

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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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

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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.

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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.

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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*

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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

Charity number: 1187726

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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		142,784	308,969	451,753	181,714	251,948	433,662
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		257,476	284,895	542,372	93,547	342,216	435,761
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		- 52,512	- 27,479	- 79,991	- 4,930	4,484	- 446
Reconciliation of funds:							
Total funds brought forwards		281,375	195,723	477,098	286,305	191,239	477,544
Total funds carried forward		228,863	168,244	397,107	281,375	195,723	477,098

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.

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BALANCE SHEET AS AT 31 MARCH 2024

		2024		2023	
		£	£	£	£
	Notes				
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	
		<u>149,890</u>		<u>295,469</u>	
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			<u>397,107</u>		<u>477,098</u>
FUNDS					
INCOME FUNDS					
Unrestricted Income funds	14		228,863		281,375
Restricted reserves	15		168,244		195,723
TOTAL INCOME FUNDS			<u>397,107</u>		<u>477,098</u>

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

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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

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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.

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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>

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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>

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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>

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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>

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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>

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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>

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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>

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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	- 95,404	27,589

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.

