

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 Carole Sawyers Anita Peet MBE (aka A Astle)	(Resigned 30 September 2022)
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Secretary	Julienne Meyer CBE
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Charity number (England and Wales)	1187498
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Charity number (Scotland)	SCO51898
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Company number	CE020395
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Principal address	Melford House Crown Heights Guildford Surrey GU1 3TX
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Bankers	HSBC UK PLC 12A North Street Guildford, Surrey GU1 4AF
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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

		Year ended 31 July 2023			Year ended 31 July 2022		
		Unrestricted funds	Restricted funds	Total	Unrestricted funds	Restricted funds	Total
	Notes	£	£	£			
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:	1.5						
Charitable activities		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

		2023		2022	
	Notes	£	£	£	£
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><u>74,625</u></u>		<u><u>86,026</u></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	0	527	527

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.