

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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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

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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.

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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

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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:

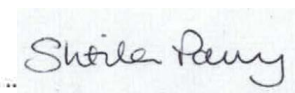
(1) which gives me reasonable cause to believe that, in any material respect, the requirements:

- 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.....

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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		204,851	317,742	522,593	213,864	437,862	651,726
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		88,319	307,633	395,953	23,853	298,643	322,496
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		83,322	52,019	135,341	202,983	139,219	342,202
Reconciliation of funds:							
Total funds brought forwards		202,983	139,219	342,202	-	-	-
Total funds carried forward		286,305	191,238	477,544	202,983	139,219	342,202

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.

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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	- 8,015		- 11,764	
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

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STATEMENT OF CASH FLOWS

AS AT 31 MARCH 2022

	Notes	2022 £	2021 £
Cash used in operating activities	18	122,471	260,731
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		500	- 39,001
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	344,702	221,730

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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.

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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>

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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>

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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>

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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>

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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	95,003	86,303

12. DEBTORS

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

13. CREDITORS

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

14. UNRESTRICTED INCOME FUNDS

	Balance at 1 April 2021	Income	Expenditure	Gains / - losses on investments	Transfers	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
	202,983	204,851	- 88,319	8,700	- 41,909	286,305

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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

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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.

