

MY HOME LIFE CHARITY

England & Wales · Charity number 1187498

Details

Status Registered

Legal form CIO

Registered 2020-01-22

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

Contact

Address Melford House
Crown Heights
Guildford
GU1 3TX

Phone +441483451554

Email j.meyer@city.ac.uk

Website www.myhomelife.org.uk

Activities

Objects: THE PROMOTION OF CIVIC RESPONSIBILITY AND GOOD CITIZENSHIP FOR POSITIVE CHANGE IN THE CARE OF OLDER PEOPLE BY PROVIDING EDUCATION AND TRAINING OPPORTUNITIES FOR PEOPLE WORKING IN LONG TERM CARE AND SUPPORT AND CARERS TO LEARN HOW TO IMPROVE QUALITY OF LIFE FOR FRAIL OLDER PEOPLE LIVING AND DYING IN CARE HOMES, OR OTHER LONG-TERM CARE SETTINGS TO ADVANCE THE EDUCATION OF THE PUBLIC BY PROMOTING RESEARCH, SHARE BEST PRACTICE AND BY PUBLISHING THE USEFUL RESULTS OF SUCH RESEARCH, INCLUDING WITHOUT LIMITATION IN RELATION TO: A) POSITIVE CHANGE IN THE CARE OF OLDER PEOPLE AND B) TO RAISE AWARENESS ABOUT INEQUALITIES FOR THOSE LIVING, DYING, VISITING, AND WORKING IN LONG TERM CARE AND SUPPORT

Activities: For the public benefit of frail older people living and dying in care homes, or other long-term care settings: Keeping the evidence base for best practice, Listening to the voices of frail older people, Funding practice-based research, Disseminating evidence-informed messages, Co-creating new ways of working, Supporting MHL partners, Sharing knowledge, expertise, information and statistics.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research, Acts As An Umbrella Or Resource Body
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Disability, Human Rights/religious Or Racial Harmony/equality Or Diversity
- **Who:** Elderly/old People, People With Disabilities

Geography

- Australia
- Germany
- Northern Ireland
- Scotland
- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-07-31	£94,391	£48,221	-	-
2024-07-31	£62,690	£108,833	-	-
2023-07-31	£75,276	£86,677	-	-
2022-07-31	£150,265	£98,110	-	-
2021-07-31	£11,000	£1,079	-	-

Trustees

Name	Role	Appointed
Kelly Des OBE	Chair	2019-08-01
Carole Sawyers		2020-07-01
Dr Catherine Beulah Sharp		2025-03-17
Professor Julienne Meyer CBE		2019-08-01
Sarah Penney		2025-03-17
Sylvia Silver		2019-08-01
Tom Richard Owen		2015-03-17

MY HOME LIFE CHARITY

England & Wales - Charity number 1187498

Accounts

Charity Registration No. 1187498 (England and Wales)
SCO51898 (Scotland)

MY HOME LIFE CHARITY
TRUSTEES REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 JULY 2025

MY HOME LIFE CHARITY

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees

Des Kelly OBE – Chair
Patricia Margaret Bailey (resigned 24 Sept 2024)
Julienne Meyer CBE (aka J Davies) - Secretary
Tom Owen (appointed 3 April 2025)
Anita Peet MBE (aka A Astle) (resigned 10 July 2025)
Sarah Penney (appointed 3 April 2025)
Carole Sawyers - Treasurer
Sylvie Silver MBE
Catherine Sharp (appointed 3 April 2025)

MHL Partners

MHL England (City St George's, University of London)
MHL Northern Ireland (University of Ulster)
MHL Scotland (Robert Gordon University)
MHL Wales (Age Cymru)
MHL Australia (South Australian Innovation Hub)
MHL Germany (Josef und Luise-Kraft Foundation)
(resigned 13th July 2025)

Charity number (England and Wales)

1187498

Charity number (Scotland)

SCO51898

Company number

CE020395

Principal address

Melford House
Crown Heights
Guildford
Surrey
GU1 3TX

Bankers

HSBC UK PLC
12A North Street
Guildford
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GU1 4AF

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MY HOME LIFE CHARITY

CHAIR'S REPORT

FOR THE YEAR ENDED 31 JULY 2025

I have had the privilege of serving as Chair of the My Home Life (MHL) Charity since its inception on 1 August 2020. Over the past five years, MHL has remained steadfast in its commitment to advancing best practices across the care sector. Through a blend of research, practice development, and initiatives that enhance social impact, we strive to ensure that care home settings are places where quality of life is consistently prioritised—for residents, staff, families, and the wider community.

It is with great pride that I present our Annual Report for the year ending 31 July 2025. This report highlights the progress we've made, the partnerships we've strengthened, and the meaningful difference our work continues to make in care environments across the UK and beyond.

This year, our work has continued to benefit greatly from the expertise of our Trustees, who bring a wealth of experience and deep understanding of care homes. Sadly, Patricia Bailey was forced to resign for health reasons, but we welcomed 3 new trustees from across the UK – Tom Owen (England), Sarah Penney (Northern Ireland) and Dr Cathy Sharp (Scotland). All of the new trustees have worked closely with My Home Life over a number of years and bring a sound knowledge of the My Home Life ways of working. Their recruitment was deliberate to foster enhanced partnership working between MHL Charity and MHL Partners.

The MHL Charity Board has convened bi-monthly, consistently reviewing our policies and updating our declaration of interests in accordance with our Constitution. Trustees have also met bi-monthly with MHL Partners across the UK and Australia to stay connected about a shared ambition, namely quality of life in care homes. We are delighted that Heather Ferguson at Age Cymru is now the Lead for My Home Life Wales but disappointed to that My Home Life in Germany folded, due to difficulties in recruiting a Lead who could take forward MHL initiatives there. The lack of a shared language did not help.

A highlight was hosting a UK meeting of MHL partners in Newcastle in September 2024. It was wonderful to have the opportunity to meet face to face and spend time together, welcoming Heather Ferguson to the MHL family and supporting colleagues undergoing an organisational restructure in Scotland. It was at this meeting that we decided to extend the role of trustee to MHL Partners and to revise the Memorandum of Agreement between MHL Partners and MHL Charity.

Throughout the year, we have continued work in Australia led by Professor Belinda Dewar and Dr. Edel Roddy. This collaboration supports leadership and cultural development in care settings, helping practitioners enhance their leadership and facilitation skills, apply their learning, and refine their systems and processes. Belinda and Edel worked closely with Simon Charlton (MHL Australia Lead) to train up some new facilitators at the South Australian Innovation Hub (November 2024-May 2025) and, following the success of the work at the Roy Fagin Centre, Tasmania (specialised facility to assess and treat elderly persons with mental illness and dementia) were commissioned by the Department of Health Tasmania to deliver another leadership programme within Older People's Mental Health Community Settings.

MHL Charity's mission is to support our partners in improving the quality of life for those in care homes.

MY HOME LIFE CHARITY

CHAIR'S REPORT

FOR THE YEAR ENDED 31 JULY 2025

Over the past year, the My Home Life Leadership Support Programme has continued to flourish across Northern Ireland (NI), building on its strong foundations and sector-wide support. Having successfully delivered five cohorts since the beginning of our five-year funding agreement, we are delighted that an additional sixth year of funding has been confirmed — recognition of the programme's sustained impact and growing value within the care sector.

A highlight of the year was the Celebration Day 2025, which brought together 86 care home leaders from 73 care settings who had completed the 2024/25 programme. This day was an opportunity not only to celebrate their achievements but also to reflect on the collective progress being made across the sector. In his keynote address, Minister for Health, Mike Nesbitt, commended the MHL Programme as a key driver in improving the quality of life for care home residents, families, and staff since its introduction in Northern Ireland in 2013. He recognised the programme's vital role in supporting professional development, leadership, and staff resilience, ultimately enhancing care home culture and services.

In addition, the Department of Health (NI) completed an independent evaluation of the programme.

- 52 Care Home Managers from a total of 270 invited to participate responded to the Questionnaire – equating to a response rate of approximately 19.3%;
- Care Home Providers from a total of 18 invited to participate (equating to 27.8%) responded to the questionnaire. In addition, further evidence from Care Home Providers was provided by Independent Healthcare Providers (IHCP) who had engaged with their members prior to their interview on the 28th April;
- All members of the Strategic Advisory Group invited to attend interviews engaged in the review;
- All Departmental professional colleagues invited to attend interview engaged with the review;
- The My Home Life staff at Ulster University engaged with the review.

KEY FINDINGS

90.4% advised their enthusiasm for working in the Sector has increased

98.1% advised the quality of their management & leadership has increased

75% advised that time staff actively spent talking with residents & relatives has increased

76.9% advised the quality of life of their Care Home's Residents has increased,

This independent review demonstrates the value of not only the leadership programme but in the partnership and collaboration across all health & social care systems and what can be achieved by working together.

In England, following the sad death of Stephanie Thompson, Dr Rebekah Luff joined the growing team, led by Tom Owen. Over the course of the year, the team delivered 17 programmes that supported 207 care leaders to promote quality of life in care services across England. Their work is developing strong connections to commissioners, providers and national leaders within the care sector, supporting them to reflect on their work, their partnership with others and their professional development. Various research

MY HOME LIFE CHARITY

CHAIR'S REPORT

FOR THE YEAR ENDED 31 JULY 2025

projects (Music meets My Home Life, Thriving in Residential Care, Evaluation of the Shropshire Virtual Care Service) continue to have impact and have led to literary outputs.

My Home Life in Scotland has been temporarily put on hold, whilst Robert Gordon University (RGU) restructures. This meant that My Home Life Scotland did not have a designated lead in the School of Health with Professor Catriona Kennedy being moved into a new school and Jill Will leaving the Deputy role to take on a new role elsewhere. The plan is to review MHL Scotland's viability at RGU in 2025, when things have hopefully settled. My Home Life Charity has been supportive during times of transition, in particular the MHL Scotland's external facilitators.

My Home Life Wales continues under the leadership of Heather Ferguson and progress has also been limited by organizational restructuring. However, there is a strong commitment to My Home Life in Wales, following many years of success under the leadership of Age Cymru.

In Australia, under Simon Charlton's leadership, My Home Life is recognized as a strategic priority by The SA Innovation Hub and Simon regularly attends MHL meetings online.

Despite the many challenges currently facing the care home sector, we are proud of the positive and lasting contribution that My Home Life continues to make. Our work remains firmly rooted in enhancing the quality of life for residents, relatives, and staff, and we are encouraged by the tangible impact seen across care settings.

Through a strong and evolving programme of research and publications, leadership development, and social action, we continue to support those working in care to lead with confidence, compassion, and evidence-based practice. Our voice in the sector is further amplified by an active social media presence, helping us to share learning, celebrate successes, and build a connected and supportive community committed to driving positive change.

I extend my heartfelt gratitude to everyone involved in making this another great year. The ongoing commitment and collaboration remain at the heart of My Home Life's success. If you want to learn more, please review associated websites including [MHL Charity](#), [MHL England](#), [MHL Northern Ireland](#), [MHL Scotland](#), [MHL Wales](#) and [MHL Australia](#).

Des Kelly OBE

Chair

MY HOME LIFE CHARITY

TRUSTEES' REPORT

FOR THE YEAR ENDED 31 JULY 2025

The trustees present their report and financial statements for the year ended 31 July 2025.

My Home Life Charity was registered as a CIO on 22 January 2020.

During this year, we have been consolidating our key strategic principles, namely:

OUR VISION

We aspire to maximum quality of life for those living, dying, visiting, and working in care homes, and other care settings, for older people.

OUR MISSION

Working with My Home Life Partners for positive change in the care and support of older people.

OUR VALUES

- ***Developing best practice together***

My Home Life is informed by an evidence-base for quality of life in care homes (which is equally relevant to other care and support services).

- ***Focusing on relationships***

Our central focus is on the importance of positive relationships between people, their families, and staff, and between care services and the wider community.

We recognise that the quality of life of everyone involved in the care experience is crucial to improvements in care practice and emphasise the importance of working together to co-create our desired future.

- ***Being Appreciative***

We work appreciatively to focus and build on the positive – ‘what is working well now and why and how can we use that knowledge to inform how we can improve and make things even better?’

- ***Having caring conversations***

Developing best practice, enhancing relationships and being appreciative is enabled through having Caring Conversations.

We support people to celebrate what is working well, consider the perspectives of all those involved, connect emotionally, be curious rather than judgmental, be courageous and take positive risks, collaborate to make things happen, and compromise in order to focus on what is possible.

OUR GOALS AND OBJECTIVES

1. To promote quality of life for those living, dying, visiting, and working in care homes, and other care settings, for older people.
2. To seek to ensure that all activity is delivered in line with the values and principles of My Home Life.
3. To ensure that all activity is delivered in a spirit of collaboration and learning between MHL Member organisations.
4. To be evidence-informed and research-active.
5. To support the long-term sustainability of the My Home Life movement acknowledging the origins of its co-created work.

MY HOME LIFE CHARITY

TRUSTEES' REPORT

FOR THE YEAR ENDED 31 JULY 2025

OUR KEY ACTIVITIES

The key activities of My Home Life (MHL) include **research, enterprise, social action** as they relate to care home provision.

What MHL Charity does:

MHL Charity delivers UK-wide and international good practice communications to the care sector. It raises funds for practical projects, some of which will be delivered on behalf of the Charity by MHL Partners.

MHL Charity currently delivers activity directly or through a range of key academic and non-academic activities, working in 5 countries. A co-created Memorandum of Agreement holds these member countries to the values and conceptual frameworks of MHL with agreed 'ways of working'. Intellectual Property is predominantly co-created.

The Charity will hold the shared IP/trademark and act as a supporter to the 'country-leads' for MHL Partners.

Objects of the Charity (as set out in the Constitution) are:

- The promotion of civic responsibility and good citizenship for positive change in the care of older people by providing education and training opportunities for people working in long term care and support and carers to learn how to improve quality of life for frail older people living and dying in care homes, or other long-term care settings.
- To advance the education of the public by promoting research, share best practice and by publishing the useful results of such research, including without limitation in relation to:
 - a) positive change in the care of older people and
 - b) to raise awareness about inequalities for those living, dying, visiting, and working in long term care and support

ACHIEVING OUR AIMS

In order to achieve our aims **MHL Charity** will:

- Grant MHL Partner organisations a royalty-free, non-exclusive licence to use the My Home Life registered trademark and logo for the purposes of delivering the MHL vision and in any external communications, promotional work or funding applications relating to MHL. This will be the primary means of demonstrating that Members are part of MHL network.
- Seek to attract charitable funding to enhance the work of MHL Partners.
- Work to help spread and promote the work of MHL and MHL Partners and facilitate regular communication between Partners organisations.
- Provide networking opportunities for MHL Partners to collaborate and strengthen their research, enterprise and social action activities.
- Ensure the sustainability of My Home Life by providing a safe holding place for MHL initiatives including in the event that a host organisation is no longer able to continue as a Partner.

MY HOME LIFE CHARITY

TRUSTEES' REPORT

FOR THE YEAR ENDED 31 JULY 2025

- Enable other MHL Partners internationally to join the social movement for positive development in care homes.
- Develop an online Knowledge Hub that will serve as the archive for all My Home Life products and resources ensuring history is not lost.
- Mediate between MHL Partners should disputes arise.

PLANS FOR THE FUTURE

MHL Charity are continuing work to develop a strategic plan, which will

- Develop a strong business model
- Ensure financial stability
- Support MHL Partners to strengthen their offer (research, enterprise, social action)
- Share best practice in care homes for the benefit of residents, relatives and staff
- Ensure clear succession planning is in place

The impact of the Coronavirus pandemic on the care sector has been substantial, particularly in respect of the workforce, priorities and finances. As a support charity, My Home Life continues to be flexible and to rethink how best to support quality of life in care homes.

Structure, governance and management

The charity is a Charitable Incorporated Organisation, whose only voting members are its charity trustees. Trustees confirm that they have referred to the Charity Commission's guidance on public benefit.

The trustees who served during the period and up to the date of signature of the financial statements are listed on the legal and administrative page of this report.

On 1 August 2022 My Home Life Charity was registered in Scotland.

The trustees set the policies of the charity and exercise overall control. There are currently no day-to-day employees. All work done on behalf of MHL Charity is done by independent consultants, specially selected for the knowledge and expertise on care homes and alignment with the visions and values of My Home Life.

Trustees are appointed by invitation and drawn from our network of contacts across the care sector. We aim to have a cross-section of skills (confirmed by a skills audit) and geographic representation. Potential Trustees are invited to attend and observe a Meeting prior to being formally appointed. All new Trustees are sent an information pack based on materials generated by the Charity Commission.

MY HOME LIFE CHARITY

TRUSTEES' REPORT

FOR THE YEAR ENDED 31 JULY 2025

MHL Charity supports MHL Partners to deliver a range of key academic and non-academic activities, working in 5 countries. Our aim is to ensure quality of life for all those living, dying, visiting and working in care homes.

Reserves Policy

The trustees aim to hold sufficient funds to meet all costs of the charity for a minimum of one year. In the early years of operation Trustees also seek funds to allow the work of the charity to expand. All programmes are fully funded before they start.

Statement of trustees' responsibilities

The trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and in preparing this report and financial statements the Trustees have followed the requirements with regard to Accounting and Reporting by charities as set out in the Statement of Recommended Practice (SORP).

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the CIO and enable them to prepare the financial statements. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

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

D Kelly

Trustee

12 December 2025

MY HOME LIFE CHARITY

INDEPENDENT EXAMINER'S REPORT ON THE ACCOUNTS

I report to the trustees on my examination of the accounts of the above charity for the year ended 31 July 2024.

As the charity trustees, you are responsible for the preparation of the accounts in accordance with the Charities Act 2011 ("the Act").

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

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

- the accounting records were not kept in accordance with section 130 of the Act; or
- the accounts did not accord with the accounting records; or
- the accounts did 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 accounts to be reached.

Elizabeth Turvey ACMA
12 December 2025

MY HOME LIFE CHARITY

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 JULY 2025

	Note s	Year ended 31 July 2025			Year ended 31 July 2024		
		Unrestricted funds £	Restricted funds £	Total £	Unrestricted funds	Restricted Funds	Total
Income from:							
Charitable Activities		94,391		94,391	62,690	-	62,690
Total Income					62,690		62,690
Expenditure on:							
Charitable activities		44,795		44,795	105,946	527	106,473
Governance		3,456		3,456	2,360	-	2,360
Net income for the period/ Net movement in funds		46,140		46,140	(45,616)	(527)	(46,143)
Fund balances at 31 July 2024		28,482		28,482	74,098	527	74,625
Fund balances at 31 July 2025		74,622		74,622	28,482	-	28,482

The statement of financial activities includes all gains and losses recognised in the year ended 31 July 2025.

MY HOME LIFE CHARITY

BALANCE SHEET

AS AT 31 JULY 2025

	Notes	2025		2024	
		£	£	£	£
Fixed Assets					
Tangible assets			-		-
Current Assets					
Debtors					
Cash at bank and in hand		74,622		28,482	
		<hr/>		<hr/>	
		74,622		28,482	
Creditors: amounts falling due within one year					
Net Current assets			74,622		28,482
Total assets less current liabilities			<hr/>		<hr/>
			74,622		28,482
Creditors: amounts falling due after more than one year			-		-
Net assets			<hr/>		<hr/>
			74,622		28,482
			<hr/>		<hr/>
Income funds					
Restricted funds			-		-
Unrestricted funds			74,622		28,482
			<hr/>		<hr/>
			74,622		28,482
			<hr/>		<hr/>

The financial statements were approved by the Trustees on 12 December 2035

D Kelly
Trustee

C Sawyers
Trustee

1 Accounting policies

Charity information

My Home Life Charity is a CIO. The registered office can be found on the legal and administrative page.

1.1 Accounting convention

The financial statements have been prepared in accordance with the CIO's governing document 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) issued on 16 July 2014 (as updated through Update Bulletins for periods commencing 1 January 2019).

The financial statements are prepared in sterling, which is the functional currency of the CIO. 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 CIO 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.

1.4 Income

Income is recognised when the charitable company 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 charitable company 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.

Legacies are recognised on receipt or otherwise if the charitable company 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.

My Home Life Charity

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 JULY 2025

1 Accounting policies

(Continued)

1.5 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.

1.6 Taxation

The CIO is a registered charity within the definitions of section 506(1) Income and Corporation Taxes Act 1988 and therefore it is not assessable to corporation tax on any surplus charitable funds.

2 Trustees

None of the trustees (or any persons connected with them) received any remuneration or other benefits from the CIO.

3 Restricted funds

The Charity has no restricted funds at 31 July 2025.

MY HOME LIFE CHARITY

England & Wales - Charity number 1187498

Accounts

**Charity Registration No. 1187498 (England and Wales)
SCO51898 (Scotland)**

**MY HOME LIFE CHARITY
TRUSTEES REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 JULY 2024**

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LEGAL AND ADMINISTRATIVE INFORMATION

Trustees

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Julienne Meyer CBE (aka J Davies) - Secretary
Sylvie Silver MBE
Patricia Margaret Bailey (resigned 24 Sept 2024)
Carole Sawyers - Treasurer
Anita Peet MBE (aka A Astle)

Charity number (England and Wales)

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Charity number (Scotland)

SC051898

Company number

CE020395

Principal address

Melford House
Crown
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Surrey
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Bankers

HSBC UK PLC
12A North Street
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MY HOME LIFE CHARITY

CHAIR'S REPORT

FOR THE YEAR ENDED 31 JULY 2024

I have had the pleasure of serving as Chair of My Home Life (MHL) Charity since its inception on August 1, 2020. MHL Charity is dedicated to advancing best practices in the care sector through activities such as research, practice development, and enhancing social impact in care home settings. I am thrilled to present our annual report for the year ending July 31, 2024.

This year, our work has continued to benefit greatly from the expertise of our Trustees, who bring a wealth of experience and deep understanding of care homes. The MHL Charity Board has convened bi-monthly, consistently reviewing our policies and updating our declaration of interests in accordance with our Constitution. Trustees have also met monthly with MHL Partners across the UK, Australia, and Germany to guide the Charity's initiatives. A highlight was hosting a meeting of MHL partners during the Global Ageing Network event in Glasgow in September 2023.

Throughout the year, we have maintained our partnership with the Roy Fagin Centre in Tasmania, led by Professor Belinda Dewar and Dr. Edel Roddy. This collaboration supports leadership and cultural development in care settings, helping practitioners enhance their leadership and facilitation skills, apply their learning, and refine their systems and processes. The resources and insights from this project are accessible on our website (www.myhomelifecharity.org.uk).

MHL Charity's mission is to support our partners in improving the quality of life for those in care homes. This year, MHL Northern Ireland, under the guidance of Professor Assumpta Ryan and Sarah Penny, expanded the University of Ulster's My Home Life Leadership Support and Quality Improvement (LSQI) Programme to more care leaders (five cohorts). Their ongoing funding will provide leadership support to 100 care home managers, deputies, and emerging leaders, focusing on transitions, systems integration, and community engagement. Their success is evident in their recent commission by RQIA to develop a My Home Life induction program for a new role and the publication of two significant papers – one on the factors that influence care home residents' and families' engagement with decision-making about their care and support¹, and another reporting an evaluation of the MHL Leadership Support programme for care home managers². The MHL (NI) Celebration Ceremony on July 2, 2024, at the Europa Hotel in Belfast showcased the impactful Quality Improvement Projects of participants from the MHL Leadership Programme³.

In England, led by Tom Owen, MHL completed one of the largest qualitative studies on the experiences of older people in residential care homes. The study⁴, which included 125 participants from 16 care homes across the UK, explored the benefits and challenges of care home living. The findings identified key conditions under which older people thrive, emphasizing the importance of

¹ Lynch, B., Ryan, A., O'Neill, M., & Penney, S. (2022). The factors that influence care home residents' and families' engagement with decision-making about their care and support: an integrative review of the literature. *BMC Geriatrics*, 22(1), 1-17. Article 873. <https://doi.org/10.1186/s12877-022-03503-8>

² Penney, S., Ryan, A., Slater, P. F., Meyer, J., Dewar, B., Owen, T., & Lynch, B. (2023). An evaluation of the 'My Home Life' Leadership Support programme for care home managers. *International Journal of Research in Nursing*, 14(1), 19-33. Advance online publication. <https://doi.org/10.3844/ijrnsp.2023.19.33>

³ <https://myhomelife.org.uk/resilience-retention-quality-key-outcomes-of-my-home-life-england-professional-support-development-programmes/>

⁴ <https://myhomelife.org.uk/thriving-in-residential-care-research-older-people-care-homes/>

MY HOME LIFE CHARITY

relational, active, secure, dignified, and healthy living environments. Over the course of the year, 18 MHL Leadership Support programmes were commissioned in England, with over 197 care leaders participating. An evaluation of these programmes (2022-2023) showed increased resilience, retention and quality in participants.

My Home Life Scotland, directed by Professor Catriona Kennedy and supported by Deputy Director Jill Will, is developing a new website and seeking funding for a Leadership and Quality Improvement programme in Scotland. Prof Dewar and Dr Edel Roddy supported an intensive 12-month leadership and system and process development programme at SB Cares in Scotland across 5 care homes and including 115 participants. They developed a number of new systems and processes for conducting meetings (e.g., staff supervisions, resident reviews, meetings with relatives, mock inspections, meaningful activities), which can be accessed at our website.

In Australia, under Simon Charlton's leadership, My Home Life is recognized as a strategic priority by The SA Innovation Hub. Professors Dewar and Roddy are set to lead a Leadership support and Development programme and a Facilitator Development programme in November 2024, aiming to train nine additional facilities to enhance the delivery of MHL leadership programs from 2025. Efforts are underway with Susan Dawson at the Caring Futures Institute to evaluate MHL's impact on individuals with severe dementia symptoms. While our activities in Wales and Germany have been limited, we anticipate growth in these regions in the future. In particular, we are delighted that MHL Wales will be taken forward by Age Cymru with Heather Ferguson as the lead. In Wales, Age Cymru has been doing a lot of work to raise the voice of residents through art practitioners, raising the visibility of care homes, and training volunteers for care homes. In Germany, Susanne Braun will be taking over from Dr Caroline Emmer De Albuquerque Green who is now an Early Career Research Fellow at the Institute for Ethics in AI and Research Fellow at Reuben College, University of Oxford.

Despite the many challenges facing the care home sector, we are proud of My Home Life's contributions to enhancing the quality of life for residents, relatives, and staff. We continue to have impact through our research and publications, leadership programmes, and social action, together with a strong social media presence (Combined Twitter Followers: 7,698; Facebook Followers: 1,367; LinkedIn Followers: 679; Newsletter Subscribers: 5,740). It was especially exciting to see this impact being specially commented on by one of the care home inspectors in Scotland working with St Ronan's Care Home (SB Cares). The inspectorate report gave top gradings (5, 5, 5, 5, 5) and directly praised My Home Life:

"Following staff development in 'My Home Life', people's life stories were being collated to spark meaningful memories and good conversations. This gave people a sense of recognition, of being alive and of being present. One relative told us: 'staff are encouraged to really make the residents' lives meaningful and to provide them with daily stimulation and quiet chats' whilst another told us, 'There have been plenty of beautiful interactions that I have witnessed'."

I extend my gratitude to everyone involved for another outstanding year.

Des Kelly OBE
Chair

MY HOME LIFE CHARITY

TRUSTEES' REPORT

FOR THE YEAR ENDED 31 JULY 2024

The trustees present their report and financial statements for the year ended 31 July 2024.

My Home Life Charity was registered as a CIO on 22 January 2020.

During this year, we have been consolidating our key strategic principles, namely:

OUR VISION

We aspire to maximum quality of life for those living, dying, visiting, and working in care homes, and other care settings, for older people.

OUR MISSION

Working with My Home Life Partners for positive change in the care and support of older people.

OUR VALUES

- ***Developing best practice together***

My Home Life is informed by an evidence-base for quality of life in care homes (which is equally relevant to other care and support services).

- ***Focusing on relationships***

Our central focus is on the importance of positive relationships between people, their families, and staff, and between care services and the wider community.

We recognise that the quality of life of everyone involved in the care experience is crucial to improvements in care practice and emphasise the importance of working together to co-create our desired future.

- ***Being Appreciative***

We work appreciatively to focus and build on the positive – ‘what is working well now and why and how can we use that knowledge to inform how we can improve and make things even better?’

- ***Having caring conversations***

Developing best practice, enhancing relationships and being appreciative is enabled through having Caring Conversations.

We support people to celebrate what is working well, consider the perspectives of all those involved, connect emotionally, be curious rather than judgmental, be courageous and take positive risks, collaborate to make things happen, and compromise in order to focus on what is possible.

OUR GOALS AND OBJECTIVES

1. To promote quality of life for those living, dying, visiting, and working in care homes, and other care settings, for older people.
2. To seek to ensure that all activity is delivered in line with the values and principles of My Home Life.
3. To ensure that all activity is delivered in a spirit of collaboration and learning between MHL Member organisations.
4. To be evidence-informed and research-active.
5. To support the long-term sustainability of the My Home Life movement acknowledging the origins of its co-created work.

MY HOME LIFE CHARITY

TRUSTEES' REPORT

FOR THE YEAR ENDED 31 JULY 2024

OUR KEY ACTIVITIES

The key activities of My Home Life (MHL) include **research, practice development and social impact** as they relate to care home provision.

What MHL Charity does:

MHL Charity delivers UK wide and international good practice communications to the care sector. It raises funds for practical projects, some of which will be delivered on behalf of the Charity by MHL Partners.

MHL Charity currently delivers activity directly or through a range of academic and non-academic partners working in 6 countries. A co-created Memorandum of Agreement holds these member countries to the values and conceptual frameworks of MHL with agreed 'ways of working'. Intellectual Property is predominantly co-created.

The Charity will hold the shared IP/trademark and act as a supporter to the 'country-leads' for MHL Partners.

Objects of the Charity (as set out in the Constitution) are:

- The promotion of civic responsibility and good citizenship for positive change in the care of older people by providing education and training opportunities for people working in long term care and support and carers to learn how to improve quality of life for frail older people living and dying in care homes, or other long-term care settings.
- To advance the education of the public by promoting research, share best practice and by publishing the useful results of such research, including without limitation in relation to:
 - a) positive change in the care of older people and
 - b) to raise awareness about inequalities for those living, dying, visiting, and working in long term care and support

ACHIEVING OUR AIMS

In order to achieve our aims **MHL Charity** will:

- Grant MHL Partner organisations a royalty-free, non-exclusive licence to use the My Home Life registered trademark and logo for the purposes of delivering the MHL vision and in any external communications, promotional work or funding applications relating to MHL. This will be the primary means of demonstrating that Members are part of MHL network.
- Seek to attract charitable funding to enhance the work of MHL Partners.
- Work to help spread and promote the work of MHL and MHL Partners and facilitate regular communication between Partners organisations.
- Provide networking opportunities for MHL Partners to collaborate and strengthen their research, enterprise and social action activities.
- Ensure the sustainability of My Home Life by providing a safe holding place for MHL initiatives including in the event that a host organisation is no longer able to continue as a Partner.

MY HOME LIFE CHARITY

TRUSTEES' REPORT

FOR THE YEAR ENDED 31 JULY 2024

- Enable other MHL Partners internationally to join the social movement for positive development in care homes.
- Develop an online Knowledge Hub that will serve as the archive for all My Home Life products and resources ensuring history is not lost.
- Mediate between MHL Partners should disputes arise.

PLANS FOR THE FUTURE

MHL Charity are continuing work to develop a strategic plan, which will

- Develop a strong business model
- Ensure financial stability
- Support MHL Partners to strengthen their offer (research, enterprise, social action)
- Share best practice in care homes for the benefit of residents, relatives and staff
- Ensure clear succession planning is in place

The impact of the Coronavirus pandemic on the care sector has been substantial, particularly in respect of the workforce, priorities and finances. As a support charity, My Home Life continues to be flexible and to rethink how best to support quality of life in care homes.

Structure, governance and management

The charity is a Charitable Incorporated Organisation, whose only voting members are its charity trustees. Trustees confirm that they have referred to the Charity Commission's guidance on public benefit.

The trustees who served during the period and up to the date of signature of the financial statements are listed on the legal and administrative page of this report.

On 1 August 2022 My Home Life Charity was registered in Scotland.

The trustees set the policies of the charity and exercise overall control. There are currently no day-to-day employees. All work done on behalf of MHL Charity is done by independent consultants, specially selected for the knowledge and expertise on care homes and alignment with the visions and values of My Home Life.

Trustees are appointed by invitation and drawn from our network of contacts across the care sector. We aim to have a cross-section of skills (confirmed by a skills audit) and geographic representation. Potential Trustees are invited to attend and observe a Meeting prior to being formally appointed. All new Trustees are sent an information pack based on materials generated by the Charity Commission.

MY HOME LIFE CHARITY

TRUSTEES' REPORT

FOR THE YEAR ENDED 31 JULY 2024

MHL Charity does not work directly with care setting residents or tenants but by supporting MHL Partners to take forward quality improvement in care homes. Our aim is to ensure quality of life for all those living, dying, visiting and working in care homes.

Reserves Policy

The trustees aim to hold sufficient funds to meet all costs of the charity for a minimum of one year. In the early years of operation Trustees also seek funds to allow the work of the charity to expand. All programmes are fully funded before they start.

Statement of trustees' responsibilities

The trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and in preparing this report and financial statements the Trustees have followed the requirements with regard to Accounting and Reporting by charities as set out in the Statement of Recommended Practice (SORP).

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the CIO and enable them to prepare the financial statements. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

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

D Kelly

Trustee

18 November 2024

MY HOME LIFE CHARITY

INDEPENDENT EXAMINER'S REPORT ON THE ACCOUNTS

I report to the trustees on my examination of the accounts of the above charity for the year ended 31 July 2024.

As the charity trustees, you are responsible for the preparation of the accounts in accordance with the Charities Act 2011 ("the Act").

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

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

- the accounting records were not kept in accordance with section 130 of the Act; or
- the accounts did not accord with the accounting records; or
- the accounts did 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 accounts to be reached.

Elizabeth Turvey ACMA
18 November 2024

MY HOME LIFE CHARITY

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 JULY 2024

	Notes	Year ended 31 July 2024			Year ended 31 July 2023		
		Unrestrict ed funds £	Restrict ed funds £	Total £	Unrestrict ed funds	Restrict ed funds	Total
Income from:							
Donations		-	-	-	882		882
Charitable Activities		62,690	-	62,690	73,739	655	74,394
Total Income		62,690		62,690	74,621	655	75,276
Expenditure on:							
Charitable activities		105,946	527	106,473	39,248	45,066	84,314
Governance		2,360	-	2,360	2,363	-	2,363
Net income for the period/ Net movement in funds		(45,616)	(527)	(46,143)	33,010	(44,411)	(11,401)
Fund balances at 31 July 2023		74,098	527	74,625	41,088	44,938	86,026
Fund balances at 31 July 2024		28,482	-	28,482	74,098	527	74,625

The statement of financial activities includes all gains and losses recognised in the year ended 31 July 2024.

MY HOME LIFE CHARITY

BALANCE SHEET

AS AT 31 JULY 2024

	Notes	2024		2023	
		£	£	£	£
Fixed Assets					
Tangible assets			-		-
Current Assets					
Debtors					
Cash at bank and in hand		28,482		74,625	
		<hr/>		<hr/>	
		28,482		74,625	
Creditors: amounts falling due within one year					
Net Current assets			28,482		74,625
Total assets less current liabilities			<hr/>		<hr/>
			28,482		74,625
Creditors: amounts falling due after more than one year			-		-
Net assets			<hr/>		<hr/>
			28,482		74,625
Income funds					
Restricted funds			-		527
Unrestricted funds			28,482		74,098
			<hr/>		<hr/>
			28,482		74,625
			<hr/>		<hr/>

The financial statements were approved by the Trustees on 18 November 2024

D Kelly
Trustee

C Sawyers
Trustee

1 Accounting policies

Charity information

My Home Life Charity is a CIO. The registered office can be found on the legal and administrative page.

1.1 Accounting convention

The financial statements have been prepared in accordance with the CIO's governing document 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) issued on 16 July 2014 (as updated through Update Bulletins for periods commencing 1 January 2019).

The financial statements are prepared in sterling, which is the functional currency of the CIO. 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 CIO 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.

1.4 Income

Income is recognised when the charitable company 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 charitable company 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.

Legacies are recognised on receipt or otherwise if the charitable company 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.

My Home Life Charity

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 JULY 2024

1 Accounting policies

(Continued)

1.5 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.

1.6 Taxation

The CIO is a registered charity within the definitions of section 506(1) Income and Corporation Taxes Act 1988 and therefore it is not assessable to corporation tax on any surplus charitable funds.

2 Trustees

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

3 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:

	Rights made Real £
Unexpended balance at 31 July 2023	527
Received in year	-
Expenditure in the year	527
Unexpended balance at 31 July 2024	<hr/> Nil

MY HOME LIFE CHARITY

England & Wales - Charity number 1187498

Accounts

Charity Registration No. 1187498 (England and Wales)
SC051898 (Scotland)

MY HOME LIFE CHARITY
TRUSTEES REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 JULY 2023

MY HOME LIFE CHARITY

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees

Des Kelly OBE
Julienne Meyer CBE (aka J Davies)
Sylvie Silver MBE
Patricia Margaret Bailey
Susan Grant (Resigned 30 September 2022)
Carole Sawyers
Anita Peet MBE (aka A Astle)

Secretary

Julienne Meyer CBE

Charity number (England and Wales)

1187498

Charity number (Scotland)

SCO51898

Company number

CE020395

Principal address

Melford House
Crown Heights
Guildford
Surrey
GU1 3TX

Bankers

HSBC UK PLC
12A North Street
Guildford,
Surrey
GU1 4AF

MY HOME LIFE CHARITY

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MY HOME LIFE CHARITY

CHAIR'S REPORT

FOR THE YEAR ENDED 31 JULY 2023

I have had the pleasure of being Chair of My Home Life (MHL) Charity since it was first established on 1 August 2020. MHL Charity delivers good practice communications to the care sector and the key activities include research, practice development and social impact as they relate to care home provision. I am delighted to present a report for the year to 31 July 2023. During the last year, we have continued to benefit from the expertise of our Trustees, who have a wide range of experience and considerable knowledge and understanding of care homes.

The MHL Charity Board has met on a bi-monthly basis and, in line with our Constitution, we have reviewed our policies and completed and signed our declaration of interests. Throughout the year, the Trustees have continued to meet on a monthly basis with the MHL Partners to inform the Charity's work. It was a particular pleasure to host a meeting of representatives of the MHL partners during the Global Ageing Network meeting in Glasgow in September.

During the year, we continued to be a partner in and administratively support the Rights Made Real Project led by Professor Belinda Dewar and Dr Edel Roddy, which is a project that was funded by the Life Changes Trust to work with care homes in Scotland, exploring and enhancing the promotion of human rights for care home residents. The learning and resources from this project are being made freely available to others on the MHL Charity website (www.myhomelifecharity.org.uk). Professor Belinda Dewar and Dr Edel Roddy were delighted to be able to present their work and the learning outcomes at the Global Ageing Network.

We have continued our discussions during the year with The Rayne Foundation in support of their proposals on a funded programme designed to improve career opportunities and improve care services.

MHL Charity exists to support the work of MHL Partners to improve quality of life for those living, dying, visiting, and working in care homes. They have been doing some remarkable work in collaboration with each other. With funding support from the Department of Health, MHL Northern Ireland, under the direction of Professor Assumpta Ryan, have delivered the University of Ulster's My Home Life Leadership Support and Quality Improvement (LSQI) Programme to more care leaders across Northern Ireland. They are clearly having a strong impact on both policy and practice in Northern Ireland.

MHL England, under the leadership of Tom Owen and Stephanie Thompson, completed the evaluation of CH FaNs: Intergenerational Linking project and started an England-wide campaign (Become a care home friend), with activity sheets for working with care homes being sent every week to schools. The 11 CH FANs: Intergenerational Linking pilot projects have generated useful learning and resources for others. Work has also been completed looking at how care services can be supported to reduce pressure on NHS services.

MHL Scotland launched last year at Robert Gordon University, which generated lots of connections and interest in future work. This work is being led by Professor Catriona Kennedy (Director), supported by Jill Will (Deputy Director) and they are expecting to launch a new website and resources supporting a Leadership and Quality Improvement programme in Winter 2023.

Age Cymru continues to be the main host for MHL Cymru and we are working with Director Vicki Lloyd to explore future opportunities. In Germany a PhD student is completing research on human rights in care homes.

Following the Royal Commission into Aged Care Quality and Safety in Australia there has been a real interest in care homes. An Aged Care Center for Growth and Translational Research (partnership between government and several universities) has been launched and MHL Australia (Director: Simon Charlton) is actively engaged in this work. Supported by Professor Belinda Dewar (Director, My Home Life International), two further cultural development programmes were delivered in Australia, including a project in Tasmania. All MHL partners were delighted to celebrate an award for Innovation for the *Flipping Language* project at the Repat Neuro-Behavioural Unit, who have done ground breaking work to develop MHL for people experiencing dementia and measure impact on quality of life.

MY HOME LIFE CHARITY

There are many challenges facing the care home sector and we are proud of the work My Home Life is doing to support quality of life for residents, relatives and staff and would like to thank all those involved for another excellent year.

Des Kelly OBE

Chair

MY HOME LIFE CHARITY

TRUSTEES' REPORT

FOR THE YEAR ENDED 31 JULY 2023

The trustees present their report and financial statements for the year ended 31 July 2023.

My Home Life Charity was registered as a CIO on 22 January 2020.

OBJECTIVES AND ACTIVITIES

Our Vision

We aspire to maximum quality of life for those living, dying, visiting, and working in care homes, and other care settings, for older people.

Our Mission

Working with My Home Life Partners for positive change in the care and support of older people.

Our Values

- ***Developing best practice together***

My Home Life is informed by an evidence-base for quality of life in care homes (which is equally relevant to other care and support services).

- ***Focusing on relationships***

Our central focus is on the importance of positive relationships between people, their families, and staff, and between care services and the wider community.

We recognise that the quality of life of everyone involved in the care experience is crucial to improvements in care practice and emphasise the importance of working together to co-create our desired future.

- ***Being Appreciative***

We work appreciatively to focus and build on the positive – ‘what is working well now and why and how can we use that knowledge to inform how we can improve and make things even better?’

- ***Having caring conversations***

Developing best practice, enhancing relationships and being appreciative is enabled through having Caring Conversations.

We support people to celebrate what is working well, consider the perspectives of all those involved, connect emotionally, be curious rather than judgmental, be courageous and take positive risks, collaborate to make things happen, and compromise in order to focus on what is possible.

Our Goals and Objectives

1. To promote quality of life for those living, dying, visiting, and working in care homes, and other care settings, for older people.
2. To seek to ensure that all activity is delivered in line with the values and principles of My Home Life.
3. To ensure that all activity is delivered in a spirit of collaboration and learning between MHL Member organisations.
4. To be evidence-informed and research-active.
5. To support the long-term sustainability of the My Home Life movement acknowledging the origins of its co-created work.

Objects of the Charity (as set out in the Constitution) are:

- The promotion of civic responsibility and good citizenship for positive change in the care of older people by providing education and training opportunities for people working in long term care and support and carers to learn how to improve quality of life for frail older people living and dying in care homes, or other long-term care settings.
- To advance the education of the public by promoting research, share best practice and by publishing the useful results of such research, including without limitation in relation to:
 - a) positive change in the care of older people and
 - b) to raise awareness about inequalities for those living, dying, visiting, and working in long term care and support

MY HOME LIFE CHARITY

TRUSTEES' REPORT

FOR THE YEAR ENDED 31 JULY 2023

Our Key activities

The key activities of My Home Life (MHL) include **research, practice development and social impact** as they relate to care home provision. MHL Charity delivers UK wide and international good practice communications to the care sector. It raises funds for practical projects, some of which will be delivered on behalf of the Charity by MHL Partners.

MHL Charity currently delivers activity directly or through a range of academic and non-academic partners working in 6 countries. A co-created Memorandum of Agreement holds these member countries to the values and conceptual frameworks of MHL with agreed 'ways of working'. Intellectual Property is predominantly co-created.

ACHIEVING OUR AIMS

The impact of the Coronavirus pandemic on the care sector has been substantial, particularly in respect of the workforce, priorities and finances. As a support charity, My Home Life continues to be flexible and to rethink how best to support quality of life in care homes.

During the year ended 31 July 2023 work undertaken by MHL Charity includes

- Rights Made Real project in care homes in Scotland (funded by Life Changes Trust) was completed and the findings published
- Promoted the work done with funding from the Rayne Foundation on the positive ways in which Care Homes responded during the pandemic.
- Set up a MHL website with links to resources from partners and including resources developed through the Rights Made Real Project
- Supported work with care leaders in Northern Ireland and Australia.

FINANCIAL REVIEW

The net deficit for the year ended 31 July 2023 arises following the completion of the Rights Made Real project – the income for which had been received in the previous financial year. The balances held at the year end as unrestricted funds include designated funds of £66,743 for programme work. The general (free) reserves are £7,355.

Reserves Policy

The trustees aim to hold sufficient funds to meet all costs of the charity for a minimum of one year. This includes a General Reserve of at least one year of administrative costs. In the early years of operation Trustees also seek funds to allow the work of the charity to expand. All programmes are fully funded before they start.

MY HOME LIFE CHARITY

TRUSTEES' REPORT

FOR THE YEAR ENDED 31 JULY 2023

PLANS FOR THE FUTURE

In order to achieve our aims **MHL Charity** will:

- Grant MHL Partner organisations a royalty-free, non-exclusive licence to use the My Home Life registered trademark and logo for the purposes of delivering the MHL vision and in any external communications, promotional work or funding applications relating to MHL. This will be the primary means of demonstrating that Members are part of MHL network.
- Seek to attract charitable funding to enhance the work of MHL Partners.
- Work to help spread and promote the work of MHL and MHL Partners and facilitate regular communication between Partners organisations.
- Provide networking opportunities for MHL Partners to collaborate and strengthen their research, enterprise and social action activities.
- Ensure the sustainability of My Home Life by providing a safe holding place for MHL initiatives including in the event that a host organisation is no longer able to continue as a Partner.
- Enable other MHL Partners internationally to join the social movement for positive development in care homes.
- Develop an online Knowledge Hub that will serve as the archive for all My Home Life products and resources ensuring history is not lost.
- Mediate between MHL Partners should disputes arise.

MHL Charity are continuing work to develop a strategic plan, which will

- Develop a strong business model
- Ensure financial stability
- Support MHL Partners to strengthen their offer (research, enterprise, social action)
- Share best practice in care homes for the benefit of residents, relatives and staff
- Ensure clear succession planning is in place

STRUCTURE, GOVERNANCE AND MANAGEMENT

The charity is a Charitable Incorporated Organisation, whose only voting members are its charity trustees. Trustees confirm that they have referred to the Charity Commission's guidance on public benefit.

The trustees who served during the period and up to the date of signature of the financial statements are listed on the legal and administrative page of this report.

On 1 August 2022 My Home Life Charity was registered in Scotland.

The trustees set the policies of the charity and exercise overall control. There are currently no day-to-day employees. All work done on behalf of MHL Charity is done by independent consultants, specially selected for the knowledge and expertise on care homes and alignment with the visions and values of My Home Life.

MY HOME LIFE CHARITY

TRUSTEES' REPORT

FOR THE YEAR ENDED 31 JULY 2023

Trustees are appointed by invitation and drawn from our network of contacts across the care sector. We aim to have a cross-section of skills (confirmed by a skills audit) and geographic representation. Potential Trustees are invited to attend and observe a Meeting prior to being formally appointed. All new Trustees are sent an information pack based on materials generated by the Charity Commission.

MHL Charity does not work directly with care setting residents or tenants but by supporting MHL Partners to take forward quality improvement in care homes. Our aim is to ensure quality of life for all those living, dying, visiting and working in care homes.

STATEMENT OF TRUSTEES RESPONSIBILITIES

The trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and in preparing this report and financial statements the Trustees have followed the requirements with regard to Accounting and Reporting by charities as set out in the Statement of Recommended Practice (SORP).

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the CIO and enable them to prepare the financial statements. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

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

D Kelly
Trustee
24 January 2024

MY HOME LIFE CHARITY

INDEPENDENT EXAMINER'S REPORT ON THE ACCOUNTS

I report to the trustees on my examination of the accounts of the above charity for the year ended 31 July 2023.

As the charity trustees, you are responsible for the preparation of the accounts in accordance with the Charities Act 2011 ("the Act").

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

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

- the accounting records were not kept in accordance with section 130 of the Act; or
- the accounts did not accord with the accounting records; or
- the accounts did 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 accounts to be reached.

Elizabeth Turvey ACMA
24 January 2024

MY HOME LIFE CHARITY

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 JULY 2023

	Notes	Year ended 31 July 2023			Year ended 31 July 2022		
		Unrestricted funds £	Restricted funds £	Total £	Unrestricted funds	Restricted funds	Total
Income from:							
Donations		882		882	3,930	-	3,930
Charitable Activities		73,739	655	74,394	88,335	58,000	146,335
Total Income	1.4	74,621	655	75,276	92,265	58,000	150,265
Expenditure on:							
Charitable activities	1.5	39,248	45,066	84,314	63,892	32,012	95,904
Governance		2,363	-	2,363	2,206	-	2,206
Net income for the period/ Net movement in funds		33,010	(44,411)	(11,401)	26,167	25,988	52,155
Fund balances at 31 July 2022		41,088	44,938	86,026	14,921	18,950	33,871
Fund balances at 31 July 2023		74,098	527	74,625	41,088	44,938	86,026

The statement of financial activities includes all gains and losses recognised in the year ended 31 July 2023.

MY HOME LIFE CHARITY

BALANCE SHEET

AS AT 31 JULY 2023

	Notes	2023		2022	
		£	£	£	£
Fixed Assets					
Tangible assets			-		-
Current Assets					
Debtors				-	
Cash at bank and in hand		74,625		86,026	
		<u>74,625</u>		<u>86,026</u>	
Creditors: amounts falling due within one year				-	
Net Current assets			74,625		86,026
Total assets less current liabilities			<u>74,625</u>		<u>86,026</u>
Creditors: amounts falling due after more than one year					-
Net assets			<u>74,625</u>		<u>86,026</u>
Income funds					
Restricted funds	3		527		44,938
Unrestricted funds			74,098		41,088
			<u>74,625</u>		<u>86,026</u>

The financial statements were approved by the Trustees on 24 January 2024

D Kelly
Trustee

C Sawyers
Trustee

MY HOME LIFE CHARITY

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 JULY 2023

1 Accounting policies

Charity information

My Home Life Charity is a CIO. The registered office can be found on the legal and administrative page.

1.1 Accounting convention

The financial statements have been prepared in accordance with the CIO's governing document 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) issued on 16 July 2014 (as updated through Update Bulletins for periods commencing 1 January 2019).

The financial statements are prepared in sterling, which is the functional currency of the CIO. 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 CIO 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. Trustees establish designated funds to meet the costs of future programmes of work.

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.

1.4 Income

Income is recognised when the charitable company 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 charitable company 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.

Legacies are recognised on receipt or otherwise if the charitable company 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 on accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered and is reported as part of the expenditure to which it relates.

My Home Life Charity

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 JULY 2023

1 Accounting policies (Continued)

1.6 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.

1.7 Taxation

The CIO is a registered charity within the definitions of section 506(1) Income and Corporation Taxes Act 1988 and therefore it is not assessable to corporation tax on any surplus charitable funds.

2 Trustees

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

3 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:

	Rayne Foundation	Rights made Real	Total
	£	£	£
Unexpended balance at 31 July 2022	4,200	40,738	44,938
Received in year	-	655	655
Expenditure in the year	(4,200)	(40,866)	(45,066)
Unexpended balance at 31 July 2023	<u>0</u>	<u>527</u>	<u>527</u>

The Rights made Real project was funded by Life Changes Trust, working with care homes in Scotland, to explore and enhance the promotion of human rights for care home residents. The project was completed in 31 December 2022, and the remaining funds are being used to publicise the outcomes. At the Global Ageing Network in September 2023 the findings were presented.

MY HOME LIFE CHARITY

England & Wales - Charity number 1187498

Accounts

Charity Registration No. 1187498 (England and Wales)

MY HOME LIFE CHARITY
TRUSTEE REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE PERIOD ENDED 31 July 2021

My Home Life Charity

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Des Kelly OBE	(Appointed 1 August 2019)
	Julienne Meyer CBE (aka J Davies)	(Appointed 1 August 2019)
	Sylvie Silver MBE	(Appointed 1 August 2019)
	Patricia Margaret Bailey	(Appointed 1 July 2020)
	Susan Grant	(Appointed 1 July 2020)
	Carole Sawyers	(Appointed 1 July 2020)
	Anita Peet MBE (aka A Astle)	(Appointed 1 July 2020)

Secretary Julienne Meyer CBE

Charity number (England and Wales) 1187498

Company number CE020395

Principal address
Melford House
Crown Heights
Guildford
Surrey
GU1 3TX

Bankers
HSBC UK PLC
12A North Street
Guildford,
Surrey
GU1 4AF

My Home Life Charity

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My Home Life Charity

CHAIR'S REPORT

FOR THE PERIOD ENDED 31 July 2021

I have had the honour of being Chair of MHL Charity now for 1 year and seven months (registered with the Charity Commission on 01 August 2020) and am delighted to present a report for the year end (31 July 2021). During the last year, we have benefitted from the expertise of our 7 Trustees, who have a wide range of experience and considerable knowledge and understanding of care homes.

The MHL Charity Board has met on a bi-monthly basis occasions and have agreed, in line with our Constitution, the adoption of several policies to be reviewed on an annual basis (October) including a conflict-of-interest policy, code of conduct policy, travel and subsistence policy, and fit and proper person policy. We have also agreed a role description for Trustees and completed and signed our declaration of interests.

We had an additional meeting with MHL Partners across the UK and in Australia and Germany to inform our strategy for the next year and met with them on a further six occasions to co-create a Memorandum of Agreement (MoA), which all MHL Partners have now signed. The MoA helpfully addresses our purpose, values and principles, goals and objectives, roles and responsibilities (for the charity and for member organisations), evaluation, financial contribution, term and termination, authorization, as well as, listing the MHL Partners.

Following Professor Belinda Dewar's (Lead: MHL Scotland) departure from the University of the West of Scotland UWS), with UWS' agreement and the support of Scottish Care, MHL Scotland is now hosted at Robert Gordon University (RGU) under the leadership of Professor Catriona Kennedy. Belinda has been awarded an honorary visiting professorship at RGU and will continue to work with the MHL Scotland team there. I would like to thank UWS for the commitment and support that they have previously provided to My Home Life Scotland over many years. We look forward to working with colleagues at RGU, going forward.

We are now in the process of developing a website for MHL Charity (led by Sylvie Silver) and have appointed a lead for fundraising (Susan Grant), together with a subcommittee to support her. We are also working on our future strategy and business case.

Financially, we have been able to cover our costs for the first year. The University of Ulster kindly gave a donation of £1,000 from their work in MHL Northern Ireland and South Adelaide Local Health Network signed a contract for £16,335 for the delivery of The Repatriation Neuro-Behavioural Unit project. This has enabled us to take out cover with Hiscox Insurance Ltd for professional indemnity, public and products liability, and employer's liability.

In August, a report was shared with The Rayne Foundation describing some of the extraordinary outcomes that had been achieved linked to the COVID-19 Care project. We were delighted when the success of this project led to MHL Charity and those involved in the WhatsApp group being given a 2020 Nursing Times Award (Care of Older People) for supporting social care through the coronavirus pandemic. The Rayne Foundation have kindly agreed that the underspend can be used to explore with care homes how they would like to share their learning with others as they come out of the pandemic (recovery and rehabilitation).

MHL Charity continues to support the work of MHL Partners to improve quality of life for those living, dying, visiting, and working in care homes.

My Home Life continues to flourish in each of the different countries and we are particularly delighted that the DHSC in Northern Ireland, who funded Professor Assumpta Ryan at University of Ulster (Lead for MHL Northern Ireland) to roll out of the MHL Leadership Support and Community Development programme to over 100 care homes in Northern Ireland, are now looking to expand this programme to include all care homes in Northern Ireland. Under the leadership of Tom Owen at City, University of London, MHL England continues to work in partnership with The Linking Network to deliver the Care Home Friends and Neighbours: Intergenerational Linking project, as part of the #iwill campaign, funded by The Dunhill Medical Trust and National Lottery Community Fund to make participation in social

My Home Life Charity

action the norm for young people under 20, especially those from less affluent communities. They have successfully recruited and are now supporting and capturing learning from 11 pilot sites across England. Over the last year Professor Belinda Dewar OBE and colleagues in MHL Scotland have continued to work with MHL Germany on several initiatives, including a project on Human Rights in care homes. Building on learning from her recently completed PhD, Dr Caroline Emmer De Albuquerque Green (Lead for MHL Germany at Josef und Luise-Kraft Foundation) is currently leading the development of a My Home Life funding proposal on human rights in care home, with support from MHL Partners. Victoria Lloyd (Co-Lead MHL Cymru at Age Cymru) spent most of last year productively developing, embedding, and delivering system-wide improvements across health and social care and Professor Fiona Verity (Co-Lead for MHL Cymru at University of Swansea) collaborated with Professor Julienne Meyer CBE (MHL Charity Trustee) on a funding proposal (Enriching Care Home Research Capacity). Although shortlisted but sadly not funded, it demonstrates one way in which MHL Charity can support the work of MHL Partners. On top of COVID-19, 2021 was a particularly challenging year for care homes in Australia, with The Royal Commission into Aged Care Quality and Safety producing its final report with 148 wide-ranging recommendations for the fundamental reform of the aged care system. However, MHL colleagues in Australia feel that this could bring some new opportunities for My Home Life, going forward.

Internationally MHL Charity is currently working in partnership with the SA Innovation Hub to deliver the leadership development and organisational support programme. This work is being led by one of the International Leads for My Home Life Charity (Professor Belinda Dewar) in collaboration with other MHL Facilitators from Scotland (Fiona Cook and Dr Edel Roddy). Work on the Project commenced on 28 January 2021 and is due to end on 31 October 2021. Approaches were made from colleagues in USA (Peter J. Illig, Chief Executive Officer & General Counsel, National Certification Council for Activity Professionals) to the develop My Home Life there and funding is currently being sought by them for this. We were also approached by the Ministry of Long-Term Care in Ontario (Canada) to discuss My Home Life's 4 underpinning conceptual frameworks to inform their future actions and performance measures to guide oversight and quality improvement in long-term care.

The challenges of COVID-19 in 2020/2021 have meant that support from MHL is now being offered in a variety of different formats, including virtual delivery. We are proud of the way MHL Partners have responded to these challenges and grateful for the continued support they give to taking forward the MHL Vision. This year, MHL Partners hope to publish data on the cross-national impact of My Home Life.

Finally, I would like to thank our dedicated team of Trustees and the MHL Partners who have once again generously given their time and expertise to guide and monitor MHL Charity in our work during the last year. Over the next year, we look forward to seeing how MHL Charity can further develop to enhance the lives of those who live, die, visit and work in care homes for older people.

Des Kelly OBE

Chair

20 October 2021

My Home Life Charity

TRUSTEES' REPORT

FOR THE PERIOD ENDED 31 July 2021

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

My Home Life Charity was registered as a CIO on 22 January 2020.

During this year, we have been consolidating our key strategic principles, namely:

OUR VISION

We aspire to maximum quality of life for those living, dying, visiting, and working in care homes, and other care settings, for older people.

OUR MISSION

Working with My Home Life Partners for positive change in the care and support of older people.

OUR VALUES

- ***Developing best practice together***

My Home Life is informed by an evidence-base for quality of life in care homes (which is equally relevant to other care and support services).

- ***Focusing on relationships***

Our central focus is on the importance of positive relationships between people, their families, and staff, and between care services and the wider community.

We recognise that the quality of life of everyone involved in the care experience is crucial to improvements in care practice and emphasise the importance of working together to co-create our desired future.

- ***Being Appreciative***

We work appreciatively to focus and build on the positive – ‘what is working well now and why and how can we use that knowledge to inform how we can improve and make things even better?’

- ***Having caring conversations***

Developing best practice, enhancing relationships and being appreciative is enabled through having Caring Conversations.

We support people to celebrate what is working well, consider the perspectives of all those involved, connect emotionally, be curious rather than judgmental, be courageous and take positive risks, collaborate to make things happen, and compromise in order to focus on what is possible.

OUR GOALS AND OBJECTIVES

1. To promote quality of life for those living, dying, visiting, and working in care homes, and other care settings, for older people.
2. To seek to ensure that all activity is delivered in line with the values and principles of My Home Life.
3. To ensure that all activity is delivered in a spirit of collaboration and learning between MHL Member organisations.
4. To be evidence-informed and research-active.
5. To support the long-term sustainability of the My Home Life movement acknowledging the origins of its co-created work.
6. *To acknowledge the impact that the Covid-19 pandemic has had on care homes and the likely need for ongoing support it necessitates.*

My Home Life Charity

TRUSTEES' REPORT

FOR THE PERIOD ENDED 31 July 2021

OUR KEY ACTIVITIES

The key activities of My Home Life (MHL) include **research, practice development and social impact** as they relate to care home provision.

What MHL Charity does:

MHL Charity delivers UK wide and international good practice communications to the care sector. It raises funds for practical projects, some of which will be delivered on behalf of the Charity by MHL Partners.

MHL Charity currently delivers activity directly or through a range of academic and non-academic partners working in 6 countries. A co-created Memorandum of Agreement holds these member countries to the values and conceptual frameworks of MHL with agreed 'ways of working'. Intellectual Property is predominantly co-created.

The Charity will hold the shared IP/trademark and act as a supporter to the 'country-leads' for MHL Partners. ⁽¹⁾_(SEP)

Objects of the Charity (as set out in the Constitution) are:

- The promotion of civic responsibility and good citizenship for positive change in the care of older people by providing education and training opportunities for people working in long term care and support and carers to learn how to improve quality of life for frail older people living and dying in care homes, or other long-term care settings.
- To advance the education of the public by promoting research, share best practice and by publishing the useful results of such research, including without limitation in relation to:
 - a) positive change in the care of older people and
 - b) to raise awareness about inequalities for those living, dying, visiting, and working in long term care and support

ACHIEVING OUR AIMS

In order to achieve our aims **MHL Charity** will:

- Grant MHL Partner organisations a royalty-free, non-exclusive licence to use the My Home Life registered trademark and logo for the purposes of delivering the MHL vision and in any external communications, promotional work or funding applications relating to MHL. This will be the primary means of demonstrating that Members are part of MHL network.
- Seek to attract charitable funding to enhance the work of MHL Partners.
- Work to help spread and promote the work of MHL and MHL Partners and facilitate regular communication between Partners organisations.
- Provide networking opportunities for MHL Partners to collaborate and strengthen their research, enterprise and social action activities.
- Ensure the sustainability of My Home Life by providing a safe holding place for MHL initiatives including in the event that a host organisation is no longer able to continue as a Partner.
- Enable other MHL Partners internationally to join the social movement for positive development in care homes.
- Develop an online Knowledge Hub that will serve as the archive for all My Home Life products and resources ensuring history is not lost.
- Mediate between MHL Partners should disputes arise.

My Home Life Charity

TRUSTEES' REPORT

FOR THE PERIOD ENDED 31 July 2021

PLANS FOR THE FUTURE

In the next year, MHL Charity would like to develop a 3 year strategic plan, which will

- Develop a strong business model
- Ensure financial stability
- Support MHL Partners to strengthen their offer (research, enterprise, social action)
- Share best practice in care homes for the benefit of residents, relatives and staff
- Succession planning

Impact of Coronavirus pandemic on planning

Going forward, these plans may (or may not) be impacted by the Coronavirus pandemic, depending on what happens next. The impact on the care sector has been substantial and priorities and finances will change markedly, meaning, as a support charity, My Home Life will have to be flexible and continue to rethink how best to support quality of life in care homes, probably for many months and years to come.

Structure, governance and management

The charity is a Charitable Incorporated Organisation, whose only voting members are its charity trustees. Trustees confirm that they have referred to the Charity Commission's guidance on public benefit.

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

Des Kelly OBE	(Appointed 1 August 2019)
Julienne Meyer CBE (aka J Davies)	(Appointed 1 August 2019)
Sylvie Silver MBE	(Appointed 1 August 2019)
Patricia Margaret Bailey	(Appointed 1 July 2020)
Susan Grant	(Appointed 1 July 2020)
Carole Sawyers	(Appointed 1 July 2020)
Anita Peet MBE (aka A Astle)	(Appointed 1 July 2020)

My Home Life Charity

TRUSTEES' REPORT

FOR THE PERIOD ENDED 31 July 2021

The trustees set the policies of the charity and exercise overall control. There are currently no day-to-day employees. All work done on behalf of MHL Charity is done by independent consultants, specially selected for the knowledge and expertise on care homes and alignment with the visions and values of My Home Life.

Trustees are appointed by invitation and drawn from our network of contacts across the care sector. We aim to have a cross-section of skills (confirmed by a skills audit) and geographic representation. Potential Trustees are invited to attend and observe a Meeting prior to being formally appointed. All new Trustees are sent an information pack based on materials generated by the Charity Commission.

MHL Charity does not work directly with care setting residents or tenants but by supporting MHL Partners to take forward quality improvement in care homes. Our aim is to ensure quality of life for all those living, dying, visiting and working in care homes.

Statement of trustees' responsibilities

The trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and In preparing this report and financial statements the Trustees have followed the requirements with regard to Accounting and Reporting by charities as set out in the Statement of Recommended Practice (SORP).

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the CIO and enable them to prepare the financial statements. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

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

D Kelly
Trustee

My Home Life Charity

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 JULY 2021

	Notes	Year ended 31 July 2021			Period ended 31 July 2020		
		Unrestricted funds £	Restricted funds £	Total £	Unrestricted funds	Restricted funds	Total
Income from:							
Donations					5,000	20,000	25,000
Charitable Activities		11,000-	-	11,000-	-	-	-
Total Income	1.4	11,000		11,000	5,000	20,000	25,000
Expenditure on:	1.5						
Charitable activities						1,050	1,050
Governance		1,079		1,079			
Net income for the period/ Net movement in funds		9,921		9,921	5,000	18,950	23,950
Fund balances at 31 July 2020		5,000-	18,950	23,950	-	-	-
Fund balances at 31 July 2021		14,921	18,950	33,871	5,000	18,950	23,950

The statement of financial activities includes all gains and losses recognised in the year ended 31 July 2021. The previous period covers all gains and losses recognised from 21 January 2020 (date of incorporation as CIO) to 31 July 2020.

My Home Life Charity

BALANCE SHEET

AS AT 31 JULY 2021

	Notes	2021		2020	
		£	£	£	£
Fixed Assets					
Tangible assets			-		-
Current Assets					
Debtors		96		23,950	
Cash at bank and in hand		33,775			
		<hr/>		<hr/>	
		33,871		23,950	
Creditors: amounts falling due within one year		-		-	
Net Current assets					23,950
Total assets less current liabilities					23,950
Creditors: amounts falling due after more than one year			-		-
Net assets			<hr/>	<hr/>	<hr/>
			33,871		23,950
Income funds					
Restricted funds	3		18,950		18,950
Unrestricted funds			14,921		5,000
			<hr/>	<hr/>	<hr/>
			33,871		23,950
			<hr/>	<hr/>	<hr/>

The financial statements were approved by the Trustees on 20 October 2021

D Kelly
Trustee

C Sawyers
Trustee

My Home Life Charity

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 JULY 2021

1 Accounting policies

Charity information

My Home Life Charity is a CIO. The registered office can be found on the legal and administrative page.

1.1 Accounting convention

The financial statements have been prepared in accordance with the CIO's governing document 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) issued on 16 July 2014 (as updated through Update Bulletins for periods commencing 1 January 2019).

The financial statements are prepared in sterling, which is the functional currency of the CIO. 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 CIO 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.

1.4 Income

Income is recognised when the charitable company 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 charitable company 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.

Legacies are recognised on receipt or otherwise if the charitable company 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 on accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered and is reported as part of the expenditure to which it relates.

My Home Life Charity

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 JULY 2021

1 Accounting policies (Continued)

1.6 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.

1.7 Taxation

The CIO is a registered charity within the definitions of section 506(1) Income and Corporation Taxes Act 1988 and therefore it is not assessable to corporation tax on any surplus charitable funds.

2 Trustees

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

3 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:

Donation by The Rayne Foundation to support care staff throughout the COVID 19 pandemic:

Unexpended balance at 31 July 2020 and 31 July 2021	£18,950
---	---------

The Trustees have agreed a workforce support project, with the full support of the Rayne Foundation, which will be undertaken in the next year.