



Forward Relife Foundation			Charity No (if any)	1189687	CC39a
Annual accounts for the period					
Period start date	8/30/2021	To	Period end date	9/1/2022	

## Section A Statement of financial activities

Descriptions by natural category	Note	Unrestricted funds £	Restricted income funds £	Endowment funds £	Total this year £	Total last year £
		F01	F02	F03	F04	F05
<b>Incoming resources (Note 3)</b>						
Donations, legacies and Grants		250	-	-	250	-
Donations, legacies and Grants		300	-	-	300	-
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
<b>Total incoming resources</b>	S01	550	-	-	550	-
<b>Resources expended (Notes 4-7)</b>						
Donations and Grants		550	-	-	550	-
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
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		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
<b>Total resources expended</b>	S02	550	-	-	550	-
<b>Net incoming/(outgoing) resources before transfers</b>	S03	-	-	-	-	-
<b>Gross transfers between funds</b>	S04	-	-	-	-	-
<b>Net incoming/(outgoing) resources before other recognised gains/(losses)</b>	S05	-	-	-	-	-
<b>Other recognised gains/(losses)</b>						
Gains and losses on revaluation of fixed assets for the charity's own use	S06	-	-	-	-	-
Gains and losses on investment assets	S07	-	-	-	-	-
<b>Net movement in funds</b>	S08	-	-	-	-	-
<b>Total funds brought forward</b>	S09	-	-	-	-	-

**Total funds carried forward** S10

-	-	-	-	-
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## Section B Balance sheet

		Note	Total this year £ F01	Total last year £ F02
<b>Fixed assets</b>				
<b>Tangible assets</b>	<b>(Note 8)</b>	B01	-	-
		B02	-	-
<b>Investments</b>	<b>(Note 9)</b>	B03	-	-
<b>Total fixed assets</b>		B04	-	-
<b>Current assets</b>				
<b>Stock and work in progress</b>		B05	-	-
<b>Debtors</b>	<b>(Note 10)</b>	B06	-	-
<b>(Short term) investments</b>		B07	-	-
<b>Cash at bank and in hand</b>		B08	-	-
<b>Total current assets</b>		B09	-	-
<b>Creditors: amounts falling due within one year</b>	<b>(Note 11)</b>	B10	-	-
<b>Net current assets/(liabilities)</b>		B11	-	-
<b>Total assets less current liabilities</b>		B12	-	-
<b>Creditors: amounts falling due after one year</b>	<b>(Note 11)</b>	B13	-	-
<b>Provisions for liabilities and charges</b>		B14	-	-
<b>Net assets</b>		B15	-	-
<b>Funds of the Charity</b>				
<b>Unrestricted funds</b>		B16	-	-
<b>Designated funds</b>		B17	-	-
<b>Total unrestricted funds</b>			-	-
<b>Restricted income funds (Note 12)</b>		B18	-	-
<b>Endowment funds (Note 12)</b>		B19	-	-
<b>Total funds</b>		B20	-	-

Signed by one or two trustees on behalf of all the trustees

Signature	Date of approval

## Section C

## Notes to the a

### Note 1 Basis of preparation

***This section should be completed by all charities.***

#### 1.1 Basis of accounting

These accounts have been prepared on the basis of historic cost (value) in accordance with:

- Accounting and Reporting by Charities – Statement of Recommended Practice (SORP)
- and with\* 

✓

 Accounting Standards;
- or 

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 Financial Reporting Standards for Charities
- and with the Charities Act.

[\*\* except for the following].

***Give details in this box if a different standard has been used***

\* -Tick as appropriate:

- ☐ if all relevant disclosures shown in the pack have been given
- ☐ if disclosures completed in these accounts have been restricted to "Financial Reporting Standards for Smaller Enterprises (FRSSE)".

\*\* - If no departures from the chosen standards have been made then tick the boxes.

#### 1.2 Change in basis of accounting

There has been no change to the accounting policies (valuation basis) except for the following).

***Give details in this box of any material changes that have been made***

§ if no changes have been made to accounting policies then delete this section

#### 1.3 Changes to previous accounts

No changes have been made to accounts for previous years (§ if no changes have been made to accounts for previous periods then delete this section)

***Give details in this box of any material changes that have been made***

§§ if no changes have been made to accounts for previous periods then delete this section

## Accounts

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nmended Practice (SORP 2005);

Smaller Enterprises (FRSSE);

**followed.**

then please tick "Accounting Standards";

ted to those required by the FRSSE, then please tick

n delete these words; otherwise give details of any changes

n rules and methods of accounting) since last year (\$

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\$ except for the following).

**ive been made.**

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## Note 2

## Accounting policies

*This standard list of accounting policies has been applied by the charity except for those deleted. Where a different or additional policy has been adopted then this is detailed in the box below.*

**INCOMING RESOURCES****Recognition of incoming resources**

These are included in the Statement of Financial Activities (SoFA) when:

- the charity becomes entitled to the resources;
- the trustees are virtually certain they will receive the resources; and
- the monetary value can be measured with sufficient reliability.

**Incoming resources with related expenditure**

Where incoming resources have related expenditure (as with fundraising or contract income) the incoming resources and related expenditure are reported gross in the SoFA.

**Grants and donations**

Grants and donations are only included in the SoFA when the charity has unconditional entitlement to the resources.

**Tax reclaims on donations and gifts**

Incoming resources from tax reclaims are included in the SoFA at the same time as the gift to which they relate.

**Contractual income and performance related grants**

This is only included in the SoFA once the related goods or services have been delivered.

**Gifts in kind**

Gifts in kind are accounted for at a reasonable estimate of their value to the charity or the amount actually realised.

Gifts in kind for sale or distribution are included in the accounts as gifts only when sold or distributed by the charity.

Gifts in kind for use by the charity are included in the SoFA as incoming resources when receivable.

**Donated services and facilities**

These are only included in incoming resources (with an equivalent amount in resources expended) where the benefit to the charity is reasonably quantifiable, measurable and material. The value placed on these resources is the estimated value to the charity of the service or facility received.

**Volunteer help**

The value of any voluntary help received is not included in the accounts but is described in the trustees' annual report.

**Investment income**

This is included in the accounts when receivable.

**Investment gains and losses**

This includes any gain or loss on the sale of investments and any gain or loss resulting from revaluing investments to market value at the end of the year.

**EXPENDITURE AND LIABILITIES****Liability recognition**

Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to pay out resources.

**Grants with performance conditions**

Where the charity gives a grant with conditions for its payment being a specific level of service or output to be provided, such grants are only recognised in the SoFA once the recipient of the grant has provided the specified service or output.

**Grants payable without performance conditions**

These are only recognised in the accounts when a commitment has been made and there are no conditions to be met relating to the grant which remain in the control of the charity.

**ASSETS****Tangible fixed assets for use by charity**

These are capitalised if they can be used for more than one year, and cost at least £500. They are valued at cost or a reasonable value on receipt.

**Investments**

Investments quoted on a recognised stock exchange are valued at market value at the year end. Other investment assets are included at trustees' best estimate of market value.

**Stocks and work in progress**

These are valued at the lower of cost or market value.

**POLICIES ADOPTED  
ADDITIONAL TO OR  
DIFFERENT FROM THOSE  
ABOVE**

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**Section C****Notes to the accounts****Note 3****Analysis of incoming resources**

*Incoming resources may be further analysed if this would help the reader of the accounts*

Analysis	Unrestricted £	restricted £
Total		
Total		
Total		
Total		
Total		
Total		

**(cont)**

**nts.**

	<b>This year</b>	<b>Last year</b>
	<b>£</b>	<b>£</b>
Revenue	100	100
Cost of sales	(60)	(60)
Gross profit	40	40
Operating expenses	(20)	(20)
Operating profit	20	20
Finance income	5	5
Finance costs	(2)	(2)
Profit before tax	23	23
Income tax	(5)	(5)
Profit after tax	18	18
Dividends	(10)	(10)
Retained profit	8	8

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## Section C

## Notes to the accounts

### Note 4 Analysis of resources expended

Resources expended may be further analysed if this would help the reader of the accounts.

Analysis	Unrestricted £	restricted £	This year £
			-
			-
			-
			-
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			-
Total			-
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Total			-
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Total			-
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Total			-

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**Last year  
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**Note 5** Details of certain items of expenditure**5.1 Trustee expenses**

*Please provide details of the amount of any payment or reimbursement of out-of-pocket expenses made to trustees or to third parties for expenses incurred by trustees. If no expenses were paid, please enter 'None' in the appropriate box(es).*

Number of trustees who were paid expenses

Nature of the expenses

Total amount paid

This year	Last year
£	£

**5.2 Fees for examination or audit of the accounts**

*Please provide details of the amount paid for any statutory external scrutiny of accounts and other services provided by your independent examiner or auditor. If nothing was paid please enter NONE in the appropriate box(es).*

Independent examiner's or auditors' fees for reporting on the accounts

Other fees (for example: advice, consultancy, accountancy services) paid to the independent examiner or auditor

This year £	Last year £

**Section C****Notes to the accounts****Note 6****Paid employees**

*Please complete this note if the charity has any employees.*

**6.1 Staff Costs**

Gross wages, salaries and benefits in kind

Employer's National Insurance costs

Pension costs

Total staff costs

This year £	Last year £
-	-
-	-
-	-
-	-
-	-

**6.2 Average number of full-time equivalent employees in the year**

The parts of the charity in which the employees work

This year Number	Last year Number
-	-
-	-
-	-
-	-
-	-

Total

**6.3 Defined contribution pension scheme**

*Please complete if a defined contribution pension scheme is operated.*

Brief details of the scheme

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The costs of the scheme to the charity for the year

The amount of any contributions outstanding at the year end

The amount of any contributions prepaid at the year end

This year £	Last year £

**Section C****Notes to the accounts****Note 7 Grantmaking**

*Please complete this note if the charity made any grants or donations which in aggregate form a material part of the charitable activities undertaken.*

**7.1 Total value of grants**

Purpose for which grants made	Grants to institutions Total amount £
	-
	-
	-
	-
	-
	-
	-
<b>Total</b>	-

**7.2 Grants made to institutions**

*If the charity has made grants to particular institutions that are material in the context of grantmaking please give details of the institution supported, purpose of the grant and the range of institutions supported.*

Names of institutions	Purpose

**Total grants to institutions**



**Aggregate form a**

<b>Grants to individuals</b>
<b>Total amount</b>
<b>£</b>
-
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<b>Total amount of grants paid</b>
<b>£</b>
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**Section C****Notes to the accounts****Note8 Tangible fixed assets***Please complete this note if the charity has any tangible fixed assets***8.1 Cost or valuation**

	Freehold land & buildings	Other land & buildings	Plant, machinery and motor vehicles	Fixtures, fittings and equipment	Payments on account and assets under construction	Total
	£	£	£	£	£	£
Balance brought forward	-	-	-	-	-	-
Additions	-	-	-	-	-	-
Revaluations	-	-	-	-	-	-
Disposals	-	-	-	-	-	-
Transfers *	-	-	-	-	-	-
Balance carried forward	-	-	-	-	-	-

**8.2 Accumulated depreciation and impairment provisions**

<b>**Basis</b>	SL or RB	SL or RB	SL or RB	SL or RB	SL or RB
<b>** Rate</b>					

Balance brought forward	-	-	-	-	-	-
Depreciation charge for year	-	-	-	-	-	-
Impairment provisions	-	-	-	-	-	-
Revaluations	-	-	-	-	-	-
Disposals	-	-	-	-	-	-
Transfers*	-	-	-	-	-	-
Balance carried forward	-	-	-	-	-	-

**8.3 Net book value**

Brought forward	-	-	-	-	-	-
Carried forward	-	-	-	-	-	-

**8.4 Revaluation***If any fixed assets have been revalued please give details of the valuer and method of valuation*

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\* The "transfers" row is for movements between fixed asset categories.

\*\* Please indicate the method of depreciation by deleting the method not applicable (SL = straight line; RB = reducing balance). Also please indicate the rate of depreciation: for straight line, what is the anticipated life of the asset (in years); for reducing balance, what is the percentage annual deduction.

**Section C****Notes to the accounts****Note 9 Investment assets**

**Please complete this note if the charity has any investment assets.**

**9.1 Fixed assets investments**

	£
Carrying (market) value at beginning of year	-
<b>Add:</b> additions to investments at cost	-
<b>Less:</b> disposals at carrying value	-
<b>Add/(deduct):</b> net gain/(loss) on revaluation	-
Carrying (market) value at end of year	-

**Please provide below:**

**9.2 A breakdown of the market values of investments shown above agreeing with the row B03.**

**9.3 A breakdown of the income from investments agreeing with SOFA.**

**Analysis of investments**

	9.2 Market value at year end £
<b>Investment properties</b>	-
<b>Investments listed on a recognised stock exchange or held in common investment funds, open ended investment companies, unit trusts or other collective investment schemes</b>	-
<b>Investments in subsidiary or connected undertakings and companies</b>	-
<b>Securities not listed on a recognised Stock Exchange</b>	-
<b>Cash held as part of the investment portfolio</b>	-
<b>Other investments</b>	-
<b>Total</b>	-

**9.4 Material investment holdings**

**If any investments are material in terms of their value (for example each represents more cent of the value of the charity's total investments) please provide details.**

Investment held	Market value at year end £
	-
	-
	-
	-
<b>Total</b>	-



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balance sheet

9.3 Income from investments for the year £
-
-
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**Section C****Notes to the accounts****(c)****Note 10 Debtors and prepayments***Please complete this note if the charity has any debtors or prepayments.***Analysis of debtors****Trade debtors****Amounts due from subsidiary and associated undertakings****Other debtors****Prepayments and accrued income****Total**

Amounts falling due within one year		Amounts falling due after more than one year	
This year £	Last year £	This year £	Last year £
-	-	-	-
-	-	-	-
-	-	-	-
-	-	-	-
-	-	-	-

**Note 11 Creditors and accruals***Please complete this note if the charity has any creditors or accruals.***11.1 Analysis of creditors****Loans and overdrafts****Trade creditors****Amounts due to subsidiary and associated undertakings****Other creditors****Accruals and deferred income****Total**

Amounts falling due within one year		Amounts falling due after more than one year	
This year £	Last year £	This year £	Last year £
-	-	-	-
-	-	-	-
-	-	-	-
-	-	-	-
-	-	-	-

**11.2 Security over assets***If any loan, overdraft or other creditor holds a charge or other security over any assets of the charity please provide details.*

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**Section C****Notes to the accounts****Note 12 Endowment and restricted income funds**

*Please complete this section if the charity has any endowment or restricted income funds.*

**12.1 Funds held**

Please give a brief description of any of the following type of funds held by the charity:

- permanent endowment funds (PE);
- expendable endowment funds (EE); and
- restricted income funds, including special trusts, of the charity (R).
- other funds .

Fund Name	Type PE, EE , R or other	Purpose and restrictions

**12.2 Movements of major funds**

*Please give details of the movements of the major funds summarised in the restricted and endowment columns of the Statement of Financial Activities.*

Fund names	Fund balances brought forward £	Incoming resources £	Resources expended £	Transfers £	Gains and losses £	Fund balances carried forward £
	-	-	-	-	-	-
	-	-	-	-	-	-
	-	-	-	-	-	-
	-	-	-	-	-	-
	-	-	-	-	-	-
	-	-	-	-	-	-
<b>Total Funds</b>	-	-	-	-	-	-

**12.3 Transfers between funds**

*Please give details of any transfers between funds.*

From Fund (Name)	To Fund (Name)	Reason	Amount

**12.4 Analysis of net assets between funds**

Fixed assets  
Investments  
Net current assets  
Creditors due in more  
than one year and  
provisions  
Total net assets

Unrestricted funds £	Restricted funds £	Endowed funds £	Total £
-	-	-	-
-	-	-	-
-	-	-	-
-	-	-	-

**Section C****Notes to the accounts****Note 13****Transactions with related parties**

*If the charity has any transactions with related parties (other than the trustee expenses note 5) details of such transactions should be provided in this note. If there are no transactions, please enter "None" in the relevant boxes.*

**13.1 Remuneration and benefits**

*Please give the amount of, and legal authority for, any remuneration or other benefits paid to trustees or other related parties by the charity or any institution or company connected with it.*

Name of trustee or related party	Legal authority (eg order, governing document)	Amounts paid or received
		This year £

**13.2 Loans**

*Please give details of and amounts owing to or from the charity's trustees or other related parties at the year end.*

	Name of trustee or related party	Legal authority	Amount
			This year £
Due to trustees and related parties			
Due from trustees and related parties			

**13.3 Other transaction(s) with trustees or related parties**

*Please give details of any transaction undertaken by (or on behalf of) the charity in which a related party has a material interest.*

Name of the trustee or related party	Relationship to charity	Description of the transaction(s)	This year £

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Last year £

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Last year £

<b>Note 14</b>	<b>Additional Disclosures</b>
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The following are significant matters which are not covered in other notes and need to be included to provide a proper understanding of the accounts. If there is insufficient room here, please add a separate sheet.

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**Income categories**

Donations, legacies and Grants  
Fundraising events  
Shop sales  
Interest and dividends  
fees for charitable services  
Grants for services

**Expenditure categories**

Wages, salaries, pensions and NI  
Cost of fundraising events  
Rent, rates and Insurance  
Repairs and maintenance  
Light and heat  
telephone postage and stationery  
Donations and Grants  
legal and professional fees  
bank charges and interest  
depreciation  
Insurance

To edit the lists replace existing categories on either list with the new headings you prefer to use.