnerships to support these initiatives.

The trustees of the Long Life Foundation are committed to driving the charity towards a future where basic needs are met for all vulnerable individuals. They emphasize the importance of sustainability, community involvement, and strategic growth. Trustees believe that by continuing to foster strong relationships with donors, volunteers, and local partners, the foundation can overcome challenges and significantly enhance its positive impact on communities. The trustees are confident that with focused efforts and community support, the foundation will achieve its long-term objectives and create lasting change

Statement of trustees' responsibilities in relation to the financial statements

The charity trustees are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

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

Signed on behalf of the charity's trustees

Chibueze Anyaegbu
Trustee
10 October 2024

Long Life Foundation
Statement of Financial Activities
for the year ended 30 November 2023

		Unrestricted		
		funds	Total funds	Total funds
		2023	2023	2022
	Notes	£	£	£
Expenditure on:				
Charitable activities	2	300	300	-
Other	3	650	650	-
Total		<u>950</u>	<u>950</u>	<u>-</u>
Net gains on investments		-	-	-
Net expenditure		<u>(950)</u>	<u>(950)</u>	<u>-</u>
Transfers between funds		-	-	-
Net expenditure before other gains/(losses)		<u>(950)</u>	<u>(950)</u>	<u>-</u>
Other gains and losses				
Net movement in funds		<u>(950)</u>	<u>(950)</u>	<u>-</u>
Reconciliation of funds:				
Total funds carried forward		<u>(950)</u>	<u>(950)</u>	<u>-</u>

Long Life Foundation

Balance Sheet

at 30 November 2023

Charity No. 1183480

	2023	2022
	£	£
Creditors: Amount falling due within one year	5 (950)	-
Net current liabilities	<u>(950)</u>	<u>-</u>
Total assets less current liabilities	<u>(950)</u>	<u>-</u>
Net liabilities excluding pension asset or liability	<u>(950)</u>	<u>-</u>
Total net liabilities	<u><u>(950)</u></u>	<u><u>-</u></u>
The funds of the charity		
Restricted funds	6	
Unrestricted funds	6	
General funds	(950)	-
	<u>(950)</u>	<u>-</u>
Reserves	6	
Total funds	<u><u>(950)</u></u>	<u><u>-</u></u>

Approved by the trustees on 10 October 2024

And signed on their behalf by:

Chibueze Anyaegbu

Trustee

10 October 2024

for the year ended 30 November 2023

1 Accounting policies

Basis of preparation

The financial statements have been prepared in accordance with Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014 and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and the Charities Act 2011.

Change in basis of accounting or to previous accounts

There has been no change to the accounting policies (valuation rules and method of accounting) since last year and no changes have been made to accounts for previous years.

Fund accounting

Unrestricted funds	These are available for use at the discretion of the trustees in furtherance of the general objects of the charity.
Designated funds	These are unrestricted funds earmarked by the trustees for particular purposes.
Revaluation funds	These are unrestricted funds which include a revaluation reserve representing the restatement of investment assets at their market values.
Restricted funds	These are available for use subject to restrictions imposed by the donor or through terms of an appeal.

Income

Recognition of income	Income is included in the Statement of Financial Activities (SoFA) when the charity becomes entitled to, and virtually certain to receive, the income and the amount of the income can be measured with sufficient reliability.
Income with related expenditure	Where income has related expenditure the income and related expenditure is reported gross in the SoFA.
Donations and legacies	Voluntary income received by way of grants, donations and gifts is included in the the SoFA when receivable and only when the Charity has unconditional entitlement to the income.
Tax reclaims on donations and gifts	Income from tax reclaims is included in the SoFA at the same time as the gift/donation to which it relates.
Donated services and facilities	These are only included in income (with an equivalent amount in expenditure) where the benefit to the Charity is reasonably quantifiable, measurable and material.
Volunteer help	The value of any volunteer help received is not included in the accounts.
Investment income	This is included in the accounts when receivable.
Gains/(losses) on revaluation of fixed assets	This includes any gain or loss resulting from revaluing investments to market value at the end of the year.
Gains/(losses) on investment assets	This includes any gain or loss on the sale of investments.

Long Life Foundation

Notes to the Accounts

Expenditure

Recognition of expenditure	Expenditure is recognised on an accruals basis. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates.
Expenditure on raising funds	These comprise the costs associated with attracting voluntary income, fundraising trading costs and investment management costs.
Expenditure on charitable activities	These comprise the costs incurred by the Charity in the delivery of its activities and services in the furtherance of its objects, including the making of grants and governance costs.
Grants payable	All grant expenditure is accounted for on an actual paid basis plus an accrual for grants that have been approved by the trustees at the end of the year but not yet paid.
Governance costs	These include those costs associated with meeting the constitutional and statutory requirements of the Charity, including any audit/independent examination fees, costs linked to the strategic management of the Charity, together with a share of other administration costs.
Other expenditure	These are support costs not allocated to a particular activity.

Taxation

The charity is exempt from tax on its charitable activities.

Freehold investment property

Investment properties are measured initially at cost and subsequently at fair value at each balance sheet date and are not depreciated. All gains or losses are taken to the Statement of Financial Activities as they arise.

Stocks

Stock is included at the lower of cost or net realisable value. Donated items of stock are recognised at fair value which is the amount the charity would have been willing to pay for the items on the open market.

Trade and other debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

Cash and cash equivalents

Cash and cash equivalents comprise cash at bank and on hand, demand deposits with banks and other short-term highly liquid investments with original maturities of three months or less and bank overdrafts. In the statement of financial position, bank overdrafts are shown within borrowings or current liabilities. In the Statement of Cash Flows, cash and cash equivalents are shown net of bank overdrafts that are repayable on demand and form an integral part of the company's cash management.

Trade and other creditors

Short term creditors are measured at the transaction price. Other creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

Long Life Foundation
Notes to the Accounts

Research and development

Expenditure on research and development is written off in the year in which it is incurred.

Foreign currencies

Monetary assets and liabilities denominated in currencies other than the functional currency of the charity are translated at the rates of exchange prevailing at the end of the reporting period.

Transactions in currencies other than the functional currency of the charity are recorded at the rate of exchange on the date that the transaction occurred.

All exchange differences are taken into account in arriving at net income/expenditure.

Leased assets

Where the charity enters into a lease which entails taking substantially all the risks and rewards of ownership of an asset, the lease is treated as a finance lease.

Leases which do not transfer substantially all the risks and rewards of ownership to charity are classified as operating leases.

Assets held under finance leases are initially recognised as assets of the charity at their fair value at the inception of the lease or, if lower, at the present value of the minimum lease payments. The corresponding liability to the lessor is included in the balance sheet date as a finance lease obligation.

Lease payments are apportioned between finance expenses and reduction of the lease obligation so as to achieve a constant rate of interest on the remaining balance of the liability. Finance expenses are recognised immediately, unless they are directly attributable to qualifying assets, in which case they are capitalised in accordance with the charity's policy on borrowing costs.

Assets held under finance leases are depreciated in the same way as owned assets.

Operating lease payments are recognised as an expense on a straight-line basis over the lease term.

In the event that lease incentives are received to enter into operating leases, such incentives are recognised as a liability. The aggregate benefit of incentives is recognised as a reduction of rental expense on a straight-line basis.

Pension costs

The charity operates a defined contribution plan for its employees. A defined contribution plan is a pension plan under which the charity pays fixed contributions into a separate entity. Once the contributions have been paid the charity has no further payments obligations. The contributions are recognised as expenses when they fall due. Amounts not paid are shown in accruals in the balance sheet. The assets of the plan are held separately from the charity in independently administered funds.

Receipt of donated goods, facilities and services

All donated goods, facilities and services received are recognised within incoming resources and expenditure at an estimate of the value to the charity.

Long Life Foundation
Notes to the Accounts

2 Expenditure on charitable activities

	Unrestricted	Total	Total
	£	2023	2022
	£	£	£
<i>Expenditure on charitable activities</i>	300	300	-
<i>Governance costs</i>	300	300	-
	<u>300</u>	<u>300</u>	<u>-</u>

3 Other expenditure

	Unrestricted	Total	Total
	£	2023	2022
	£	£	£
Legal and professional costs	650	650	-
	<u>650</u>	<u>650</u>	<u>-</u>

4 Staff costs

No employee received emoluments in excess of £60,000.

5 Creditors:

amounts falling due within one year

	2023	2022
	£	£
Loans from trustees	300	-
Accruals	650	-
	<u>950</u>	<u>-</u>

6 Movement in funds

	Resources	At 30
	expended	November
	£	2023
	£	£
Restricted funds:		
Unrestricted funds:		
General funds	(950)	(950)
Total funds	<u>(950)</u>	<u>(950)</u>

7 Analysis of net assets between funds

	Unrestricted	Total
	funds	£
	£	£
Net current assets	(950)	(950)
	<u>(950)</u>	<u>(950)</u>

Long Life Foundation
Detailed Statement of Financial Activities
for the year ended 30 November 2023

	Unrestricted		
	funds	Total funds	Total funds
	2023	2023	2022
	£	£	£
Income and endowments from:			
Expenditure on:			
Charitable activities	300	300	-
	<u>300</u>	<u>300</u>	<u>-</u>
Total of expenditure on charitable activities	300	300	-
Legal and professional costs			
Accountancy and bookkeeping	650	650	-
	<u>650</u>	<u>650</u>	<u>-</u>
Total of expenditure of other costs	650	650	-
Total expenditure	950	950	-
Net gains on investments	-	-	-
	<u>(950)</u>	<u>(950)</u>	<u>-</u>
Net expenditure	(950)	(950)	-
Net expenditure before other gains/(losses)	(950)	(950)	-
Other Gains	-	-	-
	<u>(950)</u>	<u>(950)</u>	<u>-</u>
Net movement in funds	(950)	(950)	-
Reconciliation of funds:			
Total funds brought forward	-	-	-
Total funds carried forward	<u>(950)</u>	<u>(950)</u>	<u>-</u>

LONG LIFE FOUNDATION

England & Wales - Charity number 1183480

Accounts

Long Life Foundation

Charity No. 1183480

Trustees' Report and Unaudited Accounts

30 November 2022

Long Life Foundation

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Long Life Foundation

Trustees Annual Report

The trustees present their report with the unaudited financial statements of the charity for the year ended 30 November 2022.

REFERENCE AND ADMINISTRATIVE DETAILS

Charity No. 1183480

Trustees

The following trustees served during the year:

Chibueze Anyaegbu

Emeka Anyaegbu

Jermaine Constantine

Accountants

ATN Partnership

142-143 Parrock Street

Gravesend

DA12 1EY

OBJECTIVES AND ACTIVITIES

Long Life Foundation aims to alleviate suffering and improve the quality of life for vulnerable individuals and communities by ensuring access to essential basic needs such as food, clean water, shelter, and healthcare. The foundation addresses critical issues like food insecurity, inadequate access to clean water and sanitation, homelessness, and lack of healthcare services. Through its activities, the foundation seeks to reduce hunger, prevent waterborne diseases, provide safe and stable housing, and enhance overall health outcomes, thereby creating stronger and healthier communities.

Legal Purposes

Achieving these aims furthers the foundation's legal purposes by fulfilling charitable objectives that relieve poverty, advance health, and improve living conditions. These activities are legally recognized as charitable, justifying the foundation's tax-exempt status and enabling it to receive donations and grants. Demonstrating success in these areas validates the foundation's operational legitimacy and supports its continued impact.

Strategies for Achieving Aims

The foundation employs strategies such as distributing food aid, building and repairing shelters, installing clean water systems, and offering medical services. It partners with local organizations, leverages volunteer support, and utilizes sustainable practices to ensure long-term impact. Educational programs and community involvement empower individuals to improve their own living conditions, ensuring the sustainability and effectiveness of initiatives.

Long Life Foundation

Trustees Annual Report

Criteria for Assessing Success

The foundation uses criteria such as the number of individuals served, improvements in health and living conditions, reductions in hunger and waterborne diseases, and the stability and safety of housing provided. It also measures success through feedback from beneficiaries and community partners, as well as monitoring and evaluation reports.

Short-Term and Long-Term Aims

Short-Term Aims:

Long-Term Aims:

ACHIEVEMENTS AND PERFORMANCE

Charitable Activities Performance Review

On December 23, 2023, the Long Life Foundation successfully undertook a significant charitable activity by hosting a Christmas Grotto event. This event was aligned with the foundation's core objectives of providing basic needs and improving the quality of life for vulnerable individuals and communities. During the event, the foundation raised approximately £170.00 in donations.

In addition to fundraising, the Christmas Grotto made a tangible impact by distributing essential items to those in need. The foundation provided food, children's Christmas presents, adult and children's clothing, essential household items such as pots and pans, and basic necessities like wool sweaters. These efforts ensured that families had the essentials to get through the Christmas period, directly addressing immediate needs and alleviating seasonal hardships.

The performance of this event was measured against the objectives of raising funds and providing necessary items to enhance the well-being of the community. The successful collection of donations and the distribution of critical supplies demonstrated the foundation's ability to mobilize resources and effectively support those in need, fulfilling its mission during a crucial time of the year.

Fundraising Activities

Long Life Foundation organized several material fundraising activities, including an Notably, on December 23, 2023, the foundation hosted a Christmas Grotto event, which raised approximately £170.00 in donations. During this event, the foundation distributed food, children's Christmas presents, adult and children's clothing, essential household items such as pots and pans, and basic necessities like wool sweaters to help families through the Christmas period. These efforts collectively contributed to the foundation's overall fundraising success, ensuring support for its programs and expanding its reach. The performance of these activities was measured by comparing the funds raised against set objectives and analysing the increase in donor engagement and community awareness.

Significant Positive and Negative Factors

Significant positive factors included strong community partnerships, which facilitated efficient program implementation and volunteer support that reduced operational costs. On the negative side, economic downturns impacted donation levels, and logistical challenges in remote areas hindered the delivery of services. These factors are critical to understanding the broader context of the foundation's operations and developing strategies to mitigate risks and capitalize on opportunities.

By addressing these elements comprehensively, the Long Life Foundation ensures transparency and accountability, which are essential for sustaining trust and support from stakeholders.

PLANS FOR FUTURE PERIODS

Long Life Foundation

Trustees Annual Report

Long Life Foundation aims to expand its impact by increasing the reach and scale of its programs. Future plans include building more clean water wells, constructing additional shelters, expanding healthcare services, and enhancing food security through sustainable agricultural projects. The foundation also plans to host more fundraising events and strengthen community partnerships to support these initiatives.

The trustees of the Long Life Foundation are committed to driving the charity towards a future where basic needs are met for all vulnerable individuals. They emphasize the importance of sustainability, community involvement, and strategic growth. Trustees believe that by continuing to foster strong relationships with donors, volunteers, and local partners, the foundation can overcome challenges and significantly enhance its positive impact on communities. The trustees are confident that with focused efforts and community support, the foundation will achieve its long-term objectives and create lasting change

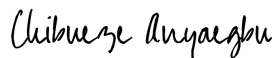
A large charity's report should explain the trustees perspective of the future direction of the charity...

Statement of trustees' responsibilities in relation to the financial statements

The charity trustees are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

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

Signed on behalf of the charity's trustees



Chibueze Anyaegbu

Trustee

29 June 2024

Long Life Foundation

Statement of Financial Activities

for the year ended 30 November 2022

Total funds

2022

£

Notes

Net gains on investments

-

Transfers between funds

-

Long Life Foundation

Balance Sheet

at 30 November 2022

Charity No. 1183480

2022

£

Total net assets

-

The funds of the charity

Total funds

-

Approved by the trustees on 28 June 2024

And signed on their behalf by:

Chibueze Anyaegbu

Chibueze Anyaegbu

Trustee

28 June 2024

Long Life Foundation**Notes to the Accounts****for the year ended 30 November 2022****1 Accounting policies****Basis of preparation**

The financial statements have been prepared in accordance with Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014 and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and the Charities Act 2011.

Change in basis of accounting or to previous accounts

There has been no change to the accounting policies (valuation rules and method of accounting) since last year and no changes have been made to accounts for previous years.

Fund accounting

Unrestricted funds	These are available for use at the discretion of the trustees in furtherance of the general objects of the charity.
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Income

Recognition of income	Income is included in the Statement of Financial Activities (SoFA) when the charity becomes entitled to, and virtually certain to receive, the income and the amount of the income can be measured with sufficient reliability.
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Volunteer help	The value of any volunteer help received is not included in the accounts.
Investment income	This is included in the accounts when receivable.
Gains/(losses) on revaluation of fixed assets	This includes any gain or loss resulting from revaluing investments to market value at the end of the year.
Gains/(losses) on investment assets	This includes any gain or loss on the sale of investments.

Long Life Foundation

Notes to the Accounts

Expenditure

Recognition of expenditure	Expenditure is recognised on an accruals basis. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates.
Expenditure on raising funds	These comprise the costs associated with attracting voluntary income, fundraising trading costs and investment management costs.
Expenditure on charitable activities	These comprise the costs incurred by the Charity in the delivery of its activities and services in the furtherance of its objects, including the making of grants and governance costs.
Grants payable	All grant expenditure is accounted for on an actual paid basis plus an accrual for grants that have been approved by the trustees at the end of the year but not yet paid.
Governance costs	These include those costs associated with meeting the constitutional and statutory requirements of the Charity, including any audit/independent examination fees, costs linked to the strategic management of the Charity, together with a share of other administration costs.
Other expenditure	These are support costs not allocated to a particular activity.

Taxation

The charity is exempt from tax on its charitable activities.

Freehold investment property

Investment properties are measured initially at cost and subsequently at fair value at each balance sheet date and are not depreciated. All gains or losses are taken to the Statement of Financial Activities as they arise.

Stocks

Stock is included at the lower of cost or net realisable value. Donated items of stock are recognised at fair value which is the amount the charity would have been willing to pay for the items on the open market.

Trade and other debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

Cash and cash equivalents

Cash and cash equivalents comprise cash at bank and on hand, demand deposits with banks and other short-term highly liquid investments with original maturities of three months or less and bank overdrafts. In the statement of financial position, bank overdrafts are shown within borrowings or current liabilities. In the Statement of Cash Flows, cash and cash equivalents are shown net of bank overdrafts that are repayable on demand and form an integral part of the company's cash management.

Trade and other creditors

Short term creditors are measured at the transaction price. Other creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

Long Life Foundation

Notes to the Accounts

Research and development

Expenditure on research and development is written off in the year in which it is incurred.

Foreign currencies

Monetary assets and liabilities denominated in currencies other than the functional currency of the charity are translated at the rates of exchange prevailing at the end of the reporting period.

Transactions in currencies other than the functional currency of the charity are recorded at the rate of exchange on the date that the transaction occurred.

All exchange differences are taken into account in arriving at net income/expenditure.

Leased assets

Where the charity enters into a lease which entails taking substantially all the risks and rewards of ownership of an asset, the lease is treated as a finance lease.

Leases which do not transfer substantially all the risks and rewards of ownership to charity are classified as operating leases.

Assets held under finance leases are initially recognised as assets of the charity at their fair value at the inception of the lease or, if lower, at the present value of the minimum lease payments. The corresponding liability to the lessor is included in the balance sheet date as a finance lease obligation.

Lease payments are apportioned between finance expenses and reduction of the lease obligation so as to achieve a constant rate of interest on the remaining balance of the liability. Finance expenses are recognised immediately, unless they are directly attributable to qualifying assets, in which case they are capitalised in accordance with the charity's policy on borrowing costs.

Assets held under finance leases are depreciated in the same way as owned assets.

Operating lease payments are recognised as an expense on a straight-line basis over the lease term.

In the event that lease incentives are received to enter into operating leases, such incentives are recognised as a liability. The aggregate benefit of incentives is recognised as a reduction of rental expense on a straight-line basis.

Pension costs

The charity operates a defined contribution plan for its employees. A defined contribution plan is a pension plan under which the charity pays fixed contributions into a separate entity. Once the contributions have been paid the charity has no further payments obligations. The contributions are recognised as expenses when they fall due. Amounts not paid are shown in accruals in the balance sheet. The assets of the plan are held separately from the charity in independently administered funds.

Receipt of donated goods, facilities and services

All donated goods, facilities and services received are recognised within incoming resources and expenditure at an estimate of the value to the charity.

2 Staff costs

No employee received emoluments in excess of £60,000.

Long Life Foundation

Detailed Statement of Financial Activities

for the year ended 30 November 2022

Total funds

2022

£

Income and endowments from:

Expenditure on:

Net gains on investments

-

Other Gains

-

Reconciliation of funds:

Total funds brought forward

-

Total funds carried forward

-

LONG LIFE FOUNDATION

England & Wales - Charity number 1183480

Accounts

Longlife Foundation

Trustees' report and financial statement
for the year ended 30 November 2021

Charity No: 1183480

Longlife Foundation
Financial statements for the year ended 30 November 2021

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Longlife Foundation

Trustees' report and financial statement
for the year ended 30 November 2021

Charity No: 1183480

**Longlife Foundation Report of the trustee for the year ended 30
November 2021**

The trustees present its report and financial statements for the year ended 30 November 2021.

Legal and administrative information

Charity name: Longlife Foundation

Charity registration number: 1183480

Registered office and operational address:

34 Giffordside
Grays
RM16 4JA

Trustees: Chika Constantine
Emeka Anyaegbu
Chibueze Anyaegbu

Accountants: NBS Charity Consultant
Suite 124, Island
Business Center,
18-36 Wellington
Street, Woolwich,
London SE18 6PF

Our aims and objectives

Purposes and aims

The objects of the charity:

To promote and protect the good health of individuals, groups, carers and families living with dementia and mental health in the UK and Nigeria, in particular but not exclusively Africans and ethnic groups through the following support to help change mind sets to reduce stigma, attitudes and perception:-

- raising awareness of dementia and mental health;
- helping individuals to access information for well-being and social advancement in all stages of life, through health promotion, education, training and advocacy;
- delivering free management advice and group seminars for sufferers and their carers;
- delivering free medical health advice for people living with dementia;
- organising health seminars and outreach projects for the general public on health; and providing necessary health material for the under privileged in the society with a view to improving their wellbeing.

Ensuring our work delivers our aims

We review our aims, objectives and activities each year. This review looks at what we achieved and the outcomes of our work in the previous 12 months. The review looks at the success of each key activity and the benefits they have brought to those groups of people we are set up to help.

The review also helps us ensure our aims, objectives and activities remain focused on our stated purposes. We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aim and objectives and in planning our future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives they have set.

The focus of our work

We continue to provide services for people affected by dementia, their families and cares, we also help individuals identify other mental health issues such as anxiety, depression etc., this is because in African communities mental health issues is still been seen as a stigma and most people find it difficult to come out openly to talk about it.

In Nigeria, LongLife Foundation continues to address mental health and dementia by changing mind sets of people towards mental health and dementia by raising awareness, providing educational materials and sessions, outreach projects in the rural and urban areas. This is achieved by working closely with other small grassroots groups, community leaders and religious organisations. These groups are responsible for monitoring the progress, success and outcome of the programmes run in Nigeria with the support of volunteers. We are currently working with Doctors who are willing to volunteer their time abroad at no cost to our charity. They are willing to offer training to local thereby training the trainer. LongLife Foundation continues to provide all the necessary resources and materials needed for sessions and also train volunteers within the organisations.

Longlife Foundation

Report of the trustees for the year ended 30 November 2021

Members of the board of trustees

Members of the Board of Trustees, and trustees for the purpose of charity law, who served during the year and up to the date of this report are set out on page 1.

In accordance with charity law, as trustees, we certify that:

So far as we are aware, there is no relevant information of which the company's accountants are unaware; and as the trustees of the charity we have taken all steps that we ought to have taken in order to make ourselves aware of any relevant information and to establish that the Charity's accountants are aware of that information.

This report has been prepared,

By order of trustees:

Chika Constantine
Chairman Trustees

Longlife Foundation
Statement of financial activities (including Income and expenditure account)
for the year ended 30 November 2021

	Notes	Unrestricted Funds	Restricted Funds	2021 Total Funds
		£	£	£
Incoming resources				
Incoming resources from generated funds:				
Voluntary income:				

Donations		1,000		1,000
		-	-	-
Gift aid		-	-	-
Total incoming resources		1,000	-	1,000
Resources expended Cost of generating funds:				
Costs of generating voluntary income	3	700	-	700
Charitable activities	4	150	-	150
Governance costs	5	150	-	150
Total resources expended		1,000	-	1,000
Net incoming resources before other recognized gains				
Funds brought forward		0	-	0
		-	-	-
Total funds carried forward		0	-	0

The statement of financial activities includes all gains and losses in the year. All incoming resources and expended derive from continuing activities.

LONG LIFE FOUNDATION

England & Wales - Charity number 1183480

Accounts

Longlife Foundation

Trustees' report and financial statement
for the year ended 30 November 2020

Charity No: 1183480

Longlife Foundation
Financial statements for the year ended 30 November 2020

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Longlife Foundation

Trustees' report and financial statement
for the year ended 30 November 2020

Charity No: 1183480

**Longlife Foundation Report of the trustee for the year ended 30
November 2020**

The trustees present its report and financial statements for the year ended 30 November 2020.

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Charity registration number: 1183480

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- delivering free medical health advice for people living with dementia;
- organising health seminars and outreach projects for the general public on health; and providing necessary health material for the under privileged in the society with a view to improving their wellbeing.

Ensuring our work delivers our aims

We review our aims, objectives and activities each year. This review looks at what we achieved and the outcomes of our work in the previous 12 months. The review looks at the success of each key activity and the benefits they have brought to those groups of people we are set up to help.

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Longlife Foundation

Report of the trustees for the year ended 30 November 2020

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This report has been prepared,

By order of trustees:

Chika Constantine
Chairman Trustees

Longlife Foundation
Statement of financial activities (including Income and expenditure account)
for the year ended 30 November 2020

	Notes	Unrestricted Funds	Restricted Funds	2020 Total Funds
		£	£	£
Incoming resources				
Incoming resources from generated funds:				
Voluntary income:				

Donations		1,900		1,900
		-	-	-
Gift aid		-	-	-
Total incoming resources		1,900	-	1,900
Resources expended Cost of generating funds:				
Costs of generating voluntary income	3	1,200	-	1,200
Charitable activities	4	500	-	500
Governance costs	5	150	-	150
Total resources expended		1,850	-	1,850
Net incoming resources before other recognized gains				
Funds brought forward		50	-	50
		-	-	-
Total funds carried forward		50	-	50

The statement of financial activities includes all gains and losses in the year. All incoming resources and expended derive from continuing activities.