

MY LIFE MY CHOICE

England & Wales · Charity number 1187726

Details

Other names MLMC

Status Registered

Legal form CIO

Registered 2020-02-03

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

Contact

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Watlington Road
Cowley
Oxford
OX4 6NF

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Website www.mylifemychoice.org.uk

Activities

Objects: TO PROMOTE THE RELIEF OF PERSONS WITH LEARNING DISABILITIES, BY PROVIDING INFORMATION, ADVOCACY AND ASSOCIATED SUPPORT, IN ORDER FOR THEM TO OBTAIN THEIR FULL RIGHTS AND PRIVILEGES AS CITIZENS.

Activities: We are an independent, user-led charity where all 15 trustees have a learning disability, and with members from across Oxfordshire. As well as promoting choice, empowerment and participation, we provide volunteering, training, social and paid work opportunities that combat isolation and lead to more fulfilling lives.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** Disability
- **Who:** People With Disabilities

Geography

- Oxfordshire

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£603,399	£562,618	£452,712	11
2024-03-31	£451,753	£542,372	-	-
2023-03-31	£433,662	£435,761	-	-
2022-03-31	£522,593	£395,953	£477,544	13
2021-03-31	£651,726	£322,496	£342,202	11

Trustees

Name	Role	Appointed
Abul Kasem		2025-11-11
Adrian Roy Chappell		2021-11-02
Andrew Robert Law		2022-11-01
Benjamin Joseph McCay		2020-02-03
Charlene Anne Mileham		2022-11-01
David Murgia		2025-11-11
Hayley Evans		2025-11-11
Katherine Longthorp		2025-11-11
Liam Payne		2023-11-16
Lucy Anne Bowerman		2023-11-16
Michael Bebbington		2023-11-16
Michael John Edwards		2020-02-03
Nathan Stanton		2025-11-11
Tom Eyre		2023-11-16
William Lambert		2025-11-11

MY LIFE MY CHOICE

England & Wales - Charity number 1187726

Accounts

MY LIFE MY CHOICE

**TRUSTEES' ANNUAL REPORT
AND
UNAUDITED FINANCIAL STATEMENTS**

**FOR THE PERIOD ENDED
31 MARCH 2025**

Charity Number:
1187726 (England and Wales)

MY LIFE MY CHOICE

**TRUSTEES' ANNUAL REPORT
AND
UNAUDITED FINANCIAL STATEMENTS**

**FOR THE PERIOD ENDED
31 MARCH 2025**

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MY LIFE MY CHOICE

GENERAL INFORMATION

Registered charity name	My Life My Choice
Charity number	1187726
Principal & registered office address	Unit 3 Watlington House Watlington Road Cowley Oxford OX4 6NF
Trustees	President Michael Edwards Joan Mansfield Benjamin McCay Adrian Chappell Anup Upadhyaya Andy Law Charlene Mileham Keith Filleul Mick Bebbington Lucy Bowerman Liam Payne Tom Eyre Katie Lloyd Joanne Hawkins (Resigned 1 st Nov 2024) Anthony Bebbington (Resigned 18 th Feb 2025) Nigel Reason (Resigned 1 st Nov 2024)
Accountants	S K Punia Accountants LLP Olympic House 28 -42 Clements Road Ilford IG1 1BA
Independent examiner	Surinder Singh FAAT BSc Honors FCCA
Bankers	Unity Trust

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TRUSTEES' ANNUAL REPORT

FOR THE PERIOD ENDED 31 MARCH 2025

Constitution

The charity is registered as a Charitable Incorporated Organisation (CIO) with the Charity Commission (no. 1187726) and is constituted by deed dated 3rd February 2020.

Previously, the charity was registered with the Charity Commission (no. 1073247) as "Oxfordshire My Life My Choice Association).

Trustees

Trustees are shown on p2 of this document.

Objects

Our vision is a world where people with learning disabilities are treated without prejudice and are able to have choice and control over their own lives.

Our mission is three-fold:

1. To make sure that there is independent support for people with learning disabilities in Oxfordshire to have their say and to claim their rights
2. To make sure that the views of people with learning disabilities are taken seriously by both professionals in the services they use and the wider public
3. To "Power Up" their lives so they can make a positive contribution to society.

Review of the period

This was the year that the dedication and vision of our President and Founder, Michael Edwards, was recognised. Michael, who has a learning disability and is visually impaired, was awarded an MBE in the King's honours list for services to people with disabilities. Michael went to Windsor Castle to receive his medal in person from Prince William. The My Life My Choice (MLMC) trustees organised a celebration event to thank Michael for leading the charity to great success over many years. Over 100 members and supporters joined us at Oxford Town Hall to show their appreciation. The occasion featured a live band performance and was attended by the leader of Oxfordshire County Council. The Mayor of Bicester, Bicester MP Callum Wilson, and Oxfordshire's Deputy Lord-Lieutenant.

Again, MLMC has seen record numbers of people engaging with activities along with the charity's membership base increasing to 905 people from all over Oxfordshire.

Particular highlights during 2024/25 include:

- Former Co-chair of trustees, Ben, supported by MLMC staff to secure full time work as Camden Society's Quality Director
- MLMC members giving evidence to Parliament's Health & Social Care Select Committee
- MLMC Champion, Kumudu, elected to Representative Body of Learning Disability England
- The charity chosen as one of The Big Issue's top 100 Changemakers for 2025
- A record total of £33,079 pay for the year to 51 people with a learning disability
- MLMC Consultant, Pam, was chosen to be part of a Commission making recommendations to government on how to better support people with learning disabilities in the event of another pandemic
- The Integrated Care Board, with a grant of £62,183, supported our new Health and Wellbeing project to commence.

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FOR THE PERIOD ENDED 31 MARCH 2025

For further details of our work during 2024/25 please read our Annual Report (available on our website).

Thank you to everybody who has supported us during the year.

Reserves Policy

The trustees have established a reserves policy whereby the unrestricted funds not committed or invested in tangible fixed assets held by the charity should be between 6- and 12-months annual expenditure. Based on the last three years expenditure and the projected expenditure in 2025/26, the minimum target for 6 months is £258,019 with a maximum target not exceeding £516,038.

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RESPONSIBILITIES OF THE TRUSTEES

FOR THE PERIOD ENDED 31 MARCH 2025

The trustees are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and regulations.

Charity Law requires the trustees to prepare financial statements for each financial year. Under that law the trustees have elected to prepare the financial statements in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law).

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

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

The trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charity's transactions and disclose with reasonable accuracy at any time the financial position of the charitable company and which enable them to ensure that the financial statements comply with the Charities Act 2011. They are responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

INDEPENDENT EXAMINATION

The nominated independent examiner will be considered by trustees for re-appointment for the ensuing year.

Signed on behalf of the trustees

Ady Chappell
Co-Chair of the Trustees

Ady Chappell

Date 02/10/25

MY LIFE MY CHOICE

INDEPENDENT EXAMINER'S REPORT TO THE MEMBERS

FOR THE PERIOD ENDED 31 MARCH 2025

I report on the accounts of the Charity for the period ended 31 March 2025, which are set out in pages 7 – 19.

Respective responsibilities of trustees and examiner

As the charity's trustees you are responsible for the preparation of the accounts; you consider that the audit requirements of s144(2) of the Charities Act 2011 (the 2011 Act) does not apply and that an Independent Examination is needed. The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of the Association of Chartered Certified Accountants. It is my responsibility to state, on the basis of procedures specified in the General Directions given by the Charity Commissioners under s145 of the 2011 Act, whether particular matters have come to my attention.

Basis of independent examiner's report

An examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and the seeking of explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and, consequently, I do not express an audit opinion on the accounts.

Independent examiner's statement

In the course of my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that, in any material respect, the requirements:

- to keep accounting records in accordance with s130 of the 2011 Act; and
- to prepare accounts which accord with the accounting records and to comply with the accounting requirements of the 2011 Act.

have not been met; or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Surinder Singh FAAT | BSc Honors | FCCA

Surinder Singh

Surinder Singh (Oct 4, 2025 10:51:18 GMT+1)

Date.....04/10/2025.....

Charity number: 1187726

MY LIFE MY CHOICE

STATEMENT OF FINANCIAL ACTIVITIES

FOR THE PERIOD ENDED 31 MARCH 2025

		Unrestricted Funds £	Restricted Funds £	Total 2025 £	Unrestricted Funds £	Restricted Funds £	Total 2024 £
Income from:							
Donations and legacies	3	1,786	0	1,786	1,221	-	1,221
Charitable activities	4	205,642	387,788	593,430	131,325	308,969	440,294
Other trading activities							
Investments	5	8,183	-	8,183	10,237	-	10,237
Total income		<u>215,611</u>	<u>387,788</u>	<u>603,399</u>	<u>142,784</u>	<u>308,969</u>	<u>451,753</u>
Expenditure on:							
Raising funds	6	-	-	-	3,086	5,238	8,324
Charitable activities	7	67,440	495,177	562,618	254,390	279,657	534,048
Total expenditure		<u>67,440</u>	<u>495,177</u>	<u>562,618</u>	<u>257,476</u>	<u>284,895</u>	<u>542,372</u>
Net gains / -losses in investments		14,822	-	14,822	10,627	-	10,627
Net income / -expenditure		148,171	-107,389	40,782	- 114,692	24,074	- 90,619
Transfers between funds		-4,241	4,241	-	51,553	- 51,553	-
Net movement in funds		<u>158,752</u>	<u>-103,148</u>	<u>55,604</u>	<u>- 52,512</u>	<u>- 27,479</u>	<u>- 79,991</u>
Reconciliation of funds:							
Total funds brought forwards		228,863	168,244	397,107	281,375	195,723	477,098
Total funds carried forward		<u>387,615</u>	<u>65,096</u>	<u>452,711</u>	<u>228,863</u>	<u>168,244</u>	<u>397,107</u>

The Statement of Financial Activities includes all gains and losses in the period and therefore a statement of total recognised gains and losses has not been prepared.

All of the above amounts relate to continuing activities.

The notes on pages 10 to 18 form part of these financial statements.

MY LIFE MY CHOICE

BALANCE SHEET

AS AT 31 MARCH 2025

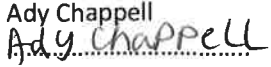
	Notes	2025		2024	
		£	£	£	£
FIXED ASSETS					
Tangible Assets	10		6,992		7,797
Investments	11		273,211		252,285
CURRENT ASSETS					
Debtors	12	42,431		15,334	
Cash at bank		139,749		134,557	
		<u>182,180</u>		<u>149,890</u>	
CREDITORS: Amounts falling due within one year	13	<u>- 9,671</u>		<u>- 12,865</u>	
NET CURRENT ASSETS			172,508		137,025
CREDITORS: Amounts falling due after more than one year			-		-
NET LIABILITIES			<u>452,711</u>		<u>397,107</u>
FUNDS					
INCOME FUNDS					
Unrestricted Income funds	14		387,615		228,863
Restricted reserves	15		65,096		168,244
TOTAL INCOME FUNDS			<u>452,711</u>		<u>397,107</u>

For the period ended 31 March 2025, the charity was entitled to exemption from audit under section 145 of the Charities Act 2011.

Trustees responsibilities:

- The members have not required the charity to obtain an audit of its accounts for the year in question in accordance with section 145; and
- The trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These financial statements were approved by the members of the committee and authorised for issue on 02/10/25 and are signed on their behalf by:

Ady Chappell

 Co-Chair of the Trustees

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STATEMENT OF CASH FLOWS

AS AT 31 MARCH 2025

		2025	2024
		£	£
	Notes		
Cash used in operating activities	17	<u>4,712</u>	<u>- 95,404</u>
Cash flows from investing activities			
Dividends and interest from investments		8,183	10,237
Purchase of investments		- 6,104	- 60,000
Purchase of fixed assets		- 1,600	- 5,410
Cash provided by (used in) investing activities		<u>480</u>	<u>- 55,174</u>
Increase (decrease) in cash and cash equivalents in the year		5,192	- 150,578
Cash and cash equivalents at the beginning of the year		134,557	285,134
Total cash and cash equivalents at the end of the year		<u><u>139,749</u></u>	<u><u>134,557</u></u>

MY LIFE MY CHOICE

NOTES TO THE FINANCIAL STATEMENTS

FOR THE PERIOD ENDED 31 MARCH 2025

1. ORGANISATION STATUS

My Life My Choice is a Charitable Incorporated Organisation (CIO).

The assets and liabilities of the previous unincorporated organisation were transferred to the new CIO on 7 May 2020 when the old charity was wound up.

2. ACCOUNTING POLICIES

Basis of accounting

The charity constitutes a public benefit entity as defined by FRS102.

These financial statements have been prepared under the historical cost convention and in accordance with applicable United Kingdom accounting standards and the requirements of the Statements of Recommended Practice 2015 (SORP 2015), 'Accounting and Reporting by Charities', issued by the Charities Commission and the Companies Act 2006, with FRS102, update bulletin 1.

Fund accounting

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

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by the donor or trust deed.

Income

All income is included in the statement of financial activities when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

Voluntary income is received by way of grants, donations and gifts and is included in full in the Statement of Financial Activities when receivable. Grants, where entitlement is not conditional on the delivery of a specific performance by the charity, are recognised when the charity becomes unconditionally entitled to the grant.

Investment income and interest receivable

Income from investments and deposit interest is included in the statement of financial activities when it becomes receivable. Investment income is included gross of recoverable taxation.

Expenditure

Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Expenditure represents amounts invoiced, including value added tax.

Fixed assets

Fixed assets (excluding investments) are stated at cost less accumulated depreciation. All assets costing £150 or more are capitalised and valued at historical cost.

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NOTES TO THE FINANCIAL STATEMENTS

FOR THE PERIOD ENDED 31 MARCH 2025

Depreciation

Depreciation is calculated so as to write off the cost of an asset, less its estimated residual value, over the useful economic life of that asset as follows:

Office furniture – 20% straight line

Computer equipment – 33% straight line

Investments

Investments are valued at market value at the balance sheet date with net gains and losses arising on revaluation and disposals during the year included in the statement of financial activities.

Taxation

The Charity is exempt from corporation tax on its charitable activities.

3. INCOME FROM DONATIONS AND LEGACIES

	Unrestricted Funds £	Restricted Funds £	Total 2025 £	Total 2024 £
Other donations received	1,786	0	1,786	1,221
	<u>1,786</u>	<u>0</u>	<u>1,786</u>	<u>1,221</u>

MY LIFE MY CHOICE

NOTES TO THE FINANCIAL STATEMENTS

FOR THE PERIOD ENDED 31 MARCH 2025 (continued)

4. INCOME FROM CHARITABLE ACTIVITIES

	Unrestricted Funds £	Restricted Funds £	Total 2025 £	Total 2024 £
Oxfordshire County Council	9,782	101,000	110,782	101,000
South Oxfordshire District Council	6,596	-	6,596	6,596
Oxford City Council	5,000	-	5,000	5,500
Oxfordshire Community Foundation	-	40,637	40,637	9,126
Motability Foundation	-	81,039	81,039	77,608
National Lottery Heritage Fund	-	-	-	26,920
Lloyds Bank Foundation	25,000	-	25,000	-
West Oxfordshire District Council	-	-	-	4,251
National Lottery Community Fund	-	85,501	85,501	88,289
Other Trusts and Foundations	78,865	16,800	95,665	92,741
NHS Bucks Grant	-	62,183	62,183	-
Fees received	75,963	628	76,591	24,709
Ticket sales	2,811	-	2,811	3,228
Other income	1,624	-	1,624	326
	<u>205,642</u>	<u>387,788</u>	<u>593,430</u>	<u>440,294</u>

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NOTES TO THE FINANCIAL STATEMENTS

FOR THE PERIOD ENDED 31 MARCH 2025 (continued)

5. INCOME FROM INVESTMENTS

	Unrestricted Funds £	Restricted Funds £	Total 2025 £	Total 2024 £
Bank interest	8,183	-	8,183	7,840
Dividends receivable	-	-	-	2,398
	<u>8,183</u>	<u>-</u>	<u>8,183</u>	<u>10,237</u>

6. EXPENDITURE ON RAISING FUNDS

	Unrestricted Funds £	Restricted Funds £	Total 2025 £	Total 2024 £
Campaigns	-	-	-	5,158
Gifts and Donations	-	-	-	-
Advertising	-	-	-	3,166
	<u>-</u>	<u>-</u>	<u>-</u>	<u>8,324</u>

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NOTES TO THE FINANCIAL STATEMENTS

FOR THE PERIOD ENDED 31 MARCH 2025 (continued)

7. EXPENDITURE ON CHARITABLE ACTIVITIES

	Unrestricted Funds	Restricted Funds	Total 2025	Total 2024
	£	£	£	£
Staffing costs	605	392,997	393,602	362,709
Freelance workers	4,994	3,802	8,796	13,709
Training - staff and beneficiaries	6,693	210	6,903	4,135
Recruitment	2,963	835	3,798	3,038
Insurance	1,729	-	1,729	1,101
Rent and room hire	3,652	39,964	43,617	39,553
Wellness packs	-	-	-	315
Travel and subsistence	3,252	6,693	9,945	12,927
Printing and stationery	1,720	11,491	13,211	13,077
Telephone and postage	1,911	13,714	15,626	14,899
IT costs	3,932	5,063	8,995	7,857
Bank charges	1,251	377	1,627	1,268
Equipment	275	484	759	181
Depreciation	2,405	-	2,405	3,120
Refreshments	5,513	1,065	6,577	2,348
Consultancy fees	13,725	4,404	18,129	12,548
Membership	1,107	500	1,607	874
Repairs and maintenance	419	-	419	1,918
Utilities	2,880	-	2,880	3,855
Professional fees	1,500	-	1,500	14,387
DBS charge	195	570	766	844
Other costs	4,204	6,010	10,214	10,288
Governance costs	2,516	6,998	9,514	9,096
	<u>67,440</u>	<u>495,177</u>	<u>562,618</u>	<u>534,048</u>

MY LIFE MY CHOICE

NOTES TO THE FINANCIAL STATEMENTS

FOR THE PERIOD ENDED 31 MARCH 2025 (continued)

8. GOVERNANCE COSTS

	Unrestricted Funds	Restricted Funds	Total 2025	Total 2024
	£	£	£	£
Independent Examiner's fee	450	-	450	450
Accountancy fees	1,500	-	1,500	12,587
Trustee Expenses	2,516	6,998	9,514	10,068
	<u>4,466</u>	<u>6,998</u>	<u>11,464</u>	<u>23,105</u>

9. ANALYSIS OF STAFF COSTS

	2025	2024
	£	£
Wages	341,668	313,820
Social security costs	24,934	24,054
Pension costs	27,000	24,835
	<u>393,602</u>	<u>362,709</u>

None of the employees of the charity earned £60,000 or more during the period ended 31 March 2025. The average number of employees during the period was 11 (2024: 11). All employees are involved in the provision of the charity's objectives.

10. TANGIBLE FIXED ASSETS

	Computers	Equipment	Total
	£	£	£
COST			
At 1 April 2024	21,424	18,068	39,492
Additions	1,095	505	1,600
Disposals	-	-	-
At 31 March 2025	<u>22,519</u>	<u>18,573</u>	<u>41,092</u>
DEPRECIATION			
At 1 April 2024	- 16,513	- 15,182	- 31,695
Charge for year	-1,761	- 644	- 2,405
Disposals	-	-	-
At 31 March 2025	<u>- 18,274</u>	<u>- 15,826</u>	<u>- 34,100</u>
NET BOOK VALUE			
At 31 March 2025	<u>4,245</u>	<u>2,747</u>	<u>6,992</u>
At 31 March 2024	<u>4,911</u>	<u>2,886</u>	<u>7,797</u>

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NOTES TO THE FINANCIAL STATEMENTS

FOR THE PERIOD ENDED 31 MARCH 2025 (continued)

11. INVESTMENTS

	2025	2024
	£	£
At start of year	252,285	181,658
Additions	6,104	60,000
Unrealised gain	14,822	10,627
At end of year	<u>273,211</u>	<u>252,285</u>

12. DEBTORS

	2025	2024
	£	£
Trade debtors	34,745	7,647
Prepayments	1,368	1,368
Other debtors	6,319	6,319
	<u>42,431</u>	<u>15,334</u>

13. CREDITORS

	2025	2024
	£	£
Trade creditors	2,126	4,738
Accruals	1,500	1,450
Other creditors	6,045	6,678
	<u>9,671</u>	<u>12,865</u>

14. UNRESTRICTED INCOME FUNDS

	Balance at 1 April 2024	Income	Expenditure	Gains / - losses on investments	Transfers	Balance at 31 March 2025
	£	£	£	£	£	£
Contingency reserves	24,664	-	-	-	-	24,664
General reserve	204,199	215,611	- 67,440	14,822	- 4,241	362,951
	<u>228,863</u>	<u>215,611</u>	<u>- 67,440</u>	<u>14,822</u>	<u>- 4,241</u>	<u>387,615</u>

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NOTES TO THE FINANCIAL STATEMENTS

FOR THE PERIOD ENDED 31 MARCH 2025 (continued)

15. RESTRICTED INCOME FUNDS

	Balance at 1 April 2024	Income	Expenditure	Gains / - losses on investments	Transfers	Balance at 31 March 2025
	£	£	£	£	£	£
Groups	112,640	55,500	- 141,021	-	-	27,119
Restricted Funds - Other	-	-	-	-	-	-
Travel Buddy	2,535	81,039	- 82,043	-	-	1,531
Champions	39,277	-	- 43,518	-	4,241	-
Inspections	-	50,500	- 47,268	-	-	3,232
Gig Buddies	6,516	86,129	- 90,486	-	-	2,159
Health and Happiness	-	80,820	- 49,921	-	-	30,899
Computer Buddy	7,276	33,800	- 40,919	-	-	157
Total funds	168,244	387,788	- 495,177	-	4,241	65,096

Purpose of funds:

GROUPS: Members meet, learn new skills, speak up and make new friends

TRAVEL BUDDY: Members learning to travel independently

CHAMPIONS: Members speak up & campaign to improve the quality of life for people with learning disabilities

INSPECTIONS: Members inspecting services

GIG BUDDIES: Members getting out and having fun

HEALTH & HAPPINESS: Improving health and wellbeing

COMPUTER BUDDY: Supporting members to be digitally included with free devices and training.

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NOTES TO THE FINANCIAL STATEMENTS

FOR THE PERIOD ENDED 31 MARCH 2025 (continued)

16. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Tangible fixed assets	Net assets / - liabilities	Total
	£	£	£
Restricted funds	-	65,096	65,096
Unrestricted Funds	6,992	380,623	387,615
	<u>6,992</u>	<u>445,719</u>	<u>452,711</u>

17. Reconciliation of net movement in funds to net cash flow from operating activities

	2025	2024
	£	£
Net income/expenditure for the year (as per the Statement of Financial Activities)	40,782	- 90,619
Add back depreciation charge	2,405	3,120
Investment income	- 8,183	- 10,237
Decrease (increase) in debtors	- 27,097	- 4,999
Increase (decrease) in creditors	- 3,194	7,330
Net cash used in operating activities	<u>4,712</u>	<u>- 95,404</u>

18. TRUSTEE REMUNERATION, KEY MANAGEMENT PERSONNEL AND RELATED PARTY TRANSACTIONS

No member of the board of trustees received any remuneration for the role as trustee during the year. Some trustees received payment for professional services supplied to the charity: £9,514 (2023/24: £9,096).

Trustees were reimbursed a total of £909 for travel expenses directly attributable to their duties as trustees during the year.

MY LIFE MY CHOICE

The Key Management Personnel comprise the Trustees, Charity Co-ordinator and Deputy Charity Co-ordinator. The total employee benefits of the key management personnel were £125,973 (2023/24: £109,233).

Other than the payment to trustees for services disclosed above, there were no other related party transactions.

MY LIFE MY CHOICE

England & Wales - Charity number 1187726

Accounts

MY LIFE MY CHOICE

**TRUSTEES' ANNUAL REPORT
AND
UNAUDITED FINANCIAL STATEMENTS**

**FOR THE PERIOD ENDED
31 MARCH 2024**

Charity Number:
1187726 (England and Wales)

MY LIFE MY CHOICE

**TRUSTEES' ANNUAL REPORT
AND
UNAUDITED FINANCIAL STATEMENTS**

**FOR THE PERIOD ENDED
31 MARCH 2024**

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MY LIFE MY CHOICE

GENERAL INFORMATION

Registered charity name	My Life My Choice
Charity number	1187726
Principal & registered office address	Unit 3 Watlington House Watlington Road Cowley Oxford OX4 6NF
Trustees	President Michael Edwards MBE Joan Mansfield Benjamin McCay Adrian Chappell Anup Upadhyaya Nigel Reason Andy Law Charlene Mileham Anthony Bebbington Keith Filleul Mick Bebbington Lucy Bowerman Liam Payne Joanne Hawkins Tom Eyre Katie Lloyd
Accountants	S K Punia Accountants LLP Olympic House 28 -42 Clements Road Ilford IG1 1BA
Independent examiner	Surinder Singh FAAT BSc Honors FCCA
Bankers	Unity Trust

MY LIFE MY CHOICE

TRUSTEES' ANNUAL REPORT

FOR THE PERIOD ENDED 31 MARCH 2024

Constitution

The charity is registered as a Charitable Incorporated Organisation (CIO) with the Charity Commission (no. 1187726) and is constituted by deed dated 3rd February 2020.

Previously, the charity was registered with the Charity Commission (no. 1073247) as "Oxfordshire My Life My Choice Association).

Trustees

Trustees are shown on p2 of this document.

Objects

Our vision is a world where people with learning disabilities are treated without prejudice and are able to have choice and control over their own lives.

Our mission is three-fold:

1. To make sure that there is independent support for people with learning disabilities in Oxfordshire to have their say and to claim their rights
2. To make sure that the views of people with learning disabilities are taken seriously by both professionals in the services they use and the wider public
3. To "Power Up" their lives so they can make a positive contribution to society.

Review of the period

This year has seen record numbers of people engaging with our activities, we have been featured in The Times national newspaper, and have proudly accepted two awards for the exceptional work of our members.

A significant milestone was reached as My Life My Choice (MLMC) celebrated its 25th anniversary. We hosted a memorable event at Oxford's Story Museum, attended by 130 of our dedicated supporters and members. The occasion featured the premiere of the MLMC film, a live band performance, and inspiring speeches delivered by the leader of Oxfordshire County Council and our Co-Chairs of the Trustee Board. We'd like to extend a huge thank you to all those who have made MLMC what it is today.

Particular highlights during 2023/24 include:

- Co-chair of trustees Ben visits Channel 4 News as part of his media training
- Researchers Pam and Dawn travelled to Iceland (the country not the supermarket!) to present at a Learning Disability Conference
- MLMC becomes accredited as a Living Pension Employer (8% employer contribution)
- MLMC Champion Kumudu speaks out at the Integrated Care Board on health inequalities faced by people with a learning disability
- A record total pay of £32,821 for the year to 41 people with a learning disability
- We launched our new website!

For further details of our work during 2023/24 please read our Annual Report (available on our website).

Thank you to everybody who has supported us during the year.

MY LIFE MY CHOICE

Reserves Policy

The trustees have established a reserves policy whereby the unrestricted funds not committed or invested in tangible fixed assets held by the charity should be between 6 and 12 months. Based on the last three years expenditure and the projected expenditure in 2024/25, the minimum target for 6 months is £236,084 with a maximum target not exceeding £472,168.

Unrestricted reserves as at 31st March 2024 stand at £228,863, marginally below the organisation's minimum target. Although looking to address the issue during 2024/25, the trustees do not see this as a material risk for the charity.

MY LIFE MY CHOICE

RESPONSIBILITIES OF THE TRUSTEES

FOR THE PERIOD ENDED 31 MARCH 2024

The trustees are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and regulations.

Charity Law requires the trustees to prepare financial statements for each financial year. Under that law the trustees have elected to prepare the financial statements in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law).

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

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

The trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charity's transactions and disclose with reasonable accuracy at any time the financial position of the charitable company and which enable them to ensure that the financial statements comply with the Charities Act 2011. They are responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

INDEPENDENT EXAMINATION

The nominated independent examiner will be considered by trustees for re-appointment for the ensuing year.

Signed on behalf of the trustees

Adrian Chappell
Co-Chair of the Trustees

Adrian Chappell

Date *12/12/24*

MY LIFE MY CHOICE

INDEPENDENT EXAMINER'S REPORT TO THE MEMBERS

FOR THE PERIOD ENDED 31 MARCH 2024

I report on the accounts of the Charity for the period ended 31 March 2024, which are set out in pages 7 – 19.

Respective responsibilities of trustees and examiner

As the charity's trustees you are responsible for the preparation of the accounts; you consider that the audit requirements of s144(2) of the Charities Act 2011 (the 2011 Act) does not apply and that an Independent Examination is needed. The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of the Association of Chartered Certified Accountants. It is my responsibility to state, on the basis of procedures specified in the General Directions given by the Charity Commissioners under s145 of the 2011 Act, whether particular matters have come to my attention.

Basis of independent examiner's report

An examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and the seeking of explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and, consequently, I do not express an audit opinion on the accounts.

Independent examiner's statement

In the course of my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that, in any material respect, the requirements:

- to keep accounting records in accordance with s130 of the 2011 Act; and
- to prepare accounts which accord with the accounting records and to comply with the accounting requirements of the 2011 Act.

have not been met; or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Surinder Singh FAAT | BSc Honors | FCCA

S. Singh

Date: 13/12/24

MY LIFE MY CHOICE

STATEMENT OF FINANCIAL ACTIVITIES

FOR THE PERIOD ENDED 31 MARCH 2024

		Unrestricted Funds	Restricted Funds	Total 2024	Unrestricted Funds	Restricted Funds	Total 2023
		£	£	£	£	£	£
Income from:							
Donations and legacies	3	1,221	-	1,221	2,511	-	2,511
Charitable activities	4	131,325	308,969	440,294	176,117	251,948	428,065
Investments	5	10,237	-	10,237	3,086	-	3,086
Total income		<u>142,784</u>	<u>308,969</u>	<u>451,753</u>	<u>181,714</u>	<u>251,948</u>	<u>433,662</u>
Expenditure on:							
Raising funds	6	3,086	5,238	8,324	3,691	5,128	8,819
Charitable activities	7	254,390	279,657	534,048	89,856	337,089	426,942
Total expenditure		<u>257,476</u>	<u>284,895</u>	<u>542,372</u>	<u>93,547</u>	<u>342,216</u>	<u>435,761</u>
Net gains / -losses in investments		10,627	-	10,627	1,655	-	1,655
Net income / - expenditure		- 114,692	24,074	- 90,619	88,168	- 90,269	- 2,101
Transfers between funds		51,553	- 51,553	-	- 94,753	94,753	-
Net movement in funds		<u>- 52,512</u>	<u>- 27,479</u>	<u>- 79,991</u>	<u>- 4,930</u>	<u>4,484</u>	<u>- 446</u>
Reconciliation of funds:							
Total funds brought forwards		281,375	195,723	477,098	286,305	191,239	477,544
Total funds carried forward		<u>228,863</u>	<u>168,244</u>	<u>397,107</u>	<u>281,375</u>	<u>195,723</u>	<u>477,098</u>

The Statement of Financial Activities includes all gains and losses in the period and therefore a statement of total recognised gains and losses has not been prepared.

All of the above amounts relate to continuing activities.

The notes on pages 10 to 18 form part of these financial statements.

MY LIFE MY CHOICE

BALANCE SHEET AS AT 31 MARCH 2024

	Notes	2024		2023	
		£	£	£	£
FIXED ASSETS					
Tangible Assets	10		7,797		5,507
Investments	11		252,285		181,658
CURRENT ASSETS					
Debtors	12	15,334		10,334	
Cash at bank		134,557		285,134	
		149,890		295,469	
CREDITORS: Amounts falling due within one year	13	- 12,865		- 5,535	
NET CURRENT ASSETS			137,025		289,933
CREDITORS: Amounts falling due after more than one year			-		-
NET LIABILITIES			397,107		477,098
FUNDS					
INCOME FUNDS					
Unrestricted Income funds	14		228,863		281,375
Restricted reserves	15		168,244		195,723
TOTAL INCOME FUNDS			397,107		477,098

For the period ended 31 March 2024, the charity was entitled to exemption from audit under section 145 of the Charities Act 2011.

Trustees responsibilities:

- The members have not required the charity to obtain an audit of its accounts for the year in question in accordance with section 145; and
- The trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These financial statements were approved by the members of the committee and authorised for issue on 12/12/24 and are signed on their behalf by:

Adrian Chappell

Adrian Chappell

Co-Chair of the Trustees

MY LIFE MY CHOICE

STATEMENT OF CASH FLOWS

AS AT 31 MARCH 2024

		2024 £	2023 £
	Notes		
Cash used in operating activities	17	- 95,404	- 1,085
Cash flows from investing activities			
Dividends and interest from investments		10,237	3,086
Purchase of investments		- 85,000	- 85,000
Purchase of fixed assets		- 5,410	- 5,243
Cash provided by (used in) investing activities		- 80,172	- 87,157
Increase (decrease) in cash and cash equivalents in the year		- 150,578	- 59,568
Cash and cash equivalents at the beginning of the year		285,134	344,702
Total cash and cash equivalents at the end of the year		134,557	285,134

MY LIFE MY CHOICE

NOTES TO THE FINANCIAL STATEMENTS

FOR THE PERIOD ENDED 31 MARCH 2024

1. ORGANISATION STATUS

My Life My Choice is a Charitable Incorporated Organisation (CIO).

The assets and liabilities of the previous unincorporated organisation were transferred to the new CIO on 7 May 2020 when the old charity was wound up.

2. ACCOUNTING POLICIES

Basis of accounting

The charity constitutes a public benefit entity as defined by FRS102.

These financial statements have been prepared under the historical cost convention and in accordance with applicable United Kingdom accounting standards and the requirements of the Statements of Recommended Practice 2015 (SORP 2015), 'Accounting and Reporting by Charities', issued by the Charities Commission and the Companies Act 2006, with FRS102, update bulletin 1.

Fund accounting

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

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by the donor or trust deed.

Income

All income is included in the statement of financial activities when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

Voluntary income is received by way of grants, donations and gifts and is included in full in the Statement of Financial Activities when receivable. Grants, where entitlement is not conditional on the delivery of a specific performance by the charity, are recognised when the charity becomes unconditionally entitled to the grant.

Investment income and interest receivable

Income from investments and deposit interest is included in the statement of financial activities when it becomes receivable. Investment income is included gross of recoverable taxation.

Expenditure

Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Expenditure represents amounts invoiced, including value added tax.

Fixed assets

Fixed assets (excluding investments) are stated at cost less accumulated depreciation. All assets costing £150 or more are capitalised and valued at historical cost.

MY LIFE MY CHOICE

NOTES TO THE FINANCIAL STATEMENTS

FOR THE PERIOD ENDED 31 MARCH 2024

Depreciation

Depreciation is calculated so as to write off the cost of an asset, less its estimated residual value, over the useful economic life of that asset as follows:

Office furniture – 20% straight line

Computer equipment – 33% straight line

Investments

Investments are valued at market value at the balance sheet date with net gains and losses arising on revaluation and disposals during the year included in the statement of financial activities.

Taxation

The Charity is exempt from corporation tax on its charitable activities.

3. INCOME FROM DONATIONS AND LEGACIES

	Unrestricted Funds £	Restricted Funds £	Total 2024 £	Total 2023 £
Other donations received	1,221	-	1,221	2,511
	<u>1,221</u>	<u>-</u>	<u>1,221</u>	<u>2,511</u>

MY LIFE MY CHOICE

NOTES TO THE FINANCIAL STATEMENTS

FOR THE PERIOD ENDED 31 MARCH 2024 (continued)

4. INCOME FROM CHARITABLE ACTIVITIES

	Unrestricted Funds £	Restricted Funds £	Total 2024 £	Total 2023 £
Oxfordshire County Council	-	101,000	101,000	114,000
South Oxfordshire District Council	6,596	-	6,596	6,596
Oxford City Council	5,500	-	5,500	4,500
Oxfordshire Community Foundation	-	9,126	9,126	41,447
Motability	-	77,608	77,608	-
Imagine Foundation	-	-	-	23,500
National Lottery Heritage Fund	-	26,920	26,920	-
Lloyds Bank Foundation	-	-	-	27,250
West Oxfordshire District Council	4,251	-	4,251	4,251
National Lottery Community Fund	-	88,289	88,289	-
Charities Aid Foundation	-	-	-	31,906
Other Trusts and Foundations	89,025	3,716	92,741	71,379
Fees received	24,247	463	24,709	72,508
Ticket sales	1,381	1,848	3,228	3,460
Great Western Railway	-	-	-	17,336
National Lottery Awards for All	-	-	-	9,760
Other income	326	-	326	172
	<u>131,325</u>	<u>308,969</u>	<u>440,294</u>	<u>428,065</u>

MY LIFE MY CHOICE

NOTES TO THE FINANCIAL STATEMENTS

FOR THE PERIOD ENDED 31 MARCH 2024 (continued)

5. INCOME FROM INVESTMENTS

	Unrestricted Funds £	Restricted Funds £	Total 2024 £	Total 2023 £
Bank interest	7,840	-	7,840	758
Dividends receivable	2,398	-	2,398	2,328
	<u>10,237</u>	<u>-</u>	<u>10,237</u>	<u>3,086</u>

6. EXPENDITURE ON RAISING FUNDS

	Unrestricted Funds £	Restricted Funds £	Total 2024 £	Total 2023 £
Campaigns	-	5,158	5,158	2,850
Gifts and Donations	-	-	-	4,080
Advertising	3,086	80	3,166	1,889
	<u>3,086</u>	<u>5,238</u>	<u>8,324</u>	<u>8,819</u>

MY LIFE MY CHOICE

NOTES TO THE FINANCIAL STATEMENTS

FOR THE PERIOD ENDED 31 MARCH 2024 (continued)

7. EXPENDITURE ON CHARITABLE ACTIVITIES

	Unrestricted Funds	Restricted Funds	Total 2024	Total 2023
	£	£	£	£
Staffing costs	152,504	210,205	362,709	287,812
Freelance workers	-	13,709	13,709	19,513
Training - staff and beneficiaries	3,626	510	4,135	1,775
Recruitment	1,806	1,232	3,038	5,216
Insurance	1,049	53	1,101	1,784
Rent and room hire	31,163	8,389	39,553	33,186
Wellness packs	300	15	315	100
Travel and subsistence	1,604	11,323	12,927	7,939
Printing and stationery	6,609	6,468	13,077	8,306
Telephone and postage	14,443	456	14,899	10,691
IT costs	7,195	662	7,857	4,072
Bank charges	1,187	81	1,268	1,512
Equipment	51	130	181	6
Depreciation	3,120	-	3,120	4,100
Refreshments	2,008	340	2,348	2,541
Consultancy fees	627	11,921	12,548	15,280
Membership	835	39	874	1,063
Repairs and maintenance	1,918	-	1,918	1,765
Utilities	3,855	-	3,855	6,447
Professional fees	14,387	-	14,387	1,110
DBS charge	205	639	844	1,290
Other costs	4,822	5,466	10,288	5,608
Governance costs	1,077	8,019	9,096	5,826
	<u>254,390</u>	<u>279,657</u>	<u>534,048</u>	<u>426,942</u>

MY LIFE MY CHOICE

NOTES TO THE FINANCIAL STATEMENTS FOR THE PERIOD ENDED 31 MARCH 2024 (continued)

8. GOVERNANCE COSTS

	Unrestricted Funds £	Restricted Funds £	Total 2024 £	Total 2023 £
Independent Examiner's fee	450	-	450	300
Accountancy fees	12,587	-	12,587	1,560
Trustee Expenses	2,049	8,019	10,068	1,231
	<u>15,086</u>	<u>8,019</u>	<u>23,105</u>	<u>3,091</u>

9. ANALYSIS OF STAFF COSTS

	2024 £	2023 £
Wages	313,820	252,411
Social security costs	24,054	19,427
Pension costs	24,835	15,975
	<u>362,709</u>	<u>287,812</u>

None of the employees of the charity earned £60,000 or more during the period ended 31 March 2024. The average number of employees during the period was 11 (2023: 15). All employees are involved in the provision of the charity's objectives.

10. TANGIBLE FIXED ASSETS

	Computers £	Equipment £	Total £
COST			
At 1 April 2023	17,314	16,768	34,082
Additions	4,110	1,300	5,410
Disposals	-	-	-
At 31 March 2024	<u>21,424</u>	<u>18,068</u>	<u>39,492</u>
DEPRECIATION			
At 1 April 2023	- 14,113	- 14,462	- 28,575
Charge for year	2,400	- 720	- 3,120
Disposals	-	-	-
At 31 March 2024	<u>- 16,513</u>	<u>- 15,182</u>	<u>- 31,695</u>
NET BOOK VALUE			
At 31 March 2024	<u>4,911</u>	<u>2,886</u>	<u>7,797</u>
At 31 March 2023	<u>3,201</u>	<u>2,306</u>	<u>5,507</u>

MY LIFE MY CHOICE

NOTES TO THE FINANCIAL STATEMENTS

FOR THE PERIOD ENDED 31 MARCH 2024 (continued)

11. INVESTMENTS

	2024	2023
	£	£
At start of year	181,658	95,003
Additions	70,627	85,000
Unrealised gain	-	1,655
At end of year	<u>252,285</u>	<u>181,658</u>

12. DEBTORS

	2024	2023
	£	£
Trade debtors	7,647	2,690
Prepayments	1,368	1,276
Other debtors	6,319	6,369
	<u>15,334</u>	<u>10,334</u>

13. CREDITORS

	2024	2023
	£	£
Trade creditors	4,738	53
Accruals	1,450	5,483
Other creditors	6,678	-
	<u>12,865</u>	<u>5,535</u>

14. UNRESTRICTED INCOME FUNDS

	Balance at 1 April 2023	Income	Expenditure	Gains / - losses on investments	Transfers	Balance at 31 March 2024
	£	£	£	£	£	£
Contingency reserves	24,664	-	-	-	-	24,664
General reserve	256,711	142,784	- 257,476	10,627	51,553	204,199
	<u>281,375</u>	<u>142,784</u>	<u>- 257,476</u>	<u>10,627</u>	<u>51,553</u>	<u>228,863</u>

MY LIFE MY CHOICE

NOTES TO THE FINANCIAL STATEMENTS

FOR THE PERIOD ENDED 31 MARCH 2024 (continued)

15. RESTRICTED INCOME FUNDS

	Balance at 1 April 2023	Income	Expenditure	Gains / - losses on investments	Transfers	Balance at 31 March 2024
	£	£	£	£	£	£
Groups	88,822	124,307	- 100,489	-	-	112,640
Travel Buddy	921	78,858	- 77,244	-	-	2,535
Champions	39,277	-	-	-	-	39,277
Power Up	1,963	26,920	- 31,626	-	2,743	-
Gig Buddy	3,951	73,885	- 71,320	-	-	6,516
Covid-19	54,296	-	-	-	- 54,296	-
Computer Buddy	6,493	5,000	- 4,217	-	-	7,276
	-	-	-	-	-	-
Total funds	195,723	308,969	- 284,895	-	- 51,553	168,244

Purpose of funds:

Groups: Members meet, learn new skills, speak up and make new friends

Travel Buddy: Members learning to travel independently

Champions: Members speaking up and campaigning to improve the quality of life for people with learning disabilities

Gig Buddy: Members getting out and having fun

Power Up (Professional Services): Members train their peers, produce films and act as consultants to raise awareness of learning disability issues.

Health & Happiness: Improving health and wellbeing

Computer Buddy: Supporting members to be digitally included with free devices and training.

16. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Tangible fixed assets	Net assets / - liabilities	Total
	£	£	£
Restricted funds	-	168,244	168,244
Unrestricted Funds	7,797	221,066	228,863
	<u>7,797</u>	<u>389,310</u>	<u>397,107</u>

MY LIFE MY CHOICE

NOTES TO THE FINANCIAL STATEMENTS

FOR THE PERIOD ENDED 31 MARCH 2024 (continued)

17. Reconciliation of net movement in funds to net cash flow from operating activities

	2024	2023
	£	£
Net income/expenditure for the year (as per the Statement of Financial Activities)	- 90,618	- 2,101
Add back depreciation charge	3,120	4,102
Investment income	- 10,237	- 3,086
Decrease (increase) in debtors	- 4,999	31,153
Increase (decrease) in creditors	7,330	- 2,479
Net cash used in operating activities	<u>- 95,404</u>	<u>27,589</u>

18. TRUSTEE REMUNERATION, KEY MANAGEMENT PERSONNEL AND RELATED PARTY TRANSACTIONS

No member of the board of trustees received any remuneration for the role as trustee during the year. Some trustees received payment for professional services supplied to the charity: £9,096 (2022/23: £5,962).

Trustees were reimbursed a total of £972 for travel expenses directly attributable to their duties as trustees during the year.

The Key Management Personnel comprise the Trustees, Charity Co-ordinator and Deputy Charity Co-ordinator. The total employee benefits of the key management personnel were £109,233 (2022/23: £105,602).

Other than the payment to trustees for services disclosed above, there were no other related party transactions.

MY LIFE MY CHOICE

England & Wales - Charity number 1187726

Accounts

MY LIFE MY CHOICE

**TRUSTEES' ANNUAL REPORT
AND
UNAUDITED FINANCIAL STATEMENTS**

**FOR THE PERIOD ENDED
31 MARCH 2023**

Charity Number:
1187726 (England and Wales)

MY LIFE MY CHOICE

**TRUSTEES' ANNUAL REPORT
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**FOR THE PERIOD ENDED
31 MARCH 2023**

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MY LIFE MY CHOICE

GENERAL INFORMATION

Registered charity name	My Life My Choice
Charity number	1187726
Principal & registered office address	Unit 3 Watlington House Watlington Road Cowley Oxford OX4 6NF
Trustees	President Michael Edwards Paul Scarrott Joan Mansfield Nigel Taylor Abul Kasem Benjamin McCay Keith Filleul Adrian Chappell Anup Upadhyaya Nigel Reason Andy Law Charlene Mileham Anthony Bebbington
Accountants	S K Punia Accountants LLP Olympic House 28 -42 Clements Road Ilford IG1 1BA
Independent examiner	Surinder Singh AAT
Bankers	Unity Trust

MY LIFE MY CHOICE

TRUSTEES' ANNUAL REPORT

FOR THE PERIOD ENDED 31 MARCH 2023

Constitution

The charity is registered as a Charitable Incorporated Organisation (CIO) with the Charity Commission (no. 1187726) and is constituted by deed dated 3rd February 2020. Previously, the charity was registered with the Charity Commission (no. 1073247) as "Oxfordshire My Life My Choice Association).

Trustees

Trustees are shown on p2 of this document.

Objects

Our vision is a world where people with learning disabilities are treated without prejudice and are able to have choice and control over their own lives.

Our mission is three-fold:

1. To make sure that there is independent support for people with learning disabilities in Oxfordshire to have their say and to claim their rights
2. To make sure that the views of people with learning disabilities are taken seriously by both professionals in the services they use and the wider public
3. To "Power Up" their lives so they can make a positive contribution to society.

Review of the period

As the charity approaches its 25th year of operation there is much to celebrate and much to look forward to. Two major national awards have given everybody involved with My Life My Choice (MLMC) a great source of pride. Firstly, our Travel Buddy publicity film won the category for charity's with an income of £350,000 - £1,000,000 at The Charity Film Awards 2023 with the ceremony taking place at London's world-famous Odeon cinema, home to hundreds of premieres since 1937. Secondly, the charity was delighted to announce that it had taken the top prize in the Disability category at this year's Charity Awards, the longest-running and most prestigious awards scheme in the charity sector. The Charity Awards judges were impressed that the charity's entire board was comprised of people with learning disabilities. Karin Woodley CBE (CEO of Cambridge House Charity) said: "That in itself is innovative. To have a project that is entirely led by people with direct lived experience is something we need more of in our sector. I think it immediately increases the impact of the charity, both for the beneficiaries and for those who are on the board." Judge Chris Sherwood (CEO of RSPCA) added that the charity demonstrated a deep and genuine commitment to being user-led.

On the funding front we have received significant support from two major funders. An award of £396,848 over 5 years from The National Lottery Community Fund has recently been secured for our Gig Buddy project and a 3- year £245,908 grant from Motability will see the Travel Buddy project develop further during 2023/26.

Together these two grants will see many more people enjoying and benefiting from our work.

Although staff recruitment has been challenging at times we now have a competent and committed team of 11 full-time staff in place supporting our 754 members across Oxfordshire. The future is looking very bright for MLMC.

For further details of our work during 2022/23 please read our Annual Report. Thank you to everybody who has supported us during the year.

Reserves Policy

The trustees have established a reserves policy whereby the unrestricted funds not committed or invested in tangible fixed assets held by the charity should be between 6 and 12 months. Based on the last three years expenditure and the projected expenditure in 2023/24, the minimum target for 6 months is £211,534 with a maximum target not exceeding £423,068.

MY LIFE MY CHOICE

RESPONSIBILITIES OF THE TRUSTEES

FOR THE PERIOD ENDED 31 MARCH 2023

The trustees are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and regulations.

Charity Law requires the trustees to prepare financial statements for each financial year. Under that law the trustees have elected to prepare the financial statements in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law).

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

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

The trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charity's transactions and disclose with reasonable accuracy at any time the financial position of the charitable company and which enable them to ensure that the financial statements comply with the Charities Act 2011. They are responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

INDEPENDENT EXAMINATION

The nominated independent examiner will be considered by trustees for re-appointment for the ensuing year.

Signed on behalf of the trustees

Adrian Chappell
Co-Chair of the Trustees

Adrian Chappell

Date 14/09/2023

MY LIFE MY CHOICE

INDEPENDENT EXAMINER'S REPORT TO THE MEMBERS

FOR THE PERIOD ENDED 31 MARCH 2023

I report on the accounts of the Charity for the period ended 31 March 2023, which are set out in pages 6 – 17.

Respective responsibilities of trustees and examiner.

As the charity's trustees you are responsible for the preparation of the accounts; you consider that the audit requirements of s144(2) of the Charities Act 2011 (the 2011 Act) does not apply and that an Independent Examination is needed. The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of the Association of Accounting Technicians. It is my responsibility to state, on the basis of procedures specified in the General Directions given by the Charity Commissioners under s145 of the 2011 Act, whether particular matters have come to my attention.

Basis of independent examiner's report

An examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and the seeking of explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and, consequently, I do not express an audit opinion on the accounts.

Independent examiner's statement

In the course of my examination, no matter has come to my attention:

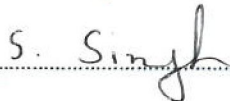
(1) which gives me reasonable cause to believe that, in any material respect, the requirements:

- to keep accounting records in accordance with s130 of the 2011 Act; and
- to prepare accounts which accord with the accounting records and to comply with the accounting requirements of the 2011 Act.

have not been met; or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Surinder Singh AAT


.....

Date 20/09/23

MY LIFE MY CHOICE

STATEMENT OF FINANCIAL ACTIVITIES

FOR THE PERIOD ENDED 31 MARCH 2023

		Unrestricted Funds	Restricted Funds	Total 2023	Unrestricted Funds	Restricted Funds	Total 2022
		£	£	£	£	£	£
Income from:							
Donations and legacies	3	2,511	-	2,511	293	-	293
Charitable activities	4	176,117	251,948	428,065	202,467	317,742	520,209
Investments	5	3,086	-	3,086	2,091	-	2,091
Total income		<u>181,714</u>	<u>251,948</u>	<u>433,662</u>	<u>204,851</u>	<u>317,742</u>	<u>522,593</u>
Expenditure on:							
Raising funds	6	3,691	5,128	8,819	83	-	83
Charitable activities	7	89,856	337,089	426,942	88,236	307,633	395,870
Total expenditure		<u>93,547</u>	<u>342,216</u>	<u>435,761</u>	<u>88,319</u>	<u>307,633</u>	<u>395,953</u>
Net gains / -losses in investments		1,655	-	1,655	8,700	-	8,700
Net income / - expenditure		88,168	- 90,269	- 2,101	116,531	10,110	126,641
Transfers between funds		- 94,753	94,753	-	- 41,909	41,909	-
Net movement in funds		<u>- 4,930</u>	<u>4,484</u>	<u>- 446</u>	<u>83,322</u>	<u>52,019</u>	<u>135,341</u>
Reconciliation of funds:							
Total funds brought forwards		286,305	191,239	477,544	202,983	139,219	342,202
Total funds carried forward		<u>281,375</u>	<u>195,723</u>	<u>477,098</u>	<u>286,305</u>	<u>191,239</u>	<u>477,544</u>

The Statement of Financial Activities includes all gains and losses in the period and therefore a statement of total recognised gains and losses has not been prepared.

All of the above amounts relate to continuing activities.

The notes on pages 9 to 17 form part of these financial statements.

MY LIFE MY CHOICE

BALANCE SHEET

AS AT 31 MARCH 2023

	Notes	2023		2022	
		£	£	£	£
FIXED ASSETS					
Tangible Assets	10		5,507		4,366
Investments	11		181,658		95,003
CURRENT ASSETS					
Debtors	12	10,334		41,488	
Cash at bank		285,134		344,702	
		<u>295,469</u>		<u>386,189</u>	
CREDITORS: Amounts falling due within one year	13	<u>- 5,535</u>		<u>- 8,015</u>	
NET CURRENT ASSETS			289,933		378,175
CREDITORS: Amounts falling due after more than one year			-		-
NET LIABILITIES			<u>477,098</u>		<u>477,544</u>
FUNDS					
INCOME FUNDS					
Unrestricted Income funds	14		376,128		286,305
Restricted reserves	15		100,970		191,239
TOTAL INCOME FUNDS			<u>477,098</u>		<u>477,544</u>

For the period ended 31 March 2023, the charity was entitled to exemption from audit under section 145 of the Charities Act 2011.

Trustees responsibilities:

- The members have not required the charity to obtain an audit of its accounts for the year in question in accordance with section 145; and
- The trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These financial statements were approved by the members of the committee and authorised for issue on 14/04/2023 and are signed on their behalf by:

Adrian Chappell

Adrian Chappell

Co-Chair of the Trustees

MY LIFE MY CHOICE

STATEMENT OF CASH FLOWS

AS AT 31 MARCH 2023

	Notes	2023 £	2022 £
Cash used in operating activities	17	<u>27,589</u>	<u>131,612</u>
Cash flows from investing activities			
Dividends and interest from investments		3,086	2,091
Purchase of investments		- 85,000	-
Purchase of fixed assets		- 5,243	- 1,591
Cash provided by (used in) investing activities		<u>- 87,157</u>	<u>500</u>
Increase (decrease) in cash and cash equivalents in the year		- 59,568	122,972
Cash and cash equivalents at the beginning of the year		344,702	221,730
Total cash and cash equivalents at the end of the year		<u><u>285,134</u></u>	<u><u>344,702</u></u>

MY LIFE MY CHOICE

NOTES TO THE FINANCIAL STATEMENTS

FOR THE PERIOD ENDED 31 MARCH 2023

1. ORGANISATION STATUS

My Life My Choice is a Charitable Incorporated Organisation (CIO).

The assets and liabilities of the previous unincorporated organisation were transferred to the new CIO on 7 May 2020 when the old charity was wound up.

2. ACCOUNTING POLICIES

Basis of accounting

The charity constitutes a public benefit entity as defined by FRS102.

These financial statements have been prepared under the historical cost convention and in accordance with applicable United Kingdom accounting standards and the requirements of the Statements of Recommended Practice 2015 (SORP 2015), 'Accounting and Reporting by Charities', issued by the Charities Commission and the Companies Act 2006, with FRS102, update bulletin 1.

Fund accounting

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

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by the donor or trust deed.

Income

All income is included in the statement of financial activities when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

Voluntary income is received by way of grants, donations and gifts and is included in full in the Statement of Financial Activities when receivable. Grants, where entitlement is not conditional on the delivery of a specific performance by the charity, are recognised when the charity becomes unconditionally entitled to the grant.

Investment income and interest receivable

Income from investments and deposit interest is included in the statement of financial activities when it becomes receivable. Investment income is included gross of recoverable taxation.

Expenditure

Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Expenditure represents amounts invoiced, including value added tax.

Fixed assets

Fixed assets (excluding investments) are stated at cost less accumulated depreciation. All assets costing £150 or more are capitalised and valued at historical cost.

MY LIFE MY CHOICE

NOTES TO THE FINANCIAL STATEMENTS

FOR THE PERIOD ENDED 31 MARCH 2023

Depreciation

Depreciation is calculated so as to write off the cost of an asset, less its estimated residual value, over the useful economic life of that asset as follows:

Office furniture – 20% straight line

Computer equipment – 33% straight line

Investments

Investments are valued at market value at the balance sheet date with net gains and losses arising on revaluation and disposals during the year included in the statement of financial activities.

Taxation

The Charity is exempt from corporation tax on its charitable activities.

3. INCOME FROM DONATIONS AND LEGACIES

	Unrestricted Funds	Restricted Funds	Total 2023	Total 2022
	£	£	£	£
Other donations received	2,511	-	2,511	293
	<u>2,511</u>	<u>-</u>	<u>2,511</u>	<u>293</u>

MY LIFE MY CHOICE

NOTES TO THE FINANCIAL STATEMENTS

FOR THE PERIOD ENDED 31 MARCH 2023 (continued)

4. INCOME FROM CHARITABLE ACTIVITIES

	Unrestricted Funds	Restricted Funds	Total 2023	Total 2022
	£	£	£	£
Oxfordshire County Council	-	114,000	114,000	131,500
South Oxfordshire District Council	-	6,596	6,596	4,336
The Big Lottery	-	-	-	85,608
Oxford City Council	-	4,500	4,500	2,000
Oxfordshire Community Foundation	-	41,447	41,447	22,230
Imagine Foundation	23,500	-	23,500	-
National Lottery Community Fund	-	-	-	20,028
Lloyds Bank Foundation	27,250	-	27,250	25,000
West Oxfordshire District Council	-	4,251	4,251	3,356
Disability Action	-	-	-	3,431
Charities Aid Foundation	-	31,906	31,906	105,717
Other Trusts and Foundations	49,379	22,000	71,379	69,100
RMS Southern	-	-	-	9,500
Fees received	72,508	-	72,508	35,752
Ticket sales	3,460	-	3,460	1,140
Great Western Railway	-	17,336	17,336	-
National Lottery Awards for All	-	9,760	9,760	-
Other income	20	152	172	1,510
	<u>176,117</u>	<u>251,948</u>	<u>428,065</u>	<u>520,209</u>

MY LIFE MY CHOICE

NOTES TO THE FINANCIAL STATEMENTS

FOR THE PERIOD ENDED 31 MARCH 2023 (continued)

5. INCOME FROM INVESTMENTS

	Unrestricted Funds	Restricted Funds	Total 2023	Total 2022
	£	£	£	£
Bank interest	758	-	758	-
Dividends receivable	2,328	-	2,328	2,091
	<u>3,086</u>	<u>-</u>	<u>3,086</u>	<u>2,091</u>

6. EXPENDITURE ON RAISING FUNDS

	Unrestricted Funds	Restricted Funds	Total 2023	Total 2022
	£	£	£	£
Campaigns	-	2,850	2,850	-
Gifts and Donations	3,691	389	4,080	83
Advertising	-	1,889	1,889	-
	<u>3,691</u>	<u>5,128</u>	<u>8,819</u>	<u>83</u>

MY LIFE MY CHOICE

NOTES TO THE FINANCIAL STATEMENTS

FOR THE PERIOD ENDED 31 MARCH 2023 (continued)

7. EXPENDITURE ON CHARITABLE ACTIVITIES

	Unrestricted Funds	Restricted Funds	Total 2023	Total 2022
	£	£	£	£
Staffing costs	34,013	253,800	287,812	263,149
Freelance workers	3,310	22,029	25,339	8,450
Training - staff and beneficiaries	757	1,018	1,775	752
Recruitment	-	5,216	5,216	4,909
Insurance	1,338	446	1,784	1,611
Books and materials	-	-	-	22
Rent and room hire	22,423	10,762	33,186	30,932
Wellness packs	-	100	100	526
iPads	-	-	-	2,319
Travel and subsistence	1,023	6,916	7,939	4,571
Printing and stationery	531	7,776	8,306	11,500
Telephone and postage	3,046	7,645	10,691	10,772
IT costs	3,348	724	4,072	10,498
Bank charges	1,119	393	1,512	1,213
Equipment	6	-	6	110
Depreciation	3,572	528	4,100	7,062
Refreshments	1,605	936	2,541	2,181
Consultancy fees	780	14,500	15,280	15,660
Membership	1,063	-	1,063	694
Repairs and maintenance	1,765	-	1,765	1,129
Utilities	4,835	1,612	6,447	8,631
Professional fees	812	298	1,110	1,170
DBS charge	325	965	1,290	925
Other costs	4,185	1,422	5,608	4,191
	89,856	337,086	426,942	395,870

MY LIFE MY CHOICE

NOTES TO THE FINANCIAL STATEMENTS FOR THE PERIOD ENDED 31 MARCH 2023 (continued)

8. GOVERNANCE COSTS

	Unrestricted Funds	Restricted Funds	Total 2023	Total 2022
	£	£	£	£
Independent Examiner's fee	300	-	300	222
Accountancy fees	1,170	390	1,560	858
Trustee Expenses	1,231		1,231	1,598
	<u>2,701</u>	<u>390</u>	<u>3,091</u>	<u>2,678</u>

9. ANALYSIS OF STAFF COSTS

	2023	2022
	£	£
Wages	252,411	233,115
Social security costs	19,427	16,981
Pension costs	15,975	13,053
	<u>287,812</u>	<u>263,149</u>

None of the employees of the charity earned £60,000 or more during the period ended 31 March 2023. The average number of employees during the period was 15 (2022: 13). All employees are involved in the provision of the charity's objectives.

10. TANGIBLE FIXED ASSETS

	Computers	Equipment	Total
	£	£	£
COST			
At 1 April 2022	13,379	15,460	28,839
Additions	3,935	1,308	5,243
Disposals	-	-	-
At 31 March 2023	<u>17,314</u>	<u>16,768</u>	<u>34,082</u>
DEPRECIATION			
At 1 April 2022	- 13,220	- 11,253	- 24,473
Charge for year	- 893	- 3,209	- 4,102
Disposals	-	-	-
At 31 March 2023	<u>- 14,113</u>	<u>- 14,462</u>	<u>- 28,575</u>
NET BOOK VALUE			
At 31 March 2023	<u>3,201</u>	<u>2,306</u>	<u>5,507</u>
At 31 March 2022	<u>159</u>	<u>4,207</u>	<u>4,366</u>

MY LIFE MY CHOICE

NOTES TO THE FINANCIAL STATEMENTS

FOR THE PERIOD ENDED 31 MARCH 2023 (continued)

11. INVESTMENTS

	2023	2022
	£	£
At start of year	95,003	86,303
Additions	85,000	-
Unrealised gain	1,655	8,700
At end of year	<u>181,658</u>	<u>95,003</u>

12. DEBTORS

	2023	2022
	£	£
Trade debtors	2,690	33,843
Prepayments	1,276	1,276
Other debtors	6,369	6,369
	<u>10,334</u>	<u>41,488</u>

13. CREDITORS

	2023	2022
	£	£
Trade creditors	53	739
Accruals	5,483	956
Other creditors	-	6,320
	<u>5,535</u>	<u>8,015</u>

14. UNRESTRICTED INCOME FUNDS

	Balance at 1 April 2022	Income	Expenditure	Gains / - losses on investments	Transfers	Balance at 31 March 2023
	£	£	£	£	£	£
Contingency reserves	24,664	-	-	-	-	24,664
General reserve	261,641	181,714	- 93,547	1,655	- 94,753	256,711
	<u>286,305</u>	<u>181,714</u>	<u>- 93,547</u>	<u>1,655</u>	<u>- 94,753</u>	<u>281,375</u>

MY LIFE MY CHOICE

NOTES TO THE FINANCIAL STATEMENTS

FOR THE PERIOD ENDED 31 MARCH 2023 (continued)

15. RESTRICTED INCOME FUNDS

	Balance at 1 April 2022	Income	Expenditure	Gains / - losses on investments	Transfers	Balance at 31 March 2023
	£	£	£	£	£	£
Groups	89,052	70,260	- 70,490	-	-	88,822
Restricted Funds - Other		71,847	- 166,600		94,753	-
Travel Buddy	-	38,242	- 37,320	-		921
Champions	35,277	4,000	-	-		39,277
Inspections	-	-	-	-		-
Power Up	-	9,935	- 7,972	-		1,963
Gig Buddies	-	30,434	- 26,483	-		3,951
Covid-19	54,296					54,296
Computer Buddies	12,614	27,230	- 33,352			6,492
						-
Total funds	191,239	251,948	- 342,216	-	94,753	195,723

Purpose of funds:

Groups: Members meet, learn new skills, speak up and make new friends

Restricted Funds - Other: Core costs and organisational development this was unspent and included in Unrestricted the previous year and reflected in general expenditure this year.

Travel Buddy: Members learning to travel independently

Champions: Members speaking up and campaigning to improve the quality of life for people with learning disabilities

Inspections: Members checking health and social care services

Gig Buddy: Members getting out and having fun

Power Up: Members train their peers, produce films and act as consultants to raise awareness of learning disability issues.

Covid-19: Helpline, accessible mailouts, Wellness Packs, on-line activities, campaigning, Phone Buddy service, and Digital Inclusion

Computer Buddy: Supporting members to be digitally included with free devices and training.

16. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Tangible fixed assets	Net assets / - liabilities	Total
	£	£	£
Restricted funds	-	195,723	195,723
Unrestricted Funds	5,507	275,868	281,375
	5,507	471,591	477,098

MY LIFE MY CHOICE

NOTES TO THE FINANCIAL STATEMENTS

FOR THE PERIOD ENDED 31 MARCH 2023 (continued)

17. Reconciliation of net movement in funds to net cash flow from operating activities

	2023	2022
	£	£
Net income/expenditure for the year (as per the Statement of Financial Activities)	- 2,101	126,641
Add back depreciation charge	4,102	2,805
Investment income	- 3,086	- 1,798
Transfer of assets and liabilities from unincorporated charity	-	- 45,174
Decrease (increase) in debtors	31,153	- 36,096
Increase (decrease) in creditors	- 2,479	11,764
Net cash used in operating activities	27,589	58,142

18. TRUSTEE REMUNERATION, KEY MANAGEMENT PERSONNEL AND RELATED PARTY TRANSACTIONS

No member of the board of trustees received any remuneration for the role as trustee during the year. Some trustees received payment for professional services supplied to the charity: £5,962 (2022: £3,184).

Trustees were reimbursed a total of £620 for travel expenses directly attributable to their duties as trustees during the year.

The Key Management Personnel comprise the Trustees, Charity Co-ordinator and Deputy Charity Co-ordinator. The total employee benefits of the key management personnel were £105,602 (2021/22: £96,821).

Other than the payment to trustees for services disclosed above, there were no other related party transactions.

MY LIFE MY CHOICE

England & Wales - Charity number 1187726

Accounts

MY LIFE MY CHOICE

**TRUSTEES' ANNUAL REPORT
AND
UNAUDITED FINANCIAL STATEMENTS**

**FOR THE PERIOD ENDED
31 MARCH 2022**

Charity Number:
1187726 (England and Wales)

MY LIFE MY CHOICE

**TRUSTEES' ANNUAL REPORT
AND
UNAUDITED FINANCIAL STATEMENTS**

**FOR THE PERIOD ENDED
31 MARCH 2022**

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MY LIFE MY CHOICE

GENERAL INFORMATION

Registered charity name	My Life My Choice
Charity number	1187726
Principal & registered office address	Unit 3 Watlington House Watlington Road Cowley Oxford OX4 6NF
Trustees	President Michael Edwards Paul Scarrott Joan Mansfield Nigel Taylor Katie Harrison Louise Weeks Abul Kasem Benjamin McCay Keith Filleul Jack Blackwell Adrian Chappell Minty Hoyer Miller Anup Upadhyaya
Accountants	SPX Oxford Ltd Peace House 19 Paradise Street Oxford OX1 1LD
Independent examiner	Sheila Parry FCCA
Bankers	Unity Trust

MY LIFE MY CHOICE

TRUSTEES' ANNUAL REPORT

FOR THE PERIOD ENDED 31 MARCH 2022

Constitution

The charity is registered as a Charitable Incorporated Organisation (CIO) with the Charity Commission (no. 1187726) and is constituted by deed dated 3rd February 2020.

Previously, the charity was registered with the Charity Commission (no. 1073247) as "Oxfordshire My Life My Choice Association).

Trustees

Trustees are shown on p2 of this document.

Objects

Our vision is a world where people with learning disabilities are treated without prejudice and are able to have choice and control over their own lives.

Our mission is three-fold:

1. To make sure that there is independent support for people with learning disabilities in Oxfordshire to have their say and to claim their rights
2. To make sure that the views of people with learning disabilities are taken seriously by both professionals in the services they use and the wider public
3. To "Power Up" their lives so they can make a positive contribution to society.

Review of the period

During 2021/22, like most of the nation, indeed much of the world, My Life My Choice (MLMC) began learning to "live with Covid". Digital inclusion and digital activities were an important part of our work, and will remain so, but there was a significant desire amongst our membership to return to "face-to-face" life once more. Our 2021/22 Annual Report (available on request and via our website) gives detail about how we adapted and developed our work in order to meet our members' ever-changing needs.

Some of our highlights for the year included:

- The relaunch of Stingray nightclub, Gig Buddy, and Travel Buddy getting people out and about again
- The launch of our "We Can't Wait" campaign to prioritise people with a learning disability on NHS waiting lists
- The growth of our Computer Buddy project
- Our Chair of Trustees, Ben McCay, being interviewed on BBC Radio 4's "You and Yours" in relation to the continued abuse of inpatients with a learning disability in secure hospitals.

Thank you to everybody who has supported us during the year.

Reserves Policy

The trustees have established a reserves policy whereby the unrestricted funds (and already accrued contingency reserve brought forward) not committed or invested in tangible fixed assets held by the charity should be between 6 and 12 months. Based on the last three years expenditure and the projected expenditure in 2022/23, the minimum target for 6 months is £204,881 with a maximum target not exceeding £409,762.

MY LIFE MY CHOICE

RESPONSIBILITIES OF THE TRUSTEES

FOR THE PERIOD ENDED 31 MARCH 2022

The trustees are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and regulations.

Charity Law requires the trustees to prepare financial statements for each financial year. Under that law the trustees have elected to prepare the financial statements in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law).

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

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

The trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charity's transactions and disclose with reasonable accuracy at any time the financial position of the charitable company and which enable them to ensure that the financial statements comply with the Charities Act 2011. They are responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

INDEPENDENT EXAMINATION

The nominated independent examiner will be considered by trustees for re-appointment for the ensuing year.

Signed on behalf of the trustees

Benjamin McCay
Co-Chair of the Trustees



Date 30/12/2022

MY LIFE MY CHOICE

INDEPENDENT EXAMINER'S REPORT TO THE MEMBERS

FOR THE PERIOD ENDED 31 MARCH 2022

I report on the accounts of the Charity for the period ended 31 March 2022, which are set out in pages 6 - 16

Respective responsibilities of trustees and examiner

As the charity's trustees you are responsible for the preparation of the accounts; you consider that the audit requirements of s144(2) of the Charities Act 2011 (the 2011 Act) does not apply and that an Independent Examination is needed. The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of the Association of Certified Chartered Accountants. It is my responsibility to state, on the basis of procedures specified in the General Directions given by the Charity Commissioners under s145 of the 2011 Act, whether particular matters have come to my attention.

Basis of independent examiner's report

An examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and the seeking of explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and, consequently, I do not express an audit opinion on the accounts.

Independent examiner's statement

In the course of my examination, no matter has come to my attention:

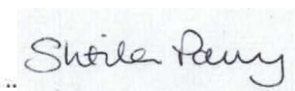
(1) which gives me reasonable cause to believe that, in any material respect, the requirements:

- to keep accounting records in accordance with s130 of the 2011 Act; and
- to prepare accounts which accord with the accounting records and to comply with the accounting requirements of the 2011 Act.

have not been met; or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Sheila Parry FCCA



9 December 2022

Date.....

MY LIFE MY CHOICE

STATEMENT OF FINANCIAL ACTIVITIES

FOR THE PERIOD ENDED 31 MARCH 2022

		Unrestricted Funds £	Restricted Funds £	Total 2022 £	Unrestricted Funds £	Restricted Funds £	Total 2021 £
Income from:							
Donations and legacies	3	293	-	293	172,403	82,317	254,720
Charitable activities	4	202,467	317,742	520,209	39,663	355,545	395,208
Other trading activities							-
Investments	5	2,091	-	2,091	1,798		1,798
Total income		<u>204,851</u>	<u>317,742</u>	<u>522,593</u>	<u>213,864</u>	<u>437,862</u>	<u>651,726</u>
Expenditure on:							
Raising funds	6	83	-	83	325	-	325
Charitable activities	7	88,236	307,633	395,870	23,528	298,643	322,171
Total expenditure		<u>88,319</u>	<u>307,633</u>	<u>395,953</u>	<u>23,853</u>	<u>298,643</u>	<u>322,496</u>
Net gains / -losses in investments		8,700	-	8,700	12,972	-	12,972
Net income / - expenditure		116,531	10,110	126,641	190,011	139,219	329,230
Transfers between funds		- 41,909	41,909	-	-	-	-
Net movement in funds		<u>83,322</u>	<u>52,019</u>	<u>135,341</u>	<u>202,983</u>	<u>139,219</u>	<u>342,202</u>
Reconciliation of funds:							
Total funds brought forwards		202,983	139,219	342,202	-	-	-
Total funds carried forward		<u>286,305</u>	<u>191,238</u>	<u>477,544</u>	<u>202,983</u>	<u>139,219</u>	<u>342,202</u>

The Statement of Financial Activities includes all gains and losses in the period and therefore a statement of total recognised gains and losses has not been prepared.

All of the above amounts relate to continuing activities.

The notes on pages 9 to 16 form part of these financial statements.

MY LIFE MY CHOICE

BALANCE SHEET

AS AT 31 MARCH 2022

		2022		2021	
		£	£	£	£
	Notes				
FIXED ASSETS					
Tangible Assets	10		4,366		9,837
Investments	11		95,003		86,303
CURRENT ASSETS					
Debtors	12	41,488		36,096	
Cash at bank		344,702		221,730	
		<u>386,189</u>		<u>257,826</u>	
CREDITORS: Amounts falling due within one year	13	<u>- 8,015</u>		<u>- 11,764</u>	
NET CURRENT ASSETS			378,175		246,062
CREDITORS: Amounts falling due after more than one year			-		-
NET LIABILITIES			<u>477,544</u>		<u>342,202</u>
FUNDS					
INCOME FUNDS					
Unrestricted Income funds	14		286,305		202,983
Restricted reserves	15		191,239		139,219
TOTAL INCOME FUNDS			<u>477,544</u>		<u>342,202</u>

For the period ended 31 March 2022, the charity was entitled to exemption from audit under section 145 of the Charities Act 2011.

Trustees responsibilities:

- The members have not required the charity to obtain an audit of its accounts for the year in question in accordance with section 145; and
- The trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These financial statements were approved by the members of the committee and authorised for issue on ~~21.12.2022~~ and are signed on their behalf by:

Benjamin McCay



Co-Chair of the Trustees

MY LIFE MY CHOICE

STATEMENT OF CASH FLOWS

AS AT 31 MARCH 2022

		2022 £	2021 £
	Notes		
Cash used in operating activities	18	<u>122,471</u>	<u>260,731</u>
Cash flows from investing activities			
Dividends and interest from investments		2,091	1,798
Purchase of investments		-	- 40,000
Purchase of fixed assets		- 1,591	- 799
Cash provided by (used in) investing activities		<u>500</u>	<u>- 39,001</u>
Increase (decrease) in cash and cash equivalents in the year		122,971	221,730
Cash and cash equivalents at the beginning of the year		221,730	-
Total cash and cash equivalents at the end of the year	19	<u><u>344,702</u></u>	<u><u>221,730</u></u>

MY LIFE MY CHOICE

NOTES TO THE FINANCIAL STATEMENTS

FOR THE PERIOD ENDED 31 MARCH 2022

1. ORGANISATION STATUS

My Life My Choice is a Charitable Incorporated Organisation (CIO).

The assets and liabilities of the previous unincorporated organisation were transferred to the new CIO on 7 May 2020 when the old charity was wound up.

2. ACCOUNTING POLICIES

Basis of accounting

The charity constitutes a public benefit entity as defined by FRS102.

These financial statements have been prepared under the historical cost convention and in accordance with applicable United Kingdom accounting standards and the requirements of the Statements of Recommended Practice 2015 (SORP 2015), 'Accounting and Reporting by Charities', issued by the Charities Commission and the Companies Act 2006, with FRS102, update bulletin 1.

Fund accounting

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

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by the donor or trust deed.

Income

All income is included in the statement of financial activities when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

Voluntary income is received by way of grants, donations and gifts and is included in full in the Statement of Financial Activities when receivable. Grants, where entitlement is not conditional on the delivery of a specific performance by the charity, are recognised when the charity becomes unconditionally entitled to the grant.

Investment income and interest receivable

Income from investments and deposit interest is included in the statement of financial activities when it becomes receivable. Investment income is included gross of recoverable taxation.

Expenditure

Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Expenditure represents amounts invoiced, including value added tax.

Fixed assets

Fixed assets (excluding investments) are stated at cost less accumulated depreciation. All assets costing £150 or more are capitalised and valued at historical cost.

MY LIFE MY CHOICE

NOTES TO THE FINANCIAL STATEMENTS

FOR THE PERIOD ENDED 31 MARCH 2022

Depreciation

Depreciation is calculated so as to write off the cost of an asset, less its estimated residual value, over the useful economic life of that asset as follows:

Office furniture – 20% straight line

Computer equipment – 33% straight line

Investments

Investments are valued at market value at the balance sheet date with net gains and losses arising on revaluation and disposals during the year included in the statement of financial activities.

Taxation

The Charity is exempt from corporation tax on its charitable activities.

3. INCOME FROM DONATIONS AND LEGACIES

	Unrestricted Funds	Restricted Funds	Total 2022	Total 2021
	£	£	£	£
Donation from previous unincorporated charity	-	-	-	254,448
Other donations received	293	-	293	272
	<u>293</u>	<u>-</u>	<u>293</u>	<u>254,720</u>

MY LIFE MY CHOICE

NOTES TO THE FINANCIAL STATEMENTS

FOR THE PERIOD ENDED 31 MARCH 2022 (continued)

4. INCOME FROM CHARITABLE ACTIVITIES

	Unrestricted Funds	Restricted Funds	Total 2022	Total 2021
	£	£	£	£
Oxfordshire County Council	-	131,500	131,500	71,750
South Oxfordshire District Council	-	4,336	4,336	2,168
The Big Lottery	85,608	-	85,608	41,515
Oxford City Council	-	2,000	2,000	13,934
Oxfordshire Community Foundation	-	22,230	22,230	4,950
Thames Valley Police	-	-	-	2,000
Imagine Foundation	-	-	-	8,000
Paul Hamlyn Foundation	-	-	-	49,750
National Lottery Community Fund	-	20,028	20,028	20,313
Lloyds Bank Foundation	25,000	-	25,000	33,000
West Oxfordshire District Council	3,356	-	3,356	3,356
Disability Action	-	3,431	3,431	10,293
Charities Aid Foundation	-	105,717	105,717	14,053
Other Trusts and Foundations	50,100	19,000	69,100	88,462
RMS Southern	-	9,500	9,500	-
Fees received	35,752	-	35,752	31,663
Ticket sales	1,140	-	1,140	-
Other income	1,510	-	1,510	-
	<u>202,467</u>	<u>317,742</u>	<u>520,209</u>	<u>395,207</u>

5. INCOME FROM INVESTMENTS

	Unrestricted Funds	Restricted Funds	Total 2022	Total 2021
	£	£	£	£
Bank interest	-	-	-	-
Dividends receivable	2,091	-	2,091	1,798
	<u>2,091</u>	<u>-</u>	<u>2,091</u>	<u>1,798</u>

MY LIFE MY CHOICE

NOTES TO THE FINANCIAL STATEMENTS

FOR THE PERIOD ENDED 31 MARCH 2022 (continued)

6. EXPENDITURE ON RAISING FUNDS

	Unrestricted Funds	Restricted Funds	Total 2022	Total 2021
	£	£	£	£
Gifts and Donations	83	-	83	325
	<u>83</u>	<u>-</u>	<u>83</u>	<u>325</u>

7. EXPENDITURE ON CHARITABLE ACTIVITIES

	Unrestricted Funds	Restricted Funds	Total 2022	Unrestricted Funds	Restricted Funds	Total 2021
	£	£	£	£	£	£
Staffing costs	1,152	261,997	263,149	2,502	201,982	204,484
Freelance workers	477	7,973	8,450	-	10,929	10,929
Training - staff and beneficiaries	508	244	752	55	757	812
Recruitment	4,747	162	4,909	118	407	525
Insurance	1,611	-	1,611	253	-	253
Books and materials	-	22	22	-	-	-
Rent and room hire	17,179	13,752	30,932	8,120	21,086	29,206
Wellness packs	526	-	526	-	24,779	24,779
iPads	1,990	329	2,319	-	2,712	2,712
Travel and subsistence	1,903	2,668	4,571	663	-	663
Printing and stationery	10,437	1,062	11,500	-	9,037	9,037
Telephone and postage	10,543	229	10,772	1,375	9,004	10,379
IT costs	4,148	6,350	10,498	1,938	521	2,459
Bank charges	1,198	15	1,213	1,008	-	1,008
Equipment	110	-	110	-	-	-
Depreciation	7,062	-	7,062	2,805	-	2,805
Refreshments	1,063	1,118	2,181	-	-	-
Consultancy fees	6,765	8,895	15,660	-	15,309	15,309
Membership	694	-	694	543	-	543
Repairs and maintenance	1,129	-	1,129	95	-	95
Utilities	8,631	-	8,631	-	-	-
Professional fees	1,170	-	1,170	1,882	-	1,882
DBS charge	925	-	925	136	367	503
Other costs	2,971	1,220	4,191	955	1,753	2,708
Governance costs	1,298	1,597	2,895	1,080	-	1,080
	<u>88,236</u>	<u>307,634</u>	<u>395,870</u>	<u>23,528</u>	<u>298,643</u>	<u>322,171</u>

MY LIFE MY CHOICE

NOTES TO THE FINANCIAL STATEMENTS

FOR THE PERIOD ENDED 31 MARCH 2022 (continued)

8. GOVERNANCE COSTS

	Unrestricted Funds	Restricted Funds	Total 2022	Total 2021
	£	£	£	£
Independent Examiner's fee	222	-	222	222
Accountancy fees	858	-	858	858
Trustee Expenses	-	1,598	1,598	-
	<u>1,080</u>	<u>1,598</u>	<u>2,678</u>	<u>1,080</u>

9. ANALYSIS OF STAFF COSTS

	2022	2021
	£	£
Wages	233,115	180,214
Social security costs	16,981	13,649
Pension costs	13,053	10,621
	<u>263,149</u>	<u>204,484</u>

None of the employees of the charity earned £60,000 or more during the period ended 31 March 2022. The average number of employees during the period was 13 (2021: 11). All employees are involved in the provision of the charity's objectives.

10. TANGIBLE FIXED ASSETS

	Computers	Equipment	Total
	£	£	£
COST			
At 1 April 2021	12,030	15,218	27,248
Additions	1,349	242	1,591
Disposals	-	-	-
At 31 March 2022	<u>13,379</u>	<u>15,460</u>	<u>28,839</u>
DEPRECIATION			
At 1 April 2021	- 9,250	- 8,161	- 17,411
Charge for year	- 3,970	- 3,092	- 7,062
Disposals	-	-	-
At 31 March 2022	<u>- 13,220</u>	<u>- 11,253</u>	<u>- 24,473</u>
NET BOOK VALUE			
At 31 March 2022	<u>159</u>	<u>4,207</u>	<u>4,366</u>
At 31 March 2021	<u>2,780</u>	<u>7,057</u>	<u>9,837</u>

MY LIFE MY CHOICE

NOTES TO THE FINANCIAL STATEMENTS

FOR THE PERIOD ENDED 31 MARCH 2022 (continued)

11. INVESTMENTS

	2022	2021
	£	£
At start of year	86,303	-
Transfer from unincorporated charity	-	33,331
Additions	-	40,000
Unrealised gain	8,700	12,972
At end of year	<u>95,003</u>	<u>86,303</u>

12. DEBTORS

	2022	2021
	£	£
Trade debtors	33,843	28,889
Prepayments	1,276	759
Other debtors	6,369	6,448
	<u>41,488</u>	<u>36,096</u>

13. CREDITORS

	2022	2021
	£	£
Trade creditors	739	844
Accruals	956	2,160
Other creditors	6,320	8,760
	<u>8,015</u>	<u>11,764</u>

14. UNRESTRICTED INCOME FUNDS

	Balance at 1 April 2021	Income	Expenditure	Gains / - losses on investment s	Transfer s	Balance at 31 March 2022
	£	£	£	£	£	£
Contingency reserves	24,664	-	-	-	-	24,664
General reserve	178,319	204,851	- 88,319	8,700	- 41,909	261,641
	<u>202,983</u>	<u>204,851</u>	<u>- 88,319</u>	<u>8,700</u>	<u>- 41,909</u>	<u>286,305</u>

MY LIFE MY CHOICE

NOTES TO THE FINANCIAL STATEMENTS

FOR THE PERIOD ENDED 31 MARCH 2022 (continued)

15. RESTRICTED INCOME FUNDS

	Balance at 1 April 2021	Income	Expenditure	Gains / - losses on investment s	Transfer s	Balance at 31 March 2022
	£	£	£	£	£	£
Groups	20,234	75,831	- 7,014	-	-	89,052
Restricted Funds - Other	-	115,484	- 122,494	-	7,010	-
Travel Buddy	25,021	10,000	- 44,021	-	9,000	-
Champions	15,323	20,028	- 75	-	-	35,276
Inspections	-	44,169	- 47,376	-	3,207	-
Power Up	8,725	-	- 11,762	-	3,037	-
Gig Buddies	15,620	19,500	- 54,775	-	19,655	-
Covid-19	54,296	-	-	-	-	54,296
Computer Buddies	-	32,730	- 20,116	-	-	12,614
Total funds	139,219	317,742	- 307,633	-	41,909	191,238

Purpose of funds:

Groups: Members meet, learn new skills, speak up and make new friends

General funds: Core costs and organisational development

Travel Buddy: Members learning to travel independently

Champions: Members speaking up and campaigning in order to improve the quality of life for people with learning disabilities

Inspections: Members checking health and social care services

Gig Buddy: Members getting out and having fun

Power Up: Members train their peers, produce films and act as consultants to raise awareness of learning disability issues.

Covid-19: Helpline, accessible mailouts, Wellness Packs, on-line activities, campaigning, Phone Buddy service, and Digital Inclusion

Computer Buddy: Supporting members to be digitally included with free devices and training

16. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Tangible fixed assets	Net assets / - liabilities	Total
	£	£	£
Restricted funds	-	149,329	149,329
Unrestricted Funds	4,366	323,848	328,214
	4,366	473,177	477,543

MY LIFE MY CHOICE

NOTES TO THE FINANCIAL STATEMENTS

FOR THE PERIOD ENDED 31 MARCH 2022 (continued)

17. Reconciliation of net movement in funds to net cash flow from operating activities

	2022	2021
	£	£
Net income/expenditure for the year (as per the Statement of Financial Activities)	126,641	329,230
Add back depreciation charge	7,062	2,805
Investment income	- 2,091	- 1,798
Transfer of assets and liabilities from unincorporated charity	-	- 45,174
Decrease (increase) in debtors	- 5,392	- 36,096
Increase (decrease) in creditors	- 3,749	11,764
Net cash used in operating activities	<u>122,471</u>	<u>260,731</u>

18. TRUSTEE REMUNERATION, KEY MANAGEMENT PERSONNEL AND RELATED PARTY TRANSACTIONS

No member of the board of trustees received any remuneration for the role as trustee during the year. Some trustees received payment for professional services supplied to the charity: £3,184 (2021: £2,156).

No trustees were reimbursed for travel expenses during the year.

The Key Management Personnel comprise the Trustees, Charity Co-ordinator and Deputy Charity Co-ordinator. The total employee benefits of the key management personnel were £96,821 (2021: £88,832).

Other than the payment to trustees for services disclosed above, there were no other related party transactions.

MY LIFE MY CHOICE

England & Wales - Charity number 1187726

Accounts

MY LIFE MY CHOICE

**TRUSTEES' ANNUAL REPORT
AND
UNAUDITED FINANCIAL STATEMENTS**

**FOR THE PERIOD ENDED
31 MARCH 2022**

Charity Number:
1187726 (England and Wales)

MY LIFE MY CHOICE

**TRUSTEES' ANNUAL REPORT
AND
UNAUDITED FINANCIAL STATEMENTS**

**FOR THE PERIOD ENDED
31 MARCH 2022**

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Statement of Financial Activities	6
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Statement of Cash Flows	8
Notes to the Financial Statements	9-16

MY LIFE MY CHOICE

GENERAL INFORMATION

Registered charity name	My Life My Choice
Charity number	1187726
Principal & registered office address	Unit 3 Watlington House Watlington Road Cowley Oxford OX4 6NF
Trustees	President Michael Edwards Paul Scarrott Joan Mansfield Nigel Taylor Katie Harrison Louise Weeks Abul Kasem Benjamin McCay Keith Filleul Jack Blackwell Adrian Chappell Minty Hoyer Miller Anup Upadhyaya
Accountants	SPX Oxford Ltd Peace House 19 Paradise Street Oxford OX1 1LD
Independent examiner	Sheila Parry FCCA
Bankers	Unity Trust

MY LIFE MY CHOICE

TRUSTEES' ANNUAL REPORT

FOR THE PERIOD ENDED 31 MARCH 2022

Constitution

The charity is registered as a Charitable Incorporated Organisation (CIO) with the Charity Commission (no. 1187726) and is constituted by deed dated 3rd February 2020.

Previously, the charity was registered with the Charity Commission (no. 1073247) as "Oxfordshire My Life My Choice Association).

Trustees

Trustees are shown on p2 of this document.

Objects

Our vision is a world where people with learning disabilities are treated without prejudice and are able to have choice and control over their own lives.

Our mission is three-fold:

1. To make sure that there is independent support for people with learning disabilities in Oxfordshire to have their say and to claim their rights
2. To make sure that the views of people with learning disabilities are taken seriously by both professionals in the services they use and the wider public
3. To "Power Up" their lives so they can make a positive contribution to society.

Review of the period

During 2021/22, like most of the nation, indeed much of the world, My Life My Choice (MLMC) began learning to "live with Covid". Digital inclusion and digital activities were an important part of our work, and will remain so, but there was a significant desire amongst our membership to return to "face-to-face" life once more. Our 2021/22 Annual Report (available on request and via our website) gives detail about how we adapted and developed our work in order to meet our members' ever-changing needs.

Some of our highlights for the year included:

- The relaunch of Stingray nightclub, Gig Buddy, and Travel Buddy getting people out and about again
- The launch of our "We Can't Wait" campaign to prioritise people with a learning disability on NHS waiting lists
- The growth of our Computer Buddy project
- Our Chair of Trustees, Ben McCay, being interviewed on BBC Radio 4's "You and Yours" in relation to the continued abuse of inpatients with a learning disability in secure hospitals.

Thank you to everybody who has supported us during the year.

Reserves Policy

The trustees have established a reserves policy whereby the unrestricted funds (and already accrued contingency reserve brought forward) not committed or invested in tangible fixed assets held by the charity should be between 6 and 12 months. Based on the last three years expenditure and the projected expenditure in 2022/23, the minimum target for 6 months is £204,881 with a maximum target not exceeding £409,762.

MY LIFE MY CHOICE

RESPONSIBILITIES OF THE TRUSTEES

FOR THE PERIOD ENDED 31 MARCH 2022

The trustees are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and regulations.

Charity Law requires the trustees to prepare financial statements for each financial year. Under that law the trustees have elected to prepare the financial statements in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law).

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

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

The trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charity's transactions and disclose with reasonable accuracy at any time the financial position of the charitable company and which enable them to ensure that the financial statements comply with the Charities Act 2011. They are responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

INDEPENDENT EXAMINATION

The nominated independent examiner will be considered by trustees for re-appointment for the ensuing year.

Signed on behalf of the trustees

Benjamin McCay
Co-Chair of the Trustees



Date 30/12/2022

MY LIFE MY CHOICE

INDEPENDENT EXAMINER'S REPORT TO THE MEMBERS

FOR THE PERIOD ENDED 31 MARCH 2022

I report on the accounts of the Charity for the period ended 31 March 2022, which are set out in pages 6 - 16

Respective responsibilities of trustees and examiner

As the charity's trustees you are responsible for the preparation of the accounts; you consider that the audit requirements of s144(2) of the Charities Act 2011 (the 2011 Act) does not apply and that an Independent Examination is needed. The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of the Association of Certified Chartered Accountants. It is my responsibility to state, on the basis of procedures specified in the General Directions given by the Charity Commissioners under s145 of the 2011 Act, whether particular matters have come to my attention.

Basis of independent examiner's report

An examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and the seeking of explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and, consequently, I do not express an audit opinion on the accounts.

Independent examiner's statement

In the course of my examination, no matter has come to my attention:

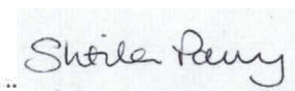
(1) which gives me reasonable cause to believe that, in any material respect, the requirements:

- to keep accounting records in accordance with s130 of the 2011 Act; and
- to prepare accounts which accord with the accounting records and to comply with the accounting requirements of the 2011 Act.

have not been met; or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Sheila Parry FCCA



9 December 2022

Date.....

MY LIFE MY CHOICE

STATEMENT OF FINANCIAL ACTIVITIES

FOR THE PERIOD ENDED 31 MARCH 2022

		Unrestricted Funds £	Restricted Funds £	Total 2022 £	Unrestricted Funds £	Restricted Funds £	Total 2021 £
Income from:							
Donations and legacies	3	293	-	293	172,403	82,317	254,720
Charitable activities	4	202,467	317,742	520,209	39,663	355,545	395,208
Other trading activities							-
Investments	5	2,091	-	2,091	1,798		1,798
Total income		<u>204,851</u>	<u>317,742</u>	<u>522,593</u>	<u>213,864</u>	<u>437,862</u>	<u>651,726</u>
Expenditure on:							
Raising funds	6	83	-	83	325	-	325
Charitable activities	7	88,236	307,633	395,870	23,528	298,643	322,171
Total expenditure		<u>88,319</u>	<u>307,633</u>	<u>395,953</u>	<u>23,853</u>	<u>298,643</u>	<u>322,496</u>
Net gains / -losses in investments		8,700	-	8,700	12,972	-	12,972
Net income / - expenditure		116,531	10,110	126,641	190,011	139,219	329,230
Transfers between funds		- 41,909	41,909	-	-	-	-
Net movement in funds		<u>83,322</u>	<u>52,019</u>	<u>135,341</u>	<u>202,983</u>	<u>139,219</u>	<u>342,202</u>
Reconciliation of funds:							
Total funds brought forwards		202,983	139,219	342,202	-	-	-
Total funds carried forward		<u>286,305</u>	<u>191,238</u>	<u>477,544</u>	<u>202,983</u>	<u>139,219</u>	<u>342,202</u>

The Statement of Financial Activities includes all gains and losses in the period and therefore a statement of total recognised gains and losses has not been prepared.

All of the above amounts relate to continuing activities.

The notes on pages 9 to 16 form part of these financial statements.

MY LIFE MY CHOICE

BALANCE SHEET

AS AT 31 MARCH 2022

		2022		2021	
		£	£	£	£
	Notes				
FIXED ASSETS					
Tangible Assets	10		4,366		9,837
Investments	11		95,003		86,303
CURRENT ASSETS					
Debtors	12	41,488		36,096	
Cash at bank		344,702		221,730	
		<u>386,189</u>		<u>257,826</u>	
CREDITORS: Amounts falling due within one year	13	<u>- 8,015</u>		<u>- 11,764</u>	
NET CURRENT ASSETS			378,175		246,062
CREDITORS: Amounts falling due after more than one year			-		-
NET LIABILITIES			<u>477,544</u>		<u>342,202</u>
FUNDS					
INCOME FUNDS					
Unrestricted Income funds	14		286,305		202,983
Restricted reserves	15		191,239		139,219
TOTAL INCOME FUNDS			<u>477,544</u>		<u>342,202</u>

For the period ended 31 March 2022, the charity was entitled to exemption from audit under section 145 of the Charities Act 2011.

Trustees responsibilities:

- The members have not required the charity to obtain an audit of its accounts for the year in question in accordance with section 145; and
- The trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These financial statements were approved by the members of the committee and authorised for issue on ~~21.12.2022~~ and are signed on their behalf by:

Benjamin McCay



Co-Chair of the Trustees

MY LIFE MY CHOICE

STATEMENT OF CASH FLOWS

AS AT 31 MARCH 2022

		2022 £	2021 £
	Notes		
Cash used in operating activities	18	<u>122,471</u>	<u>260,731</u>
Cash flows from investing activities			
Dividends and interest from investments		2,091	1,798
Purchase of investments		-	- 40,000
Purchase of fixed assets		- 1,591	- 799
Cash provided by (used in) investing activities		<u>500</u>	<u>- 39,001</u>
Increase (decrease) in cash and cash equivalents in the year		122,971	221,730
Cash and cash equivalents at the beginning of the year		221,730	-
Total cash and cash equivalents at the end of the year	19	<u><u>344,702</u></u>	<u><u>221,730</u></u>

MY LIFE MY CHOICE

NOTES TO THE FINANCIAL STATEMENTS

FOR THE PERIOD ENDED 31 MARCH 2022

1. ORGANISATION STATUS

My Life My Choice is a Charitable Incorporated Organisation (CIO).

The assets and liabilities of the previous unincorporated organisation were transferred to the new CIO on 7 May 2020 when the old charity was wound up.

2. ACCOUNTING POLICIES

Basis of accounting

The charity constitutes a public benefit entity as defined by FRS102.

These financial statements have been prepared under the historical cost convention and in accordance with applicable United Kingdom accounting standards and the requirements of the Statements of Recommended Practice 2015 (SORP 2015), 'Accounting and Reporting by Charities', issued by the Charities Commission and the Companies Act 2006, with FRS102, update bulletin 1.

Fund accounting

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

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by the donor or trust deed.

Income

All income is included in the statement of financial activities when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

Voluntary income is received by way of grants, donations and gifts and is included in full in the Statement of Financial Activities when receivable. Grants, where entitlement is not conditional on the delivery of a specific performance by the charity, are recognised when the charity becomes unconditionally entitled to the grant.

Investment income and interest receivable

Income from investments and deposit interest is included in the statement of financial activities when it becomes receivable. Investment income is included gross of recoverable taxation.

Expenditure

Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Expenditure represents amounts invoiced, including value added tax.

Fixed assets

Fixed assets (excluding investments) are stated at cost less accumulated depreciation. All assets costing £150 or more are capitalised and valued at historical cost.

MY LIFE MY CHOICE

NOTES TO THE FINANCIAL STATEMENTS

FOR THE PERIOD ENDED 31 MARCH 2022

Depreciation

Depreciation is calculated so as to write off the cost of an asset, less its estimated residual value, over the useful economic life of that asset as follows:

Office furniture – 20% straight line

Computer equipment – 33% straight line

Investments

Investments are valued at market value at the balance sheet date with net gains and losses arising on revaluation and disposals during the year included in the statement of financial activities.

Taxation

The Charity is exempt from corporation tax on its charitable activities.

3. INCOME FROM DONATIONS AND LEGACIES

	Unrestricted Funds	Restricted Funds	Total 2022	Total 2021
	£	£	£	£
Donation from previous unincorporated charity	-	-	-	254,448
Other donations received	293	-	293	272
	<u>293</u>	<u>-</u>	<u>293</u>	<u>254,720</u>

MY LIFE MY CHOICE

NOTES TO THE FINANCIAL STATEMENTS

FOR THE PERIOD ENDED 31 MARCH 2022 (continued)

4. INCOME FROM CHARITABLE ACTIVITIES

	Unrestricted Funds	Restricted Funds	Total 2022	Total 2021
	£	£	£	£
Oxfordshire County Council	-	131,500	131,500	71,750
South Oxfordshire District Council	-	4,336	4,336	2,168
The Big Lottery	85,608	-	85,608	41,515
Oxford City Council	-	2,000	2,000	13,934
Oxfordshire Community Foundation	-	22,230	22,230	4,950
Thames Valley Police	-	-	-	2,000
Imagine Foundation	-	-	-	8,000
Paul Hamlyn Foundation	-	-	-	49,750
National Lottery Community Fund	-	20,028	20,028	20,313
Lloyds Bank Foundation	25,000	-	25,000	33,000
West Oxfordshire District Council	3,356	-	3,356	3,356
Disability Action	-	3,431	3,431	10,293
Charities Aid Foundation	-	105,717	105,717	14,053
Other Trusts and Foundations	50,100	19,000	69,100	88,462
RMS Southern	-	9,500	9,500	-
Fees received	35,752	-	35,752	31,663
Ticket sales	1,140	-	1,140	-
Other income	1,510	-	1,510	-
	<u>202,467</u>	<u>317,742</u>	<u>520,209</u>	<u>395,207</u>

5. INCOME FROM INVESTMENTS

	Unrestricted Funds	Restricted Funds	Total 2022	Total 2021
	£	£	£	£
Bank interest	-	-	-	-
Dividends receivable	2,091	-	2,091	1,798
	<u>2,091</u>	<u>-</u>	<u>2,091</u>	<u>1,798</u>

MY LIFE MY CHOICE

NOTES TO THE FINANCIAL STATEMENTS

FOR THE PERIOD ENDED 31 MARCH 2022 (continued)

6. EXPENDITURE ON RAISING FUNDS

	Unrestricted Funds	Restricted Funds	Total 2022	Total 2021
	£	£	£	£
Gifts and Donations	83	-	83	325
	<u>83</u>	<u>-</u>	<u>83</u>	<u>325</u>

7. EXPENDITURE ON CHARITABLE ACTIVITIES

	Unrestricted Funds	Restricted Funds	Total 2022	Unrestricted Funds	Restricted Funds	Total 2021
	£	£	£	£	£	£
Staffing costs	1,152	261,997	263,149	2,502	201,982	204,484
Freelance workers	477	7,973	8,450	-	10,929	10,929
Training - staff and beneficiaries	508	244	752	55	757	812
Recruitment	4,747	162	4,909	118	407	525
Insurance	1,611	-	1,611	253	-	253
Books and materials	-	22	22	-	-	-
Rent and room hire	17,179	13,752	30,932	8,120	21,086	29,206
Wellness packs	526	-	526	-	24,779	24,779
iPads	1,990	329	2,319	-	2,712	2,712
Travel and subsistence	1,903	2,668	4,571	663	-	663
Printing and stationery	10,437	1,062	11,500	-	9,037	9,037
Telephone and postage	10,543	229	10,772	1,375	9,004	10,379
IT costs	4,148	6,350	10,498	1,938	521	2,459
Bank charges	1,198	15	1,213	1,008	-	1,008
Equipment	110	-	110	-	-	-
Depreciation	7,062	-	7,062	2,805	-	2,805
Refreshments	1,063	1,118	2,181	-	-	-
Consultancy fees	6,765	8,895	15,660	-	15,309	15,309
Membership	694	-	694	543	-	543
Repairs and maintenance	1,129	-	1,129	95	-	95
Utilities	8,631	-	8,631	-	-	-
Professional fees	1,170	-	1,170	1,882	-	1,882
DBS charge	925	-	925	136	367	503
Other costs	2,971	1,220	4,191	955	1,753	2,708
Governance costs	1,298	1,597	2,895	1,080	-	1,080
	<u>88,236</u>	<u>307,634</u>	<u>395,870</u>	<u>23,528</u>	<u>298,643</u>	<u>322,171</u>

MY LIFE MY CHOICE

NOTES TO THE FINANCIAL STATEMENTS

FOR THE PERIOD ENDED 31 MARCH 2022 (continued)

8. GOVERNANCE COSTS

	Unrestricted Funds £	Restricted Funds £	Total 2022 £	Total 2021 £
Independent Examiner's fee	222	-	222	222
Accountancy fees	858	-	858	858
Trustee Expenses	-	1,598	1,598	
	<u>1,080</u>	<u>1,598</u>	<u>2,678</u>	<u>1,080</u>

9. ANALYSIS OF STAFF COSTS

	2022 £	2021 £
Wages	233,115	180,214
Social security costs	16,981	13,649
Pension costs	13,053	10,621
	<u>263,149</u>	<u>204,484</u>

None of the employees of the charity earned £60,000 or more during the period ended 31 March 2022. The average number of employees during the period was 13 (2021: 11). All employees are involved in the provision of the charity's objectives.

10. TANGIBLE FIXED ASSETS

	Computers £	Equipment £	Total £
COST			
At 1 April 2021	12,030	15,218	27,248
Additions	1,349	242	1,591
Disposals	-	-	-
At 31 March 2022	<u>13,379</u>	<u>15,460</u>	<u>28,839</u>
DEPRECIATION			
At 1 April 2021	- 9,250	- 8,161	- 17,411
Charge for year	- 3,970	- 3,092	- 7,062
Disposals	-	-	-
At 31 March 2022	<u>- 13,220</u>	<u>- 11,253</u>	<u>- 24,473</u>
NET BOOK VALUE			
At 31 March 2022	<u>159</u>	<u>4,207</u>	<u>4,366</u>
At 31 March 2021	<u>2,780</u>	<u>7,057</u>	<u>9,837</u>

MY LIFE MY CHOICE

NOTES TO THE FINANCIAL STATEMENTS

FOR THE PERIOD ENDED 31 MARCH 2022 (continued)

11. INVESTMENTS

	2022	2021
	£	£
At start of year	86,303	-
Transfer from unincorporated charity	-	33,331
Additions	-	40,000
Unrealised gain	8,700	12,972
At end of year	<u>95,003</u>	<u>86,303</u>

12. DEBTORS

	2022	2021
	£	£
Trade debtors	33,843	28,889
Prepayments	1,276	759
Other debtors	6,369	6,448
	<u>41,488</u>	<u>36,096</u>

13. CREDITORS

	2022	2021
	£	£
Trade creditors	739	844
Accruals	956	2,160
Other creditors	6,320	8,760
	<u>8,015</u>	<u>11,764</u>

14. UNRESTRICTED INCOME FUNDS

	Balance at 1 April 2021	Income	Expenditure	Gains / - losses on investment s	Transfer s	Balance at 31 March 2022
	£	£	£	£	£	£
Contingency reserves	24,664	-	-	-	-	24,664
General reserve	178,319	204,851	- 88,319	8,700	- 41,909	261,641
	<u>202,983</u>	<u>204,851</u>	<u>- 88,319</u>	<u>8,700</u>	<u>- 41,909</u>	<u>286,305</u>

MY LIFE MY CHOICE

NOTES TO THE FINANCIAL STATEMENTS

FOR THE PERIOD ENDED 31 MARCH 2022 (continued)

15. RESTRICTED INCOME FUNDS

	Balance at 1 April 2021	Income	Expenditure	Gains / - losses on investment s	Transfer s	Balance at 31 March 2022
	£	£	£	£	£	£
Groups	20,234	75,831	- 7,014	-	-	89,052
Restricted Funds - Other	-	115,484	- 122,494	-	7,010	-
Travel Buddy	25,021	10,000	- 44,021	-	9,000	-
Champions	15,323	20,028	- 75	-	-	35,276
Inspections	-	44,169	- 47,376	-	3,207	-
Power Up	8,725	-	- 11,762	-	3,037	-
Gig Buddies	15,620	19,500	- 54,775	-	19,655	-
Covid-19	54,296	-	-	-	-	54,296
Computer Buddies	-	32,730	- 20,116	-	-	12,614
Total funds	139,219	317,742	- 307,633	-	41,909	191,238

Purpose of funds:

Groups: Members meet, learn new skills, speak up and make new friends

General funds: Core costs and organisational development

Travel Buddy: Members learning to travel independently

Champions: Members speaking up and campaigning in order to improve the quality of life for people with learning disabilities

Inspections: Members checking health and social care services

Gig Buddy: Members getting out and having fun

Power Up: Members train their peers, produce films and act as consultants to raise awareness of learning disability issues.

Covid-19: Helpline, accessible mailouts, Wellness Packs, on-line activities, campaigning, Phone Buddy service, and Digital Inclusion

Computer Buddy: Supporting members to be digitally included with free devices and training

16. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Tangible fixed assets	Net assets / - liabilities	Total
	£	£	£
Restricted funds	-	149,329	149,329
Unrestricted Funds	4,366	323,848	328,214
	4,366	473,177	477,543

MY LIFE MY CHOICE

NOTES TO THE FINANCIAL STATEMENTS

FOR THE PERIOD ENDED 31 MARCH 2022 (continued)

17. Reconciliation of net movement in funds to net cash flow from operating activities

	2022	2021
	£	£
Net income/expenditure for the year (as per the Statement of Financial Activities)	126,641	329,230
Add back depreciation charge	7,062	2,805
Investment income	- 2,091	- 1,798
Transfer of assets and liabilities from unincorporated charity	-	- 45,174
Decrease (increase) in debtors	- 5,392	- 36,096
Increase (decrease) in creditors	- 3,749	11,764
Net cash used in operating activities	<u>122,471</u>	<u>260,731</u>

18. TRUSTEE REMUNERATION, KEY MANAGEMENT PERSONNEL AND RELATED PARTY TRANSACTIONS

No member of the board of trustees received any remuneration for the role as trustee during the year. Some trustees received payment for professional services supplied to the charity: £3,184 (2021: £2,156).

No trustees were reimbursed for travel expenses during the year.

The Key Management Personnel comprise the Trustees, Charity Co-ordinator and Deputy Charity Co-ordinator. The total employee benefits of the key management personnel were £96,821 (2021: £88,832).

Other than the payment to trustees for services disclosed above, there were no other related party transactions.

