

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
AND
UNAUDITED FINANCIAL STATEMENTS**

**FOR THE PERIOD ENDED
31 MARCH 2023**

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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 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

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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.

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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



Date 14/09/2023

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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:

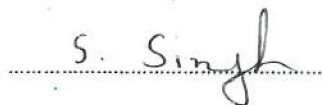
(1) which gives me reasonable cause to believe that, in any material respect, the requirements:

- 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

Charity number: 1187726

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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		181,714	251,948	433,662	204,851	317,742	522,593
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		93,547	342,216	435,761	88,319	307,633	395,953
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		- 4,930	4,484	- 446	83,322	52,019	135,341
Reconciliation of funds:							
Total funds brought forwards		286,305	191,239	477,544	202,983	139,219	342,202
Total funds carried forward		281,375	195,723	477,098	286,305	191,239	477,544

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.

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BALANCE SHEET

AS AT 31 MARCH 2023

		2023		2022	
		£	£	£	£
	Notes				
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	- 5,535		- 8,015	
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

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STATEMENT OF CASH FLOWS

AS AT 31 MARCH 2023

	Notes	2023 £	2022 £
Cash used in operating activities	17	27,589	131,612
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		- 87,157	500
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		285,134	344,702

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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.

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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>

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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>

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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>

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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
	<u>89,856</u>	<u>337,086</u>	<u>426,942</u>	<u>395,870</u>

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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>

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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	181,658	95,003

12. DEBTORS

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

13. CREDITORS

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

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
	286,305	181,714	- 93,547	1,655	- 94,753	281,375

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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

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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.