

**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

MY HOME LIFE CHARITY

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees

Des Kelly OBE - Chair
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)

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

CONTENTS

	Page
Chair's report	1-2
Trustees' report	3-6
Independent Examiner's Report on the accounts	7
Statement of financial activities	8
Balance sheet	9
Notes to the financial statements	10-11

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

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

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