

STABLE LIVES
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021

STABLE LIVES

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees

Lawrence Warnock
Gavin Kibble
Craig Hooper

Charity number

1186580

Principal address

21 Bradshaw Lane
Parbold
Wigan
WN8 7NQ

Independent examiner

McGlone Wardzynski Limited
14 Queens Road
Eagle House
Coventry
CV1 3EG

Bankers

Virgin Money
Jubilee House
Gosforth
Newcastle Upon Tyne
NE3 4PL

STABLE LIVES

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STABLE LIVES

TRUSTEES' REPORT

FOR THE YEAR ENDED 31 MARCH 2021

The trustees present their annual report and financial statements for the year ended 31 March 2021.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's [governing document], the Charities Act 2011 and "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 2019).

Objectives and activities

The charity's objects are to assist in the treatment and care of persons suffering from mental trauma (such as anxiety and depression) or in need of rehabilitation as a result of such illness, by the provision of facilities for work and recreation.. To advance the education of the general public in all areas relating to mental trauma.

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

Achievements and performance

Stable Lives provides respite days and courses for adults and children dealing with the effects of mental trauma. Within courses and respite days, equine and land-based activities are utilised to enable participants to gain recovery strategies and look to a future free from the limitations of mental ill health.

Outreach is done through amongst others military, blue light support groups, schools and social services.

We greatly value the support from grants which allowed us to react accordingly to the challenges of the Covid pandemic, ensuring that we could provide timely and appropriate support to Frontline Key Workers in the form of respite days and further courses where required.

Financial review

This year's income has been satisfactory and has allowed us to maintain sufficient reserves to meet foreseeable commitments for the next 12 months.

It is the policy of the charity that unrestricted funds which have not been designated for a specific use should be maintained at a level equivalent to between three and six month's expenditure. The trustees consider that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the charity's current activities while consideration is given to ways in which additional funds may be raised. This level of reserves has been maintained throughout the year.

The trustees have assessed the major risks to which the charity is exposed, and are satisfied that systems are in place to mitigate exposure to the major risks.

Structure, governance and management

The charity is a community incorporated organisation.

The trustees who served during the year and up to the date of signature of the financial statements were:

Lawrence Warnock

Gavin Kibble

Craig Hooper

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

Risk Statement

The trustees have reviewed the risks to which a small charity is exposed. Appropriate procedures are in place to identify, monitor and review these risks on a regular basis. The insurance policy is reviewed annually.

The trustees' report was approved by the Board of Trustees.

Gavin Kibble

Gavin Kibble (Apr 20, 2022 11:18 GMT+1)

Gavin Kibble

Trustee

13 April 2022

STABLE LIVES

STATEMENT OF TRUSTEES' RESPONSIBILITIES

FOR THE YEAR ENDED 31 MARCH 2021

The trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England and Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that year.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping sufficient accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

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INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF STABLE LIVES

I report to the trustees on my examination of the financial statements of Stable Lives (the charity) for the year ended 31 March 2021.

Responsibilities and basis of report

As the trustees of the charity you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 (the 2011 Act).

I report in respect of my examination of the charity's financial statements carried out under section 145 of the 2011 Act. In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

Your attention is drawn to the fact that the charity has prepared financial statements in accordance with 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) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has now been withdrawn.

I understand that this has been done in order for financial statements to provide a true and fair view in accordance with Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- 1 accounting records were not kept in respect of the charity as required by section 130 of the 2011 Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the financial statements to be reached.

James Rose

James Rose (Apr 20, 2022 13:17 GMT+1)

James Rose FMAAT

14 Queens Road
Eagle House
Coventry
CV1 3EG

Dated: 12 April 2022

STABLE LIVES

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDED 31 MARCH 2021

	Notes	Unrestricted funds 2021 £	Restricted funds 2021 £	Total 2021 £
<u>Income from:</u>				
Donations, grants and other income	3	16,081	9,450	25,531
Other activities	4	118	-	118
Total income		<u>16,199</u>	<u>9,450</u>	<u>25,649</u>
<u>Expenditure on:</u>				
Charitable activities	5	<u>23,905</u>	<u>3,954</u>	<u>27,859</u>
Net (expenditure)/income for the year/ Net movement in funds		(7,706)	5,496	(2,210)
Fund balances at 1 April 2020		<u>16,145</u>	<u>2,865</u>	<u>19,010</u>
Fund balances at 31 March 2021		<u><u>8,439</u></u>	<u><u>8,361</u></u>	<u><u>16,800</u></u>

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

STABLE LIVES

BALANCE SHEET

AS AT 31 MARCH 2021

	Notes	2021 £	£
Fixed assets			
Tangible assets	9		12,051
Current assets			
Cash at bank and in hand		9,919	
Creditors: amounts falling due within one year	10	(5,170)	
Net current assets			4,749
Total assets less current liabilities			16,800
Income funds			
Restricted funds	11		8,361
Unrestricted funds			8,439
			16,800

The financial statements were approved by the Trustees on 6 April 2022

Gavin Kibble

Gavin Kibble (Apr 20, 2022 11:18 GMT+1)

Gavin Kibble

Trustee

STABLE LIVES

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

1 Accounting policies

Charity information

Stable Lives is Community Incorporated Organisation.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's [governing document], the Charities Act 2011, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "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 2019). The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities not to prepare a Statement of Cash Flows.

The financial statements 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 Statement of Recommended Practice for charities applying FRS 102 rather than the version of the Statement of Recommended Practice which is referred to in the Regulations but which has since been withdrawn.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention, modified to include the revaluation of freehold properties and to include investment properties and certain financial instruments at fair value. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the charity.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

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NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2021

1 Accounting policies

(Continued)

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

1.5 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 are allocated on the portion of the asset's use.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Plant and equipment	15% straight line method
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The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.7 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

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NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2021

1 Accounting policies

(Continued)

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.9 Taxation

The charity is a registered charity and is therefore exempt from taxation.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Donations, grants and other income

	Unrestricted funds	Restricted funds	Total
	2021	2021	2021
	£	£	£
Donations and gifts	12,031	-	12,031
Legacies receivable	2,050	-	2,050
Grants	1,500	9,450	10,950
Other	500	-	500
	<u>16,081</u>	<u>9,450</u>	<u>25,531</u>

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NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2021

4 Other activities

Unrestricted funds

2021
£

Fundraising events

118

5 Charitable activities

Provide services and advice

2021
£

Depreciation and impairment

3,629

Telephone

72

PEC hire costs

13,315

Building materials

1,579

Course materials

2,843

Postage & stationery

56

Insurance

412

Professional fees

3,395

Sundries

1,448

Training

600

Advertising & marketing

360

27,709

Share of governance costs (see note 6)

150

27,859

Analysis by fund

Unrestricted funds

23,905

Restricted funds

3,954

27,859

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NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2021

6 Support costs

	Support costs £	Governance costs £	2021 £
Independent examination	-	150	150
	-	150	150
Analysed between Charitable activities	-	150	150

7 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

8 Employees

The average monthly number of employees during the year was:

	2021 Number
Total	-

There were no employees whose annual remuneration was more than £60,000.

9 Tangible fixed assets

	Plant and equipment £
Cost	
Additions	15,680
At 31 March 2021	15,680
Depreciation and impairment	
Depreciation charged in the year	3,629
At 31 March 2021	3,629
Carrying amount	
At 31 March 2021	12,051

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NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2021

10 Creditors: amounts falling due within one year

	2021 £
Other creditors	4,870
Accruals and deferred income	300
	<u>5,170</u>

11 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Movement in funds			
	Balance at 1 April 2020 £	Incoming resources £	Resources expended 31 March 2021 £	Balance at 31 March 2021 £
Community Foundations for Lancashire	-	4,300	(2,800)	1,500
Crime Commissioner Fund Award	-	2,900	(1,080)	1,820
CVS West Lancashire Eric Wright Trust Grant	-	450	-	450
Duchy of Lancashire	-	1,800	-	1,800
Lottery Award	2,865	-	(74)	2,791
	<u>2,865</u>	<u>9,450</u>	<u>(3,954)</u>	<u>8,361</u>

The restricted grants were used to provide respite days for blue light workers, care workers and other frontline keyworkers requiring mental health support throughout the pandemic. The restricted funding through the Eric Wright Trust was used to provide training for volunteers on child and young adult mental health support

12 Analysis of net assets between funds

	Unrestricted funds 2021 £	Restricted funds 2021 £	Total 2021 £
Fund balances at 31 March 2021 are represented by:			
Tangible assets	12,051	-	12,051
Current assets/(liabilities)	(3,612)	8,361	4,749
	<u>8,439</u>	<u>8,361</u>	<u>16,800</u>

13 Related party transactions

There were no disclosable related party transactions during the year.