

# FLOURISHING LIVES

England & Wales · Charity number 1195193

## Details

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**Status** Registered

**Legal form** CIO

**Registered** 2021-07-15

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

## Contact

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**Address** Flourishing Lives  
Claremont Building  
24-27 White Lion Street  
London  
N1 9PD

**Phone** 02076898091

**Email** [info@flourishinglives.org](mailto:info@flourishinglives.org)

**Website** [flourishinglives.org](http://flourishinglives.org)

## Activities

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**Objects:** FOR THE PUBLIC BENEFIT, THE RELIEF OF THOSE IN NEED BY REASON OF OLD AGE, FOR PEOPLE LIVING IN GREATER LONDON AND THE SURROUNDING AREA, IN PARTICULAR, BUT NOT EXCLUSIVELY BY:• PROVIDING TRAINING AND SUPPORT FOR PROJECTS THAT PROMOTE ENGAGEMENT WITH, AND PARTICIPATION IN, THE ARTS BY ELDERLY PEOPLE. • PROVIDING RECREATIONAL FACILITIES IN THE INTEREST OF SOCIAL WELFARE WITH THE OBJECT OF IMPROVING THE CONDITIONS OF LIFE FOR ELDERLY PEOPLE. • RAISING STANDARDS AND ENCOURAGING BEST PRACTICE IN THE PROVISION OF PARTICIPATORY ARTS PROJECTS FOR ELDERLY PEOPLE. • RAISING AWARENESS OF THE ISSUES AFFECTING ELDERLY PEOPLE.

**Activities:** Flourishing Lives is a London-wide coalition of arts and wellbeing organisations taking a creative approach to supporting richer, more independent lives for people over the age of 55. We deliver workshops, trainings, showcase arts events, and inclusion programmes to help galvanize organisational collaboration and resilience across the arts and wellbeing sector, for the benefit of older people.

## Classification

- **How:** Provides Services, Provides Advocacy/advice/information, Acts As An Umbrella Or Resource Body
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Arts/culture/heritage/science, Human Rights/religious Or Racial Harmony/equality Or Diversity
- **Who:** Elderly/old People, Other Charities Or Voluntary Bodies, The General Public/mankind

## Geography

- Throughout London

## Finances

| Period end | Income  | Expenditure | Assets | Employees |
|------------|---------|-------------|--------|-----------|
| 2025-03-31 | £82,262 | £74,744     | -      | -         |
| 2024-03-31 | £76,761 | £71,760     | -      | -         |
| 2023-03-31 | £87,213 | £74,125     | -      | -         |
| 2022-03-31 | £44,104 | £22,361     | -      | -         |

## Trustees

| Name                            | Role  | Appointed  |
|---------------------------------|-------|------------|
| <b>Stuart Cox</b>               | Chair | 2021-03-04 |
| Emma Rodwell                    |       | 2024-02-07 |
| Margaret Louise Pigott CBE FRSA |       | 2022-03-25 |
| Maurizio Fiaschetti             |       | 2024-02-07 |

**FLOURISHING LIVES**

England & Wales - Charity number 1195193

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# Accounts

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REGISTERED CHARITY NUMBER: 1195193

**FLOURISHING LIVES**  
**REPORT OF THE TRUSTEES**  
**AND FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 MARCH 2025**



**FLOURISHING  
LIVES**

**FLOURISHING LIVES**

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AND FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 MARCH 2025**

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**FLOURISHING LIVES**  
**REPORT OF THE TRUSTEES**  
**FOR THE YEAR ENDED 31 MARCH 2025**

**Legal and Administrative Information**

**Name of charity**

Flourishing Lives

**Charitable Incorporated Organisation number**

1195193

**Principal and registered office**

Claremont Building, 24-27 White Lion Street, London N1 9PD

**Trustees**

Stuart Cox, Interim Chair

Maggy Pigott CBE FRSA, Age Activist Trustee

Emma Rodwell

Maurizio Fiaschetti, Treasurer

Deborah Stone (appointed as Trustee 5th June 2024; stepped down as Trustee 6th August 2024)

**Banker**

CAF Bank Ltd, 25 Kings Hill Avenue, Kings Hill, West Malling, Kent, ME19 4JQ

**Independent examiner**

Andrew Moore

Blaenpentre, Swyddffynnon, Ystrad Meurig, Ceredigion, SY25 6AW

## **Report of the Trustees**

The trustees are pleased to present their report and the financial statements of Flourishing Lives for the year ended 31 March 2025.

The financial statements have been prepared in accordance with CC15d Charity Reporting and Accounting: The essentials, the Charities (Accounts and Reports) Regulations 2008 and the Charity Commission's Receipts and Payments Accounts guidance (CC16), applicable to small charities under the audit threshold preparing their accounts on a Receipts and Payments basis.

## **Structure, Governance and Management**

Flourishing Lives is a registered Charitable Incorporated Organisation (CIO) with a Board of Trustees that is responsible for deciding strategy, setting policies, appointing staff, setting, approving and reviewing the annual budget and accounts, and overseeing fundraising. Trustees are appointed through an open recruitment process and are appointed or reappointed at Trustee meetings.

Flourishing Lives has two members of staff: a full-time Programme Director, David McDonagh, and part-time Head of Engagement, Cordelia Wyche.

A steering group of Flourishing Lives' coalition partners, The Flourishing Lives Advisory Group (FLAG), meets quarterly to discuss future areas of work, share information, and advise on the strategy, design and delivery of Flourishing Lives' Best Practice programme.

A steering group of Flourishing Lives' coalition partners, The Anti-Racist Action Group (ARAG), meets quarterly to discuss future areas of work, share information, and advise on the strategy, design and delivery of Flourishing Lives' Inclusive Practice programme.

## **Risk management**

The trustees convene Board meetings every two months to review Flourishing Lives' activities and identify the risks to which it is exposed, in operations, finances and the external environment.

## **Objects and activities for Public Benefit**

The objects for which the CIO is established are:

For the public benefit, the relief of those in need by reason of old age, for people living in Greater London and the surrounding area, in particular, but not exclusively by:

- Providing training and support for projects that promote engagement with, and participation in, the arts by elderly people.
- Providing recreational facilities in the interest of social welfare with the object of improving the conditions of life for elderly people.
- Raising standards and encouraging best practice in the provision of participatory arts projects for elderly people.
- Raising awareness of the issues affecting elderly people.

We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aims and objectives and in planning our future activities.

Flourishing Lives is a London-wide coalition of arts, health and wellbeing organisations taking a creative approach to supporting richer, more independent lives for people over the age of 55. **We combat social isolation amongst older people by promoting community, expression and engagement through the arts.** We believe that building quality relationships is the heart of our work - genuinely engaging with older people as unique individuals and forming close bonds with the dedicated staff and volunteers who work alongside them.

We connect older people's groups, creative practitioners, day centres, arts organisations, health initiatives, social justice groups, grassroots community champions and international thought-leaders so that knowledge, research and resources can be shared. We deliver a variety of workshops, training, showcase arts events, support groups and inclusion programmes to help galvanise organisational collaboration, communication and resilience across the arts and wellbeing sector, for the benefit of older people.

**We strengthen and support our coalition members to flourish so that they can deliver vital support and progressive services for older people.**

### **Flourishing Lives' Achievements and Performance 2024-25**

Our activity in 2024-25 has exemplified the crucial position that Flourishing Lives holds as a central hub for the sector, emphasising our pivotal role as a catalyst for positive ageing, and the vast reach and impact that our work now achieves: providing an influential platform for older people across Greater London to address cross-cutting audiences and inform best practice at local, regional, national and international levels.

In 2024-25:

- We launched a new research collaboration with The Policy Institute at King's College London, in support of their three-year 'Sciences of Ageing and Cultures of Youth' (SAACY) project. The project advocates for policy changes to help normalise ageing as a lifelong process to create more positive attitudes to ageing. Flourishing Lives are Project Partners on SAACY+3, facilitating older people's leadership in the research.
- Our Inclusive Practice and Reflective Practice programmes were highlighted as models of best practice in older people's creative health provision by The Mayor of London and London Arts & Health's 'Understanding Creative Health in London' 2024 report.
- Our Intergenerational Forum and partnership with Intergenerational Music Making contributed to the launch and development of Intergenerational England (IE), a network of organisations connecting across the arts, health, housing and education sectors to advocate for intergenerational practice at policy level. Flourishing Lives is a founding member of IE's Advisory Board and works closely with IE to support and develop intergenerational advocacy.
- Our work alongside Arts & Health South West (ACHSW) in support of their rapid review research project into mental health support for practitioners working with older adults in

complex mental health settings helped to inform Arts Council England's 'Keeping Safe' report.

- Our work alongside the Anti-Racist Action Group (ARAG) in older people's wellbeing and arts services has been consulted in 2024-25 by researchers from Harvard University, the Department of Health and Social Care (DHSC), and University College London Hospitals (UCLH).
- Our older people-led workshops, roundtables, and forums have been attended by delegates from London borough councils, Greater London Authority (GLA), Centre for Ageing Better, and the World Health Organisation (WHO), accessing best practice and informing policy-making.
- Our developed practice toolkits and older people-led learning resources have been disseminated and amplified on national and international platforms, including the National Centre for Creative Health (NCCH) and the BSG Creative Ageing SIG.
- Our partnerships with Tate, Complicite Theatre, and Barbican have catalysed opportunities for socially-isolated older people to access aspirational services and co-produce high quality arts projects and events.
- Our work alongside the Reimagining Dementia Coalition has mobilised dementia activist campaigns and petitions to the Alzheimer's Society to combat the 'tragedy narrative' around dementia and support more creative and affirmative approaches to dementia care.
- Our R&D process alongside our Age Activist Trustee into effective and impactful positive ageing campaigns has led to the development of our new Flourishing Lives Strategic Plan for 2025-2029, which will help to catalyse positive ageing by placing Older People Leaders and intersectional lived experience at the heart of wellbeing and arts services.

As we embark on our exciting next five-year phase of work as an organisation – with the generous support of The National Lottery Community Fund – Flourishing Lives is ideally-positioned to galvanise our close relationships with grassroots champions, advocacy groups, policy-makers and funders into meaningful transformation.

### **Working alongside our community**

As a learning-led organisation, we have an embedded practice of involving people from our community in everything that we do, fostering consistently open channels of communication through our lived experience action and advisory steering groups, open forums to explore each other's practice, and our ongoing process of needs analysis meetings and consultations with older people, service providers, social justice representatives, funders, and policy makers. We continue to ensure that the voices, needs and aspirations of the communities that we serve are the central drivers at all levels of our work.

In 2024-25, we:

- expanded the Flourishing Lives coalition to 766 member organisations, forging links with 113 new coalition partners, including English Heritage, Government Department of Health & Social Care, LGBTQ+ Dementia Advisory Group, and Migrants in Action.

- met directly with 209 older people and older people’s providers to discuss the challenges affecting older people and older people’s services, and identify where support is needed.
- held 4 Flourishing Lives Advisory Group (FLAG) steering meetings, exploring topics and concerns affecting older people, and devising and planning best practice workshops to address these issues.
- held 4 Anti-Racist Action Group (ARAG) steering meetings, identifying intersectional issues affecting older people from racial minority communities and outlining plans for inclusive practice workshops and transformation projects.
- held 4 Intergenerational Forum meetings, fostering a community of practice to catalyse projects and collaborations across the sector, and help inform our ongoing intergenerational programme.
- held 2 practitioner care forum meetings, fostering a community of interest to advocate for wellbeing support for creative health providers, and help inform our ongoing reflective practice programme.
- participated in 12 Reimagining Dementia steering group meetings, co-designing workshops and the ‘Take it to the Streets 2024’ activism campaign alongside people living with dementia, to promote inclusion, relationships, creativity, joy and the possibility of growth for everyone impacted by dementia.
- held 16 consultations with community/lived experience representatives to monitor the impact of our inclusive practice, intergenerational practice, reflective practice, and older people-led advocacy work, and help shape future programming.
- provided 11 consultations for organisations seeking advice and access to our collective knowledge base on service transformation in provision for older people.
- grew our @EverydayAgeism twitter/X followers from 2016 to 2271.

### **Inclusive Practice**

We have promoted greater access to aspirational services for socially isolated older people – especially those from racialised, minoritised and marginalised communities - through our Anti-Racist Action roundtables, ‘Transformation Space’ catalyst workshops and collaborations, Anti-Racist Action Group (ARAG) meetings, ‘Exploring Outreach – Low Income Background’ consultations, and our LGBTQ+ partnership work, supporting older people from marginalised communities to share their intersectional lived experience and expertise, and directly influence and improve the outreach and inclusion strategy of 162 wellbeing and arts organisations across London and the South East:

- We partnered with Nubian Life – a community resource centre supporting the ageing African Caribbean population in London – to deliver a free online ‘Dynamics of Culture in Dementia Care’ roundtable. 31 delegates engaged with the roundtable – including representatives from Equal Arts, RNID, and Connect Hackney – outlining the importance of a more person-centred, culturally aware, and intersectionally-informed approach to dementia care.
- Resources shared: Resources exploring the dynamics of culture in dementia care, the merits of anti-racist practice and person-centred care, and outlining models of practice that create

effective outcomes for beneficiaries. Also signposting to Nubian Life's free Monthly Racial Trauma Clinic, a safe space for individuals to share their experiences, receive support, and learn coping strategies for processing Racial Trauma.

- Participant feedback: 89% of respondents said that they 'have a better awareness of the lived experiences of racism affecting people living with dementia' following the roundtable. 89% of respondents also said that 'this awareness and understanding [will] help to inform [their] work in promoting better wellbeing for racialised and minoritised people who are living with dementia'.
- "A really useful and thought-provoking session - felt like it highlighted what happens when ageism, meets dementia care, meets racism." "The workshop was a useful space to consider cultural needs and how institutionalised settings can create spaces where those needs are not always able to be considered/factored into care."
- We also partnered with Mabadiliko CIC – a black-led organisation specialising in inclusion and equity for racial groups – to deliver a free online roundtable 'Addressing the Issue of 'White Silence' in Anti-Racist Action'. 20 delegates engaged in a discussion exploring the fears that can sometimes hold us back from speaking up in Anti-Racist Action, the impact of staying silent, and how it affects our colleagues, our organisations, and the communities we serve. This was a deliberately intimate workshop to allow for active engagement. Participants included representatives from Tate, Department for Health and Social Care, and People United.
- Resources shared: 'Breaking the Silence' guidelines, and resources outlining practical ways to create change, both in our individual behaviours and in our organisations.
- Participant feedback: 75% of respondents 'Strongly Agreed' and 25% 'Agreed' that 'the workshop provided me with knowledge or a perspective that I did not previously have'. 75% of respondents 'Strongly Agreed' and 25% 'Agreed' that 'the workshop provided space to help me address my fears'.
- "I just wanted to say thank you so much. It was an outstanding session, and it has really had an impact on me. I am planning to get involved in some work with my organisation around EDI and I feel fortified to do so in an effective, but compassionate way."
- We also partnered with the Black Men's Consortium on a free online workshop exploring intergenerational collaboration within anti-racist action. 40 delegates engaged with the workshop – including representatives from Rooted Community Assets, Brixton Wings, St Vincent's Centre, and Migrants in Action.
- Resources shared: Shared links and resources from the discussion, including 'Understanding Interculturality and Intergenerationality' and the 'Story Circle Toolkit'.
- Participant feedback: "Fascinating examples of practice". "I was really taken with questions about when it's best that people are from very different backgrounds and cultures, and have the privacy of not talking to their own elders/youngers, and when it's best to be really tuned in to particular cultural/faith/geographical communities".
- We also held 4 Anti-Racist Action Group (ARAG) steering meetings to outline plans for ongoing older intersectional inclusion roundtables and transformation projects. The ARAG steering group have outlined plans for further roundtables in 2025 to address issues

affecting specific intersectional groups and communities, including the role of community and cultural spaces as sites for Transformative Justice.

- We also devised and delivered a ‘Transformation Space’ catalyst workshop alongside the ARAG steering group, providing a collaborative space to catalyse anti-racist action in services and help transform engagement in wellbeing and arts for marginalised older people. 38 delegates engaged with the catalyst workshop – including representatives from Age UK East London, and Curating for Change – co-creating a community of practice, and sharing thought leadership to lay the foundations for future transformation projects.
- Resources shared: co-developed toolkit and shared links from the discussion, including resources relating to ‘Empathy mapping’, layers of practice, and how we can create a space of co-learning and practice of ‘calling in’ in services.
- The ‘Transformation Space’ workshops have also led to a catalyst project collaboration with Dacorum Borough Council (Hertfordshire), as the ARAG steering group consults with the Council to support incorporating Anti-Racism into their overall council strategy process. This consultation process is underway and will continue into 2025.
- We also worked in partnership with LGBTQ+ organisations - including The Open Minds Project, Pride UK Quality Standard, Sol Cafe, and Gendered Intelligence - on the delivery of a free online LGBTQ+ catalyst workshop, supporting intergenerational connection and collaboration within LGBTQ+ inclusion. 33 delegates engaged with the workshop – including representatives from Wigmore Hall, The Children’s Society, and Apples and Honey Nightingale – to discuss the importance of intergenerational work in the LGBTQ+ community, and share the important aspects to consider when engaging in this area of inclusive practice.
- Resources shared: Links, opportunities, resources, and signposting to older and intergenerational LGBTQ+ support services.
- Participant feedback: “Massive thanks for holding space for us to share.” “Thank you to the inspiring speakers for sharing your work and practice.”
- We also worked in partnership with both the Barbican and the University of the Arts London (UAL) to support greater engagement in aspirational services for socially-isolated older people from a low-income background. We facilitated a series of consultations with the Barbican’s Communities and Creative Collaboration teams on service design and transformation in support of widening engagement for older people from a low-income background. We also consulted with UAL on their ‘Be Well’ pilot project, connecting older people’s social prescription services with a wellbeing network to support greater creative health opportunities for socially-isolated older people from a low-income background.

### **Intergenerational Practice**

We promoted greater social integration across age groups within services, to reduce the isolation of older people within age-defined silos, through our Intergenerational catalyst work, Intergenerational England advisory meetings, and by cultivating our thriving Intergenerational Forum, sharing best

practice and supporting opportunities to develop intergenerational practice with 205 wellbeing and arts organisations across London and the South East:

- We held 4 Intergenerational forum meetings in partnership with leading Intergenerational Arts organisations and practitioners, including The Together Project, House of Memories, Tony Cealy, and Magic Me, sharing practical tips and guidance around fostering creative and social connections across generations. 205 wellbeing and arts delegates – including representatives from Befriending Networks, Turner Contemporary, and The Linking Network – took part in the online forum meetings, connecting and sharing learning, accessing best practice, and identifying methods and opportunities for supporting intergenerational practice in services.
- Resources shared: ‘The Essential ‘A’s’ of Intergenerational Experience’ toolkit; Policy documents to support best practice in safeguarding CAYP and older adults; ‘Stages of Group Development’ collaborative leadership guidelines; ‘Connecting with Yemeni Elders’ Heritage’ toolkit; the ‘Magic Me, Spark (Magic Moments) Resource for Care Homes’.
- Participant feedback: “Thank you to the inspiring speakers for sharing your work and practice.” “I thought everyone who participated was supportive and made nice contributions to the discussion. The topics that were discussed were well-organised and gave me clarity about the different aspects of intergenerational work to consider-- such as authenticity, how to facilitate interactions and meaningful activities, being careful not fearful.” “It is a fantastic forum and always inspires me! Thank you all so much.”
- We have continued to work in partnership with Intergenerational Music Making (IMM) in support of Intergenerational England (IE), a network of organisations connecting across the arts, health, housing and education sectors to advocate for intergenerational practice at policy level. Flourishing Lives is a founding member of IE’s Advisory Board and works closely with IE to support and develop intergenerational advocacy.
- In 2024-25, we have: taken part in 3 Intergenerational England meetings, discussing the development of the IE Prospectus and Theory of Change; shared IE research and reports; and supported coalition partner engagement in Intergenerational England events, advocating for Intergenerational Housing projects and collaborations.
- We have also worked in partnership with the University of Hertfordshire on the development of a new Intergenerational research catalyst project, exploring the potential for arts-based experiences to shape intergenerational LGBTQ+ belonging and connection. We have connected the UKRI ESRC New Investigator Award research project with coalition partners including QueerCircle and Charleston Museum to ensure that the research is led by lived experience, and catalysed by intergenerational LGBTQ+ community consultation and co-production.

### **Reflective Practice services**

We increased resilience in service provision for older people across London, providing 160 practitioners with a structure of support and reflective practice that has helped to safeguard their wellbeing, sustain and grow their working practice, and develop a more robust foundation of support for the older people who engage with their services.

- We delivered 13 Reflective Practice Group sessions and 82 1:1 sessions, offering 160 older people's service providers a vital structure for peer support and in-depth reflection on working practice led by trained counsellors.
- Participant feedback: 88% of participant respondents 'Agree' or 'Strongly Agree' that '[they] can reflect upon [their] work-based experiences with confidence' following reflective practice
- "I really enjoyed the session. It felt really good to have an open space to share thoughts and concerns. Having this space felt so liberating, energising and inspiring, so I hope the sessions can continue!"
- Participant organisation feedback: "Our staff have really benefited from the Reflective Practice service." "We've had some great feedback from musicians who took part. Thanks again for helping us to facilitate these sessions!"
- Resources shared: Practitioner care developed practice toolkits and reading lists; 'Keeping Safe: practitioner care' report. Kazzum Arts Trauma-informed Practice toolkit.
- We also conducted 2 summit meetings with practitioner care organisations and researchers to further develop and promote practitioner care advocacy across the wellbeing and arts sector.
- We also partnered with Arts & Health South West (ACHSW) in support of their rapid review research project for Arts Council England on mental health support for arts practitioners. We consulted on the recruitment of advisory group members and review participants for the project, connecting ACHSW with organisations to share their expertise on working with older adults, dementia care, and working in complex mental health need settings.
- We held 4 consultations with our therapist facilitators and 3 participant interviews with community/coalition representatives to monitor the impact of our reflective practice activities and help shape future programming.

## Sharing Best Practice

Our newsletters, networking sessions and quarterly best practice workshops reduced the fragmentation of the sector by providing communities of practice and learning for providers, and galvanising organisational collaboration for the benefit of older people.

- We delivered 4 free best practice workshops alongside lived experience and specialist organisations, including Pride UK Training and Consultancy, Dr Georgia Bowers and the University of Surrey, providing practical support for coalition members and sharing best practice resources and toolkits on: exploring the impact of internalised ageism in older people's wellbeing and arts services; supporting practitioner care in older people's services; exploring the impact of death and grief in older people's services; and creating inclusive art spaces for older LGBTQ+ people. 221 delegates engaged with the workshops – including representatives from South London and Maudsley NHS Trust, Trinity Laban Conservatoire, Centre for Ageing Better, and Age UK – accessing thought leadership in the respective focus areas to implement in their own provision.

- Resources shared: Developed practice toolkit sharing examples of successful working practice around Exploring Death and Grief in older people’s services; ‘Exploring the Impact of Internalised Ageism’ shared links, resources, and signposting to support services; ‘Building LGBTQ+ inclusion in the arts’ toolkit; ‘Building LGBTQ+ inclusion in the arts’ checklist video recording.
- Participant feedback: 100% of attendees reported that they ‘have a better awareness of internalised ageism’ following the workshop and 100% reported that the Internalised Ageism workshop ‘will change [their] working practice’. 100% of participant respondents said that they ‘feel encouraged to support more conversations around death and grief in [their] own work settings’ as a result of the workshop. 100% of participant respondents ‘feel encouraged to support more conversations around building LGBTQ+ inclusive art spaces in [their] own work settings’ as a result of the workshop.
- “Thank you for organising the event and promoting this vital issue.” “I felt the sensitive issues were dealt with very well.” “It will give me more confidence to express my thoughts, experiences, and understanding around grief and dying in my practice and everyday life rather than feeling like it is a "losing battle" that nobody else is aware of / interested in. Emotions, particularly around death and dying as we will all experience it, need to be more openly addressed and acknowledged and art offers a safe space and means to do so.”
- We staged 2 online networking sessions, creating facilitated opportunities for older people’s wellbeing and arts delegates to directly meet and develop partnerships. Our facilitated ‘speed-dating’ sessions connected 80 older people’s service providers, many of whom had never met before.
- Our sector development role as a central hub and connector for organisations has also led to 17 external project partnerships and collaborations directly catalysed by Flourishing Lives and co-developed between older people’s wellbeing and arts organisations.
- We also delivered 12 monthly newsletters, growing our subscriber base from 1009 to 1094. The newsletters had a 47.2% average click through rate, and shared opportunities and thought leadership from across the older people’s services sector, including: 20 reports, 30 funding opportunities, 17 resource/toolkits, 11 research open calls/opportunities, and 46 coalition partner events/activities for older people and/or older people’s service providers.
- Feedback: “Flourishing lives have been excellent in providing information.” “Flourishing Lives have been very interesting, lots of opportunities to meet with other professionals. Interesting discussions and v supportive atmosphere. Some strong modelling of projects that have worked. Very enjoyable and inspiring network - thank you all.”

### **Positive Ageing and Older People’s Leadership**

We promoted the involvement of older people in their own services and activities, amplifying older people’s needs and aspirations, challenging negative stereotypes, and advocating for positive ageing and older people’s leadership:

- We launched a new research collaboration with Dr Martina Zimmermann and The Policy Institute at King’s College London, in support of the next 3-year phase of their ‘Sciences of

Ageing and Cultures of Youth' (SAACY) project. The project advocates for policy changes to help normalise ageing as a lifelong process to create more positive attitudes to ageing. Flourishing Lives are Project Partners on SAACY+3, supporting older people's leadership in the research, and consulting on activities and events.

- In October 2024, we supported SAACY in the delivery of a Policy Lab event, exploring representations of ageing in the media and how to change this. The event brought together representatives from the public, private and third sectors to develop a manifesto: 'How do we change the way that ageing is represented in advertising, the media, and the creative industries?' We supported older people's leadership in the event, represented by Flourishing Lives coalition partner Stephen Bush, an advocate of lifelong learning and recipient of the 2017 Festival of Learning Patron's Award.
- We supported 3 online 'Joy of Dementia' gatherings with the international Reimagining Dementia coalition. 90 dementia allies, activists, and people living with dementia came together to creatively explore and challenge the stigmas of living with dementia.
- We also worked alongside the older people-led Reimagining Dementia steering committee to co-develop and co-produce the 'Take it to the Streets 2024' campaign, which took place in September 2024 to coincide with World Alzheimer's Day, exploring collaborations and coordinated activities to promote inclusion, relationships, creativity, joy and the possibility of growth for everyone impacted by dementia.
- Resources shared: 'Taking it to the Streets 2024' conversation starters and campaign engagement strategies.
- We continued to work in partnership with Complicite Theatre in support of 'Rebel Voices', a theatre and storytelling project for older women in London. We connected Complicite with Flourishing Lives community partner organisations to co-produce a series of 6 free workshops for women aged 65+, with a focus on the theme of 'rebellion'. The workshops were devised and led by 20 older women, with unique access to the aspirational arts provision, resources and expertise of Complicite Theatre, and culminated in 2 Showcase sharing events in their community locations.
- We worked in partnership with the members of our older people-led Flourishing Lives Advisory Group (FLAG) to co-design and co-deliver our workshop exploring the impact of internalised ageism. The workshop led to a collaboration with the British Society of Gerontology Creative Ageing Special Interest Group (SIG), providing an influential platform to share learnings and reflections from the FLAG workshop to the Creative Ageing SIG's international community of researchers, practitioners and other stakeholders exploring what it means to age creatively.
- We also continued our R&D process alongside our Age Activist Trustee, Maggy Pigott CBE, exploring the development of effective and impactful positive ageing strategies and methodologies. Our Age Activist Trustee also participated in the monthly meetings of the Creative Ageing Lived Experience Network (CALEN), representing Flourishing Lives as part of the Network to amplify older people's voices and advocate for creative ageing at national level. As a result of the R&D process and consultations, we worked alongside our Age Activist Trustee to create Flourishing Lives' new Strategic Plan 2025-2029. This exciting new phase of work will help to catalyse positive ageing by placing Older People Leaders and intersectional lived experience at the heart of wellbeing and arts services.

## **Financial Review**

Flourishing Lives is grateful to the National Lottery Community Fund for its ongoing support for the organisation.

As at October 2025, the trustees view the charity as a going concern, as the charity is funded under the National Lottery Community Fund's Reaching Communities England programme until December 2029.

## **Reserves policy**

Flourishing Lives seeks to maintain free reserves equivalent to three months' core expenditure, in line with good practice. Free reserves are considered to be unrestricted funds that are not tied up in fixed assets.

## **Plans for the future**

As we embark upon our new 5 Year Strategy 2025-2029, we plan to increase income and grow the organisation to further scale our operations, increase our sustainability, and strengthen and develop the organisation to increase the reach and impact of our work in supporting older people's wellbeing and creative health across Greater London.

Alongside this, Flourishing Lives will continue to extend and deepen its role in developing the sector and addressing the needs and aspirations of older people: expanding our vital framework of connection and support for services and practitioners; launching our Older Men's Forum; growing our outreach and inclusion programmes; advocating for intergenerational practice and more closely integrated communities; developing our new CPD-accredited training to catalyse Older People's Leadership and amplify Intersectional Lived Experience at the centre of older people's arts and wellbeing provision; and supporting and developing a proactively collaborative older people's arts and wellbeing sector that benefits the diverse communities it serves.

## **Signed on behalf of the Flourishing Lives Board of Trustees:**

Signed: 

Name: Emma Rodwell

Address: 67 Kingsley Way, London, N2 0EL

Date: 25th November 2025

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF**  
**FLOURISHING LIVES**

**Examiner's unqualified report (for a non-company charity preparing Receipts and Payments accounts) with a gross income of £250,000 or less in the relevant financial year.**

**Independent examiner's report to the trustees of Flourishing Lives**

I report to the charity trustees on my examination of the accounts of Flourishing Lives (the Trust) for the year ended March 2025.

**Responsibilities and basis of report**

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records; or

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed:



Name: Andy Moore

Address: Blaenpentre, Swyddffynnon, Ystrad Meurig, SY25 6AW

Date: 26/11/25

**FLOURISHING LIVES RECEIPTS AND PAYMENTS ACCOUNTS**  
**FOR THE YEAR ENDED 31 MARCH 2025**

| <b>Section A - Receipts and payments</b>     |                    |                  |                 |               |               |
|--|--------------------|------------------|-----------------|---------------|---------------|
|  | Unrestricted funds | Restricted funds | Endowment funds | 2025          | 2024          |
|  | £                  | £                | £               | Total funds   | Total funds   |
|  | £                  | £                | £               | £             | £             |
| <b>A1 Receipts</b>                           |                    |                  |                 |               |               |
| Grants - The National Lottery Community Fund | -                  | 75,977           | -               | 75,977        | 67,527        |
| Receipts from Reflective Practice activities | 6,200              | -                | -               | 6,200         | 9,170         |
| Interest                                     | 85                 | -                | -               | 85            | 65            |
|  | -                  | -                | -               | -             | -             |
| <b>Sub total (Gross income for AR)</b>       | <b>6,285</b>       | <b>75,977</b>    | <b>-</b>        | <b>82,262</b> | <b>76,761</b> |
| <b>A2 Asset and investment sales</b>         |                    |                  |                 |               |               |
|  | -                  | -                | -               | -             | -             |
| <b>Sub total</b>                             | <b>-</b>           | <b>-</b>         | <b>-</b>        | <b>-</b>      | <b>-</b>      |
| <b>Total receipts</b>                        | <b>6,285</b>       | <b>75,977</b>    | <b>-</b>        | <b>82,262</b> | <b>76,761</b> |
| <b>A3 Payments</b>                           |                    |                  |                 |               |               |
| Payroll                                      | -                  | 59,884           | -               | 59,884        | 56,234        |
| Insurance                                    | -                  | 221              | -               | 221           | 408           |
| Bank fees                                    | -                  | 60               | -               | 60            | 60            |
| Accounting software                          | -                  | 664              | -               | 664           | 586           |
| Evaluation (digital survey platform)         | -                  | 225              | -               | 225           | 225           |
| Cloud storage                                | -                  | 117              | -               | 117           | -             |
| Data analytics                               | -                  | 159              | -               | 159           | 75            |
| Online meeting platform                      | -                  | 312              | -               | 312           | 288           |
| Web hosting                                  | -                  | 133              | -               | 133           | 133           |
| Charity Development costs                    | -                  | 575              | -               | 575           | -             |
| Clinical supervision fees                    | 240                | -                | -               | 240           | 180           |
| CPD Accreditation                            | -                  | 899              | -               | 899           | -             |
| Reflective Practice refund                   | 125                | -                | -               | 125           | -             |
| FLAG Steering Group bursary                  | -                  | 150              | -               | 150           | -             |
| Intergenerational Catalyst fees              | -                  | 500              | -               | 500           | -             |
| LGBT workshop/project                        | -                  | 500              | -               | 500           | -             |
| Therapist fees                               | 5,095              | -                | -               | 5,095         | 8,040         |
| Training                                     | -                  | 930              | -               | 930           | 360           |
| Travel                                       | -                  | 115              | -               | 115           | 207           |
| Advertising/promotional                      | -                  | 16               | -               | 16            | 164           |
| Living Wage accreditation                    | -                  | 83               | -               | 83            | -             |
| ARAG Delivery fee                            | -                  | 2,100            | -               | 2,100         | 1,700         |
| ARAG Roundtable Access Bursary               | -                  | 440              | -               | 440           | 800           |
| ARAG Steering Group Bursary                  | -                  | 450              | -               | 450           | 750           |
| ARAG Catalyst fees                           | -                  | 750              | -               | 750           | 350           |
| Barbican CIR Delivery fee                    | -                  | -                | -               | -             | 1,200         |
|  | -                  | -                | -               | -             | -             |
| <b>Sub total</b>                             | <b>5,460</b>       | <b>69,284</b>    | <b>-</b>        | <b>74,744</b> | <b>71,760</b> |
| <b>A4 Asset and investment purchases</b>     |                    |                  |                 |               |               |
|  | -                  | -                | -               | -             | -             |
| <b>Sub total</b>                             | <b>-</b>           | <b>-</b>         | <b>-</b>        | <b>-</b>      | <b>-</b>      |
| <b>Total payments</b>                        | <b>5,460</b>       | <b>69,284</b>    | <b>-</b>        | <b>74,744</b> | <b>71,760</b> |
| <b>Net of receipts/(payments)</b>            | <b>825</b>         | <b>6,693</b>     | <b>-</b>        | <b>7,519</b>  | <b>5,001</b>  |
| <b>A5 Transfers between funds</b>            | -                  | -                | -               | -             | -             |
| <b>A6 Cash funds last year end</b>           | <b>16,042</b>      | <b>24,618</b>    | <b>-</b>        | <b>40,660</b> | <b>35,659</b> |
| <b>Cash funds this year end</b>              | <b>16,867</b>      | <b>31,311</b>    | <b>-</b>        | <b>48,179</b> | <b>40,660</b> |

**FLOURISHING LIVES STATEMENT OF ASSETS AND LIABILITIES**  
**AS AT 31 MARCH 2025**

| Section B - Statement of assets and liabilities at the end of the period |  |                                 |                       |                          |
|--|--|---------------------------------|-----------------------|--------------------------|
| Categories   | Details  | Unrestricted funds<br>£         | Restricted funds<br>£ | Endowment funds<br>£     |
| <b>B1 Cash funds</b>   | Cash at bank   | 16,867                          | 31,311                | -                        |
|  |  | -                               | -                     | -                        |
|  | <b>Total cash funds</b>                                | <b>16,867</b>                   | <b>31,311</b>         | <b>-</b>                 |
|  | (agree balances with receipts and payments account(s)) | OK                              | OK                    | OK                       |
|  | Details  | Unrestricted funds<br>£         | Restricted funds<br>£ | Endowment funds<br>£     |
| <b>B2 Other monetary assets</b>  |  | -                               | -                     | -                        |
|  | Details  | Fund to which asset belongs     | Cost (optional)       | Current value (optional) |
| <b>B3 Investment assets</b>  |  |                                 | -                     | -                        |
|  | Details  | Fund to which asset belongs     | Cost (optional)       | Current value (optional) |
| <b>B4 Assets retained for the charity's own use</b>                      |  |                                 | -                     | -                        |
|  | Details  | Fund to which liability relates | Amount due (optional) | When due (optional)      |
| <b>B5 Liabilities</b>  | Payroll – HMRC & Pension                               | Restricted - NLCF               | 1,851                 | April 2025               |
|  | Cost of Charitable Activities                          | Restricted - NLCF               | 19,298                | December 2025            |
|  | Therapist invoices due                                 | Unrestricted funds              | 200                   | April 2025               |

The financial statements were approved by the Flourishing Lives Board of Trustees and were signed on its behalf by:

Name: Emma Rodwell

Signed:

*Emma Rodwell*

Date: 25th November 2025

**FLOURISHING LIVES NOTES TO THE ACCOUNTS**  
**FOR THE YEAR ENDED 31 MARCH 2025**

**Basis of accounting**

These accounts have been prepared on the Receipts and Payments basis in accordance with CC15d Charity Reporting and Accounting: The essentials, and the Charities (Accounts and Reports) Regulations 2008.

**Fund accounting**

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

**Funds schedule**

| <b>24/25 Funds schedule</b>     |                 |        |             |                 |
|---------------------------------|-----------------|--------|-------------|-----------------|
|                                 | Opening Balance | Income | Expenditure | Closing Balance |
| Unrestricted Funds              | 16042           | 6285   | 5460        | 16867           |
| National Lottery Community Fund | 24618           | 75977  | 69284       | 31311           |
| Total                           | 40660           | 82262  | 74744       | 48178           |

**Taxation**

The charity is not liable for Corporation Tax, Income Tax or Capital gain tax but is liable to VAT to the extent is not recoverable.

**CIO Guarantees and Secured Debts**

The trustees confirm, in accordance with the Charitable Incorporated Organisations (General) Regulations 2012, that at the year end the CIO did not have any outstanding guarantees to third parties nor any debts secured on assets of the CIO.

**Pension costs and other past-retirement benefits**

The charity operates a defined contribution pension scheme. Employer contributions payable to the charity's pension scheme are included in the payroll payments category of the Receipts and Payments Accounts (section A3).

**Trustees' remuneration and benefits**

There were no trustees' remuneration or other benefits for the year ended 31 March 2025.

**Staff costs**

No employees received emoluments in excess of £60,000.

**Related party disclosures**

There were no related party transactions for the year ended 31 March 2025.

**Conflicts of Interest**

There were no conflicts of interest in the year ended 31 March 25.

**FLOURISHING LIVES**

England & Wales - Charity number 1195193

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# Accounts

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REGISTERED CHARITY NUMBER: 1195193

**FLOURISHING LIVES**  
**REPORT OF THE TRUSTEES**  
**AND FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 MARCH 2024**



**FLOURISHING  
LIVES**

**FLOURISHING LIVES**

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AND FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 MARCH 2024**

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**FLOURISHING LIVES**  
**REPORT OF THE TRUSTEES**  
**FOR THE YEAR ENDED 31 MARCH 2024**

**Legal and Administrative Information**

**Name of charity**

Flourishing Lives

**Charitable Incorporated Organisation number**

1195193

**Principal and registered office**

Claremont Building, 24-27 White Lion Street, London N1 9PD

**Trustees**

Stuart Cox, Interim Chair

Maggy Pigott CBE FRSA, Age Activist Trustee

Diana Ambache, Treasurer (stepped down as Treasurer 18<sup>th</sup> July 2023)

Rhoda Idoniboye

Emma Rodwell (appointed as Trustee 7<sup>th</sup> February 2024)

Maurizio Fiaschetti (appointed as Trustee 7<sup>th</sup> February 2024)

**Banker**

CAF Bank Ltd, 25 Kings Hill Avenue, Kings Hill, West Malling, Kent, ME19 4JQ

**Independent examiner**

Andrew Moore

Blaenpentre, Swyddffynnon, Ystrad Meurig, Ceredigion, SY25 6AW

## **Report of the Trustees**

The trustees are pleased to present their report and the financial statements of Flourishing Lives for the year ended 31 March 2024.

The financial statements have been prepared in accordance with CC15d Charity Reporting and Accounting: The essentials, the Charities (Accounts and Reports) Regulations 2008 and the Charity Commission's Receipts and Payments Accounts guidance (CC16), applicable to small charities under the audit threshold preparing their accounts on a Receipts and Payments basis.

## **Structure, Governance and Management**

Flourishing Lives is a registered Charitable Incorporated Organisation (CIO) with a Board of Trustees that is responsible for deciding strategy, setting policies, appointing staff, setting, approving and reviewing the annual budget and accounts, and overseeing fundraising. Trustees are appointed through an open recruitment process and are appointed or reappointed at Trustee meetings.

Flourishing Lives has two members of staff: a full-time Programme Director, David McDonagh, and part-time Head of Engagement, Cordelia Wyche.

A steering group of Flourishing Lives' coalition partners, The Flourishing Lives Advisory Group (FLAG), meets quarterly to discuss future areas of work, share information, and advise on the strategy, design and delivery of Flourishing Lives' Best Practice programme.

A steering group of Flourishing Lives' coalition partners, The Anti-Racist Action Group (ARAG), meets quarterly to discuss future areas of work, share information, and advise on the strategy, design and delivery of Flourishing Lives' Inclusive Practice programme.

## **Risk management**

The trustees convene Board meetings every two months to review Flourishing Lives' activities and identify the risks to which it is exposed, in operations, finances and the external environment.

## **Objects and activities for Public Benefit**

The objects for which the CIO is established are:

For the public benefit, the relief of those in need by reason of old age, for people living in Greater London and the surrounding area, in particular, but not exclusively by:

- Providing training and support for projects that promote engagement with, and participation in, the arts by elderly people.
- Providing recreational facilities in the interest of social welfare with the object of improving the conditions of life for elderly people.
- Raising standards and encouraging best practice in the provision of participatory arts projects for elderly people.
- Raising awareness of the issues affecting elderly people.

We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aims and objectives and in planning our future activities.

Flourishing Lives is a London-wide coalition of arts, health and wellbeing organisations taking a creative approach to supporting richer, more independent lives for people over the age of 55. **We combat social isolation amongst older people by promoting community, expression and engagement through the arts.** We believe that building quality relationships is the heart of our work - genuinely engaging with older people as unique individuals and forming close bonds with the dedicated staff and volunteers who work alongside them.

We connect older people's groups, creative practitioners, day centres, arts organisations, health initiatives, social justice groups, grassroots community champions and international thought-leaders so that knowledge, research and resources can be shared. We deliver a variety of workshops, training, showcase arts events, support groups and inclusion programmes to help galvanize organisational collaboration, communication and resilience across the arts and wellbeing sector, for the benefit of older people.

**We strengthen and support our coalition members to flourish so that they can deliver vital support and progressive services for older people.**

#### **Flourishing Lives' Achievements and Performance 2023-24**

In our activity from 2023-24, we have built upon our rigorous coalition framework of support and development for the older people's wellbeing and arts sector to ensure that older people across Greater London can continue to flourish, socially connect, and access aspirational services, in the face of increasingly complex challenges arising from the cost of living crisis and the lasting impact of Covid on our communities and the services that support them.

Our ongoing needs analysis meetings with older people and service providers have highlighted the stark pressures that older people and services are currently facing to meet their basic needs. In a climate where many wellbeing and arts services are having to focus resources on providing essential community services – with arts organisations and venues pivoting to offer warm banks and food banks to older and vulnerable people in our communities – this carries the risk of a potential setback to aspirational services for older people, or the possible emergence of a two-tier provision, where economically disadvantaged older people struggle to meet their basic needs and face social marginalisation and mental ill-health, while more economically advantaged older people can continue to access aspirational services and the health benefits that they offer.

This is very much a live issue that we continue to address as a coalition, but our close working partnerships and our strength in depth as a central hub for the sector have enabled us to militate against these risks, respond to emerging challenges, and continue to support older people from all backgrounds to flourish. Our close collaborative relationship with Tate, for example, has resulted in older people from coalition partner groups being signposted and referred to access their free Community Breakfast and Social Lunch offers, whilst we also promote access to their aspirational older people-led Soapbox programme, to reach and include older people from our networks who might otherwise be apprehensive about attending such a programme.

As a coalition that places lived experience at the heart of our work, we have continued to strengthen our foundation of support and enhance our influential platform for older people – especially those previously isolated, from marginalised and minoritised communities, and ageing at social

intersections – to communicate with far-reaching and cross-cutting audiences, increasing awareness and understanding of the heterogeneity and complexity of older people’s needs and aspirations, highlighting key issues and recommendations, and directly educating, informing and influencing the working practice of wellbeing and arts provision across London.

In 2023-24, we have partnered with several older people’s lived experience groups, advocates, pan-equity, and social justice organisations – including the Age of Love project, the Shame Lab, MACWO Somali women’s group, and Curators of Change – that reported that they have never previously had the opportunity to connect with, educate or influence arts, cultural and wellbeing services. The central convening power of Flourishing Lives, and our crucial role as an active catalyst for the older people’s sector, has allowed us to forge those connections, create those fresh opportunities, and cultivate an environment where older people’s voices and the diversity of their experience can be heard, supporting advocacy and learning in services around vital issues including older black men’s mental health, identity-based harms, age positivity and sexuality, and shame sensitivity.

The collective knowledge base that we have continued to foster and develop – and the deepening range of resources, guidelines, developed-practice toolkits, best practice workshops, forums, roundtables, and networking opportunities that we provide – have consistently engaged an ever-growing network of organisations, keen to access and learn from the vast wealth of experience and expertise that we offer as a coalition.

In 2023-24, we have been sought out for consultation on a number of service transformation projects by national organisations and large institutions, including the Lived Experience Network and the Barbican, seeking to improve their inclusive practices and their wellbeing and arts services for older people. Coalition partners have consistently reported in feedback and needs analysis meetings that Flourishing Lives offers them a trusted space to connect, learn and reflect: “You’ve created a safe space. Flourishing Lives has created the trust and connection that allows the change to happen.”

The lived experience-led communities of practice, interest and advocacy that we have cultivated around intergenerational practice, inclusive practice, staff wellbeing, service innovation, and age activism have continued to amplify older people’s voices, support their needs and aspirations, and emphasise the vital role that we play in supporting and developing a proactively collaborative older people’s wellbeing and arts sector that benefits the diverse communities it serves.

### **Working alongside our community**

We continue to ensure that involving people from our community in the work that we do is the central driver of our practice. From governance and strategy, to research, design and delivery, everything we do is informed by older people, and the wellbeing and arts service providers who work closely alongside them. Our ongoing process of needs analysis meetings, steering group meetings, and consultations with older people, service providers, lived experience representatives, funders, and policy makers ensure that we are continually expanding our network, deepening our collective knowledge base, and collectively identifying areas where support and development is needed.

In 2023-24, we:

- expanded the Flourishing Lives coalition to 653 member organisations, forging links with 125 new coalition partners, including Libraries Connected, Gendered Intelligence, The Together Project, Black Thrive, and The National Centre for Creative Health (NCCH).
- met directly with 262 older people and older people's providers to discuss the challenges affecting older people and older people's services, and identify where support is needed.
- held 4 Flourishing Lives Advisory Group (FLAG) steering meetings, exploring topics and concerns affecting older people, and devising and planning best practice workshops to address these issues.
- held 4 Anti-Racist Action Group (ARAG) steering meetings, identifying intersectional issues affecting older people from racial minority communities and outlining plans for inclusive practice workshops and transformation projects.
- held 4 Intergenerational Forum meetings, fostering a community of practice to catalyse projects and collaborations across the sector, and help inform our ongoing intergenerational programme.
- held 3 practitioner care forum meetings, fostering a community of interest to advocate for wellbeing support for creative health providers, and help inform our ongoing reflective practice programme.
- participated in 12 Reimagining Dementia steering group meetings, co-designing workshops and a 'Take it to the Streets' activism campaign alongside people living with dementia, to counter the 'tragedy narrative' often associated with dementia.
- held 15 consultations with community/lived experience representatives to monitor the impact of our inclusive practice, intergenerational practice, reflective practice, and older people-led advocacy work, and help shape future programming.
- provided 10 consultations for organisations seeking advice and access to our collective knowledge base on service transformation in provision for older people.
- grew our @EverydayAgeism twitter/X followers from 2016 to 2238.

## **Inclusive Practice**

We promoted greater access to aspirational services for socially isolated older people – especially those from ethnic, minority and marginalised communities - through our 'Arts, Refugees and Mental Health' roundtable, 'Transformation Space' catalyst workshops, Anti-Racist Action Group (ARAG) meetings, 'Black Men and Mental Health' roundtable, and our LGBTQ+ partnership work, supporting older people from marginalised communities to share their intersectional lived experience and expertise, and directly influence and improve the outreach and inclusion strategy of 187 wellbeing and arts organisations across London and the South East:

- We partnered with Counterpoints Arts - a leading national organisation in the field of arts, migration and cultural change – to facilitate a free online 'Arts, Refugees & Mental Health' roundtable with coalition partner organisations. 43 delegates engaged with the roundtable – including representatives from Union Chapel, Foundling Museum, Centre for Mental Health, Horniman Museum, UAL, and Talk for Health – exploring the experiences of people seeking asylum in the UK, and accessing resources on anti-racist action and inclusive practice.

- Resources shared: Slides and additional resources developed from the roundtable, sharing case studies that included a range of different approaches to supporting refugees and asylum seekers in arts and wellbeing services.
- Participant feedback: 100% of respondents said that they ‘have a better awareness of the lived experiences of racism affecting people seeking asylum in the UK’ following the roundtable. 100% of respondents also said that they ‘have a better understanding of the barriers that refugees and asylum seekers face which may prevent them from accessing arts and wellbeing services’ following the roundtable.
- “Thank you for a brilliant session, I reflected on how helpful your format was, with the principles, a presentation, creative expression, valuable resources and personal accounts, first-hand experience and an inclusive environment to share and learn.”
- We also partnered with Isaac Samuels and Curators of Change – a Community Reporting group centring lived experience voices – to facilitate a free online ‘Black Men and Mental Health’ roundtable with coalition partner organisations. 30 delegates took part in the discussion - including representatives from GLA, the National Centre for Creative Health, Volunteering Matters, London Plus, and Reality Arts - exploring the lived experience of older men from Black and minoritised ethnic communities.
- Resources shared: ‘Community Reporting’ methodology toolkit; slides, video and additional resources reflecting older Black men’s personal stories of barriers to engagement, and exploring the changes that are necessary to ensure equal access for global majority men to arts and wellbeing services.
- Participant feedback: 100% of participant respondents reported that they ‘have a better awareness of the lived experiences of racism affecting Black and Brown (global majority) men’ following the roundtable. 100% also reported that ‘this awareness and understanding [will] help to inform [their] work in promoting better wellbeing for Black and Brown (global majority) men’.
- “Thanks very much for giving the space to discuss this.” “I thought that the Community Reporter idea was extremely interesting. This may be very relevant to future work.” “Lots of really great food for thought. Looking forward to next phase of this important work.”
- We devised and delivered 5 ‘Transformation Space’ catalyst workshops alongside the ARAG steering group, providing a collaborative space to catalyse anti-racist action in services and help transform engagement in wellbeing and arts for marginalised older people. 114 delegates took part in the catalyst workshops – including representatives from Hospital Rooms, ACAVA, Holloway Neighbourhood Group, Headway East London, and King’s College London – co-creating a community of practice, co-developing catalyst toolkits, and sharing thought leadership to lay the foundations for future transformation projects.
- Resources shared: co-developed toolkits and shared links from the discussions, including resources relating to anti-racist recruitment practices, funding, and safeguarding wellbeing within anti-racist action work.
- Participant feedback: “Great to get involved in more creative and inclusive ways of tackling some of the deep-rooted systemic inequalities.” “It’s a space I can come to. I can learn. I can listen.”
- We also took part in 4 Transformation consultation meetings that were catalysed as a result of the Transformation Space workshops, consulting alongside our ARAG steering group on systems change and anti-racist action projects with organisations including a national social justice network and a London Gallery.
- We also held 4 Anti-Racist Action Group (ARAG) steering meetings to outline plans for ongoing older intersectional inclusion roundtables and transformation projects.

- We also supported the development of QueerCircle’s ‘Queering Creative Health’ network, connecting QueerCircle with coalition partner organisations to ensure that older people’s voices are represented and, in turn, that the lived experiences of older LGBTQ+ people within the network are informing the inclusive practices of services across the wider wellbeing and arts sector. The network held 3 meetings in 2023-24, providing a community of practice, learning and support for LGBTQ+ wellbeing and arts service providers.
- We also initiated R&D into older men’s service provision, conducting needs analysis meetings with older men, practitioners, wellbeing and arts service providers, and funders, developing desktop research, and undertaking a mapping exercise of current provision across London that is primarily focused on engaging older men in social activities. As a result of this research, we aim to develop an older men’s services forum in 2025, offering a facilitative space of connection and discussion for older men - and services interested in developing activities for older men - to meet and identify ways in which socially-isolated older men can be better engaged, supported and inspired by wellbeing and arts services.

### **Intergenerational Practice**

We promoted greater social integration across age groups within services, to reduce the isolation of older people within age-defined silos, through our Intergenerational Roundtable, Intergenerational England advisory meetings, and by cultivating our thriving Intergenerational Forum, sharing best practice and supporting opportunities to develop intergenerational practice with 165 wellbeing and arts organisations across London and the South East:

- We held 4 Intergenerational forum meetings in partnership with leading Intergenerational Arts organisations and funders, including McCarthy Stone Foundation, Intergenerational Music Making (IMM), and Jazanne Arts, sharing practical tips and guidance around fostering creative and social connections across generations. 165 wellbeing and arts delegates – including representatives from What Works Wellbeing, NAPA, and Creative Dementia – took part in the online forum meetings, connecting and sharing learning, accessing best practice, and identifying methods and opportunities for supporting intergenerational practice in services.
- Resources shared: Monitoring and Evaluation of Intergenerational projects; Addressing Intergenerational injustices; Community Ripple effect; McCarthy Stone Foundation’s funding toolkit, exploring challenges and successes within the intergenerational funding landscape and making your case for support as an organisation.
- Participant feedback: “Sharing ideas with like-minded people. Increasing my knowledge of strategies or approaches to solutions.” “The connections we all make which will no doubt lead to great collaborations.” “If we apply for funding I know this session will help us and in the meantime it is transferable to other projects I work on.”
- We worked in partnership with LGBT Consortium on the delivery of an LGBTQ+ intergenerational catalyst roundtable. Representatives from The Open Minds Project, Pride UK Quality Standard, Sol Cafe, and Gendered Intelligence came together with delegates from arts and wellbeing organisations - including Wigmore Hall, The Children’s Society, and Apples and Honey Nightingale – to discuss the importance of intergenerational work in the LGBTQ+ community, and share the important aspects to consider when engaging in this form of intergenerational work.

- Resources shared: Links, opportunities, signposting to LGBTQ+ services, and resources from the session, sharing ideas and best practice to support greater awareness and understanding around intergenerational practice both within and outside the LGBTQ+ community.
- Participant feedback: “Massive thanks for holding space for us to share.” “Thank you to the inspiring speakers for sharing your work and practice.”
- In Autumn 2023, we also supported the launch and development of Intergenerational England (IE), led by Intergenerational Music Making (IMM). Intergenerational England is a network of organisations connecting across the arts, health, housing and education sectors to advocate for intergenerational practice at policy level. Flourishing Lives is proud to be a member of IE’s Advisory Board, advising on the development of the IE Prospectus and Theory of Change, and contributing to the IE monthly newsletters. We will continue to work closely with IE to support and develop intergenerational advocacy going forward.

### **Reflective Practice services**

We increased resilience in service provision for older people across London, providing 410 practitioners with a structure of support and reflective practice that has helped to safeguard their wellbeing, sustain and grow their working practice, and develop a more robust foundation of support for the older people who engage with their services.

- We delivered 50 Reflective Practice Group sessions and 110 1:1 sessions, offering 410 older people’s service providers a vital structure for peer support and in-depth reflection on working practice led by trained counsellors.
- Participant feedback: 75% of participant respondents ‘Agree’ and 12.5% ‘Strongly Agree’ that they ‘can reflect upon [their] work-based experiences with confidence’ as a result of the reflective practice sessions.
- Participant organisation feedback: “The team have absolutely loved the sessions and have found them very useful and helpful.”
- Resources shared: Facilitating safe spaces toolkits, including developed practice guidelines around ‘Managing behaviours that challenge in arts & wellbeing settings’ which share best practice around creating inclusive spaces whilst also safeguarding the mental health & wellbeing of the creative facilitators.
- We also conducted 2 summit meetings with practitioner care organisations and researchers to further develop and promote practitioner care advocacy across the wellbeing and arts sector.
- We held 4 consultations with our therapist facilitators and 3 participant interviews with community/coalition representatives to monitor the impact of our reflective practice activities and help shape future programming.

### **Sharing Best Practice**

Our newsletters, networking sessions and quarterly best practice workshops reduced the fragmentation of the sector by providing communities of practice and learning for providers, and galvanising organisational collaboration for the benefit of older people.

- We delivered 5 free best practice workshops alongside lived experience and specialist organisations, including Protection Approaches, the Shame Lab, Professor Luna Dolezal, the

Age of Love, and Professor Sharron Hinchliff, providing practical support for coalition members and sharing best practice resources and toolkits on: ageing well and the sexual rights of older adults; exploring shame and its effects for older people accessing wellbeing and arts services; exploring what works in building more inclusive, connected and equitable communities; practitioner care in older people's arts and wellbeing services; and supporting older people's leadership as Community Builders. 165 delegates attended the workshops – including representatives from LSO, Southbank Centre, Parkinson's UK, and Imperial Health Charity – accessing thought leadership in the respective focus areas to implement in their own provision.

- Resources shared: 'Community Building' toolkit, 'Community Building Principles' developed-practice document, Protection Approaches training certificate. 'The Age of Love' video and audio resources, 'Portraits of Menopause' resource with lived experience testimonies about the positive aspects of menopause, and 'The Sexual Rights Charter' tackling age-based discrimination. 'Introduction to Shame Competence - Workbook', with resources including 'shame compass' to apply in working practice.
- We staged 2 online networking sessions, creating facilitated opportunities for older people's wellbeing and arts delegates to directly meet and develop partnerships. Our facilitated 'speed-dating' sessions connected 74 older people's service providers, many of whom had never met before.
- Our sector development role as a central hub and connector for organisations has also led to 20 external project partnerships and collaborations directly catalysed by Flourishing Lives and co-developed between older people's wellbeing and arts organisations.
- We also delivered 12 monthly newsletters, growing our subscriber base from 893 to 1009. The newsletters had a 40.3% average click through rate, and shared opportunities and thought leadership from across the older people's services sector, including: 15 reports, 24 funding opportunities, 18 resource/toolkits, 14 research open calls/opportunities, and 45 coalition partner events/activities for older people and/or older people's service providers.
- Feedback: "Great opportunities and information here." "The diversity and specialism of your talks are consistently inspiring - a big thank you for all the thought you put into the work you do!"

### **Positive Ageing and Older People's Leadership**

We promoted the involvement of older people in their own services and activities, amplifying older people's needs and aspirations, challenging negative stereotypes, and advocating for positive ageing and older people's leadership:

- We worked alongside our Age Activist Trustee to submit to the Women and Equalities Committee, contributing submissions to an inquiry on the rights of older people, examining whether ageist stereotyping and discrimination is preventing them from participating fully in society.
- We supported 3 online 'Joy of Dementia' gatherings alongside the international Reimagining Dementia coalition. 95 dementia allies, activists, and people living with dementia came together to creatively explore and challenge the stigmas of living with dementia.
- We also worked alongside the older people-led Reimagining Dementia steering committee to co-develop and co-produce the 'Take it to the Streets' campaign, which took place in September 2023 to coincide with World Alzheimer's Day, exploring collaborations and

coordinated activities to mobilise social change around the perspectives and experiences of living with Dementia.

- Resources shared: 'Take it to the Streets' Campaign toolkit, with social media resources, event ideas.
- We also co-produced an older people-led Showcase event, 'The Old House', devised, designed, and created by dramaturg Kate Maravan, and co-produced by UK RID steering committee member Kate White. 46 people engaged in the Showcase of a performance by an aged 55+ writer, actor and dramaturg, exploring her lived experience as a dementia carer for her mother, followed by a Q&A discussion around reimagining dementia. This event was devised and led by an older coalition partner and colleague on the Reimagining Dementia steering committee, with support from Flourishing Lives. The show challenged ageist and ableist stereotypes, and explored the possibility that relating to someone with dementia can be a creative & meaningful exchange.
- We continued to develop our Communities in Residence partnership with the Barbican, hosting older people-led Wellbeing & Arts Showcase events and offering a high-profile platform for the Creative Ageing agenda. As part of our 'Flourishing Lives at Barbican' partnership, we worked alongside a Somali intergenerational group, Mother and Child Welfare Organisation (MACWO) and storyteller Richard Neville to deliver a 'Shaah iyo Sheeko' ('tea and story') Storytelling Workshop. 24 people - including delegates from Healthwatch Lewisham, Camden and Islington NHS Foundation Trust, and lived experience members of the Mother and Child Welfare Organisation (MACWO) – took part in an intimate sharing session, exploring the significance of storytelling in Somali culture and contemporary life.
- Resources shared: Slides & resources shared during the discussion, along with a video resource on 'Trauma-Informed Storytelling in Trainings', created by the National Survivor Network.
- We also worked in partnership with the Barbican and Complicite Theatre, in support of a theatre and storytelling project for older women in London, tied to Complicite's production 'Drive Your Plow Over the Bones of the Dead'. We connected Flourishing Lives community partner organisations – including Third Age Project and Ruth Winston Community Centre – with Complicite to co-produce a series of 6 free workshops for women aged 65+, with a focus on the theme of 'rebellion'. The workshops were devised and led by 20 older women, with unique access to the aspirational arts provision, resources and expertise of Complicite Theatre, and culminated in 2 Showcase sharing events in their community locations.

## **Financial Review**

Flourishing Lives is grateful to the National Lottery Community Fund for its ongoing support for the organisation, as the charity is funded under the Reaching Communities England programme until December 2024.

As at December 2024, the trustees view the charity as a going concern, as the organisation has secured additional funding from the National Lottery Community Fund under the Reaching Communities England programme until December 2029.

## **Reserves policy**

Flourishing Lives seeks to maintain free reserves equivalent to three months' core expenditure, in line with good practice. Free reserves are considered to be unrestricted funds that are not tied up in fixed assets.

## **Plans for the future**

The next year will be pivotal in the growth and development of the charity, as we plan to develop our new 5 Year Strategy for 2025-2029.

In consultation with our Age Activist Trustee and board of trustees, we plan to develop a bold and ambitious vision for the sector that will place Older People Leaders at the centre of older people's arts and wellbeing provision over the next 5 years. Learning will be at the heart of our new strategy, emphasising the vital role that older people can play as educators and leaders in their own services – experts by lived experience – and also the integral role that lifelong learning and aspirational activity can play in healthy ageing.

As we embed and implement the new 5 Year Strategy 2025-2029, we plan to increase income and grow the organisation to further scale our operations, increase our sustainability, and strengthen and develop the organisation to increase the reach and impact of our work in supporting older people's wellbeing and creative health across Greater London.

Alongside this, Flourishing Lives will continue to extend and deepen its role in developing the sector and addressing the needs and aspirations of older people, expanding our vital framework of connection and support for services and practitioners, growing our outreach and inclusion programmes, advocating for intergenerational practice and more closely integrated communities, and supporting a proactively collaborative older people's arts and wellbeing sector that benefits the diverse communities it serves.

## **Signed on behalf of the Flourishing Lives Board of Trustees:**

Signed: S.Cox

Name: Stuart Cox

Address: 47 Park View Mansions, Olympic Park Avenue, E20 1FA

Date: 15/1/25

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF**  
**FLOURISHING LIVES**

**Examiner's unqualified report (for a non-company charity preparing Receipts and Payments accounts) with a gross income of £250,000 or less in the relevant financial year.**

**Independent examiner's report to the trustees of Flourishing Lives**

I report to the charity trustees on my examination of the accounts of Flourishing Lives (the Trust) for the year ended March 2024.

**Responsibilities and basis of report**

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records; or

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed:



Name: Andrew Moore

Address: Blaenpentre, Swyddffynonn, Ystrad Meurig, SY25 6AW

Date: 15/1/25

## FLOURISHING LIVES RECEIPTS AND PAYMENTS ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2024

| Section A - Receipts and payments             |                    |                  |                 |               |               |
|---|--------------------|------------------|-----------------|---------------|---------------|
|   |                    |                  |                 | 2024          | 2023          |
|   | Unrestricted funds | Restricted funds | Endowment funds | Total funds   | Total funds   |
|   | £                  | £                | £               | £             | £             |
| <b>A1 Receipts</b>                            |                    |                  |                 |               |               |
| Grants - The National Lottery Community Fund  | -                  | 67,527           | -               | 67,527        | 67,387        |
| Grants - The Baring Foundation                | -                  | -                | -               | -             | -             |
| Receipts from Reflective Practice activities  | 9,170              | -                | -               | 9,170         | 9,300         |
| Barbican - Consult + Communities in Residence | -                  | -                | -               | -             | 5,500         |
| Interest                                      | 65                 | -                | -               | 65            | 26            |
|   | -                  | -                | -               | -             | -             |
| <b>Sub total (Gross income for AR)</b>        | <b>9,235</b>       | <b>67,527</b>    | <b>-</b>        | <b>76,761</b> | <b>82,213</b> |
| <b>A2 Asset and investment sales</b>          |                    |                  |                 |               |               |
|   | -                  | -                | -               | -             | -             |
| <b>Sub total</b>                              | <b>-</b>           | <b>-</b>         | <b>-</b>        | <b>-</b>      | <b>-</b>      |
| <b>Total receipts</b>                         | <b>9,235</b>       | <b>67,527</b>    | <b>-</b>        | <b>76,761</b> | <b>82,213</b> |
| <b>A3 Payments</b>                            |                    |                  |                 |               |               |
| Payroll                                       | -                  | 56,234           | -               | 56,234        | 54,913        |
| Insurance                                     | -                  | 408              | -               | 408           | 172           |
| Bank fees                                     | -                  | 60               | -               | 60            | 72            |
| Accounting software                           | -                  | 586              | -               | 586           | 533           |
| Evaluation (digital survey platform)          | -                  | 225              | -               | 225           | 395           |
| Cloud storage                                 | -                  | -                | -               | -             | 122           |
| Data analytics                                | 75                 | -                | -               | 75            | 84            |
| Online meeting platform                       | -                  | 288              | -               | 288           | 288           |
| Web hosting                                   | -                  | 133              | -               | 133           | 133           |
| Researcher fees                               | -                  | -                | -               | -             | 1,310         |
| Clinical supervision fees                     | 180                | -                | -               | 180           | 360           |
| Therapist consultation fees                   | -                  | -                | -               | -             | 360           |
| Artist consultation fees                      | -                  | -                | -               | -             | 210           |
| RP event - presenter fees                     | -                  | -                | -               | -             | 100           |
| RP event - facilitator                        | -                  | -                | -               | -             | 200           |
| Therapist fees                                | 8,040              | -                | -               | 8,040         | 6,375         |
| Training                                      | 27                 | 333              | -               | 360           | 250           |
| Travel  | 180                | 27               | -               | 207           | 48            |
| Advertising/promotional                       | 30                 | 134              | -               | 164           | 105           |
| RP Accessibility Bursary                      | -                  | -                | -               | -             | 540           |
| ARAG Delivery fee                             | -                  | 1,700            | -               | 1,700         | 1,375         |
| ARAG Roundtable Access Bursary                | -                  | 800              | -               | 800           | 600           |
| ARAG Steering Group Bursary                   | -                  | 750              | -               | 750           | 500           |
| ARAG Catalyst fees                            | -                  | 350              | -               | 350           | -             |
| Barbican CIR Delivery fee                     | -                  | 1,200            | -               | 1,200         | -             |
|   | -                  | -                | -               | -             | -             |
| <b>Sub total</b>                              | <b>8,532</b>       | <b>63,228</b>    | <b>-</b>        | <b>71,760</b> | <b>69,045</b> |
| <b>A4 Asset and investment purchases</b>      |                    |                  |                 |               |               |
|   | -                  | -                | -               | -             | -             |
| <b>Sub total</b>                              | <b>-</b>           | <b>-</b>         | <b>-</b>        | <b>-</b>      | <b>-</b>      |
| <b>Total payments</b>                         | <b>8,532</b>       | <b>63,228</b>    | <b>-</b>        | <b>71,760</b> | <b>69,045</b> |
| <b>Net of receipts/(payments)</b>             | <b>703</b>         | <b>4,298</b>     | <b>-</b>        | <b>5,001</b>  | <b>13,168</b> |
| <b>A5 Transfers between funds</b>             | <b>-</b>           | <b>-</b>         | <b>-</b>        | <b>-</b>      | <b>-</b>      |
| <b>A6 Cash funds last year end</b>            | <b>15,339</b>      | <b>20,320</b>    | <b>-</b>        | <b>35,659</b> | <b>22,491</b> |
| <b>Cash funds this year end</b>               | <b>16,042</b>      | <b>24,618</b>    | <b>-</b>        | <b>40,660</b> | <b>35,659</b> |

**FLOURISHING LIVES STATEMENT OF ASSETS AND LIABILITIES**  
**AS AT 31 MARCH 2024**

| <b>Section B - Statement of assets and liabilities at the end of the period</b> |   |  |                              |                                 |
|---|---|--|------------------------------|---------------------------------|
| <b>Categories</b>   | <b>Details</b>  | <b>Unrestricted funds</b>                      | <b>Restricted funds</b>      | <b>Endowment funds</b>          |
|   |   | £  | £                            | £                               |
| <b>B1 Cash funds</b>  | Cash at bank  | 16,042   | 24,618                       | -                               |
|   |   | -  | -                            | -                               |
|   | <b>Total cash funds</b>   | <b>16,042</b>                                  | <b>24,618</b>                | <b>-</b>                        |
|   | (agree balances with receipts and payments account(s))                              | OK   | OK                           | OK                              |
|   |   | <b>Unrestricted funds</b>                      | <b>Restricted funds</b>      | <b>Endowment funds</b>          |
|   |   | £  | £                            | £                               |
| <b>B2 Other monetary assets</b>   |   | -  | -                            | -                               |
|   |   |  |                              |                                 |
|   | <b>Details</b>  | <b>Fund to which asset belongs</b>             | <b>Cost (optional)</b>       | <b>Current value (optional)</b> |
| <b>B3 Investment assets</b>   |   |  | -                            | -                               |
|   |   |  |                              |                                 |
|   | <b>Details</b>  | <b>Fund to which asset belongs</b>             | <b>Cost (optional)</b>       | <b>Current value (optional)</b> |
| <b>B4 Assets retained for the</b>   |   |  | -                            | -                               |
|   |   |  |                              |                                 |
|   | <b>Details</b>  | <b>Fund to which liability relates</b>         | <b>Amount due (optional)</b> | <b>When due (optional)</b>      |
| <b>B5 Liabilities</b>   | Payroll – HMRC & Pension  | Restricted - NLCF                              | 975                          | April, May 2024                 |
|   | Costs of Charitable Activities  | Restricted - NLCF                              | 5,886                        | Nov 2024                        |
|   | Barbican - Communities in Residence costs (presenters' fees, participant bursaries) | Restricted - Barbican Communities in Residence | 1,272                        | April - Nov 2024                |
|   | Therapist invoices due  | Unrestricted funds                             | 795                          | April - Nov 2024                |

The financial statements were approved by the Flourishing Lives Board of Trustees and were signed on its behalf by:

Name: Stuart Cox

Signed: S.Cox

Date: 15/1/25

**FLOURISHING LIVES NOTES TO THE ACCOUNTS**  
**FOR THE YEAR ENDED 31 MARCH 2024**

**Basis of accounting**

These accounts have been prepared on the Receipts and Payments basis in accordance with CC15d Charity Reporting and Accounting: The essentials, and the Charities (Accounts and Reports) Regulations 2008.

**Fund accounting**

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

**2022/2023 Accounts**

These are restated to reflect updated policies and procedures on treatment of payroll and fund accounting issues and for the purposes of consistency within the Receipts and Payments accounting guidelines.

**Taxation**

The charity is exempt from tax on its charitable activities.

**Pension costs and other past-retirement benefits**

The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

**Trustees' remuneration and benefits**

There were no trustees' remuneration or other benefits for the year ended 31 March 2024.

**Staff costs**

No employees received emoluments in excess of £60,000.

**Related party disclosures**

There were no related party transactions for the year ended 31 March 2024.

**Conflicts of Interest**

There were no conflicts of interest in the year ended 31 March 24.

**FLOURISHING LIVES**

England & Wales - Charity number 1195193

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# Accounts

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REGISTERED CHARITY NUMBER: 1195193

**FLOURISHING LIVES**  
**REPORT OF THE TRUSTEES**  
**AND FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 MARCH 2023**



**FLOURISHING  
LIVES**

**FLOURISHING LIVES**

**CONTENTS OF THE REPORT OF THE TRUSTEES  
AND FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 MARCH 2023**

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**FLOURISHING LIVES**  
**REPORT OF THE TRUSTEES**  
**FOR THE YEAR ENDED 31 MARCH 2023**

**Legal and Administrative Information**

**Name of charity**

Flourishing Lives

**Charitable Incorporated Organisation number**

1195193

**Principal and registered office**

Claremont Building, 24-27 White Lion Street, London N1 9PD

**Trustees**

Rhoda Idoniboye, Chair (stepped down as Chair 6<sup>th</sup> December 2022)

Diana Ambache, Treasurer

Stuart Cox, Interim Chair (appointed as Interim Chair 6<sup>th</sup> December 2022)

Maggy Pigott CBE FRSA, Age Activist Trustee

**Banker**

CAF Bank Ltd, 25 Kings Hill Avenue, Kings Hill, West Malling, Kent, ME19 4JQ

**Independent examiner**

Mehdi Faraji

Western Tehran Tax Affairs Office, Iranian National Tax Administration, Tehran, Iran

## **Report of the Trustees**

The trustees are pleased to present their report and the financial statements of Flourishing Lives for the year ended 31 March 2023.

The financial statements have been prepared in accordance with CC15d Charity Reporting and Accounting: The essentials, the Charities (Accounts and Reports) Regulations 2008 and the Charity Commission's Receipts and Payments Accounts guidance (CC16), applicable to small charities under the audit threshold preparing their accounts on a Receipts and Payments basis.

## **Structure, Governance and Management**

Flourishing Lives is a registered Charitable Incorporated Organisation (CIO) with a Board of Trustees that is responsible for deciding strategy, setting policies, appointing staff, setting, approving and reviewing the annual budget and accounts, and overseeing fundraising. Trustees are appointed through an open recruitment process and are appointed or reappointed at Trustee meetings.

Flourishing Lives has two members of staff: a full-time Programme Director, David McDonagh, and part-time Head of Engagement, Cordelia Wyche.

A steering group of Flourishing Lives' coalition partners, The Flourishing Lives Advisory Group (FLAG), meets quarterly to discuss future areas of work, share information, and advise on the strategy, design and delivery of Flourishing Lives' Best Practice programme.

A steering group of Flourishing Lives' coalition partners, The Anti-Racist Action Group (ARAG), meets quarterly to discuss future areas of work, share information, and advise on the strategy, design and delivery of Flourishing Lives' Inclusive Practice programme.

## **Risk management**

The trustees convene Board meetings every two months to review Flourishing Lives' activities and identify the risks to which it is exposed, in operations, finances and the external environment.

## **Objects and activities for Public Benefit**

The objects for which the CIO is established are:

For the public benefit, the relief of those in need by reason of old age, for people living in Greater London and the surrounding area, in particular, but not exclusively by:

- Providing training and support for projects that promote engagement with, and participation in, the arts by elderly people.
- Providing recreational facilities in the interest of social welfare with the object of improving the conditions of life for elderly people.
- Raising standards and encouraging best practice in the provision of participatory arts projects for elderly people.
- Raising awareness of the issues affecting elderly people.

We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aims and objectives and in planning our future activities.

Flourishing Lives is a London-wide coalition of arts, health and wellbeing organisations taking a creative approach to supporting richer, more independent lives for people over the age of 55. **We combat social isolation amongst older people by promoting community, expression and engagement through the arts.** We believe that building quality relationships is the heart of our work - genuinely engaging with older people as unique individuals and forming close bonds with the dedicated staff and volunteers who work alongside them.

We connect older people's groups, creative practitioners, day centres, arts organisations, health initiatives, social justice groups, grassroots community champions and international thought-leaders so that knowledge, research and resources can be shared. We deliver a variety of workshops, training, showcase arts events, support groups and inclusion programmes to help galvanize organisational collaboration, communication and resilience across the arts and wellbeing sector, for the benefit of older people.

**We strengthen and support our coalition members to flourish so that they can deliver vital support and progressive services for older people.**

### **Flourishing Lives' Achievements and Performance 2022-23**

Flourishing Lives was established as an independent Charitable Incorporated Organisation on the 1<sup>st</sup> December 2021, with three years' core funding from The National Lottery Community Fund and six month's project funding from The Baring Foundation. Prior to that, Flourishing Lives had operated as a project since 2016 under the governance of the Claremont Project in Islington. 2022-2023 marked the first full financial year of activity of Flourishing Lives as an independent charity.

Our activity from 2022-23 emphasised the fundamental role that Flourishing Lives plays in supporting and developing older people's wellbeing and arts provision across London, and underlined the crucial position that the coalition holds as a central hub for the sector, amplifying older people's voices and leadership, championing positive ageing, catalysing intergenerational projects, developing inclusive practice initiatives alongside pan-equity and lived experience organisations, growing our collective knowledge base by sharing best practice, forging close working partnerships with international thought leaders and grassroots community groups, and cultivating a thriving network that helps to galvanize organisational collaboration, communication and resilience across the sector for the benefit of older people.

In 2022-23, we:

- developed the organisational infrastructure and governance of the new Flourishing Lives CIO, expanding our Board of Trustees and developing the role of Age Activist Trustee to provide strategic guidance for our ongoing age advocacy work.
- conducted a comprehensive needs analysis of service provision for older people across London: examining the impact of Covid on services, providers and the needs and aspirations of older people; exploring how the pandemic has affected perceptions of ageing and older people; listening to the challenges and successes that organisations are experiencing; and identifying ways in which we can best support the sector to build back and develop through our programmatic areas of work.

- launched and cultivated a thriving intergenerational forum for people and organisations to connect, learn, and develop more intergenerational activities in their services. The success of the forum has led to the development of an intergenerational advocacy campaign, which is currently in R&D phase, and our partnership on an Intergenerational Arts Conference at the Royal Albert Hall, alongside Intergenerational Music Making (IMM), which took place in February 2023.
- developed inclusive practice initiatives to explore and amplify the lived experience of people ageing at the intersections within our communities: working alongside pan-equality, social equity and lived experience organisations to devise and deliver roundtables, sensitivity training, and workshops, focusing on older LGBTQ+ awareness, Anti-Racist action, and ageing and neurodiversity, ensuring that older people's intersectional lived experience directly informs and improves inclusion in services.
- secured a grant uplift with the kind support of NLCF to ensure that we can appropriately remunerate people, and organisations led by people, who are ethnically and culturally diverse for their time and expertise in the design and delivery of our inclusive practice partnership work, and also to appropriately resource the ongoing development of our Anti-Racist Action steering group which provides strategic guidance for our inclusive practice programme.
- responded to the increasing need and demand for wellbeing support for providers of creative health for older people through expanding our reflective practice services, sharing research and advocacy, and developing a growing community of interest around practitioner care alongside therapists, commissioners, academics, and other sector development agencies to support the resilience of provision.
- promoted the positive ageing agenda and older people's leadership, amplifying the voices and raising the profile of older people in skills-based volunteering, active bystander training, age activism, and creative co-production with people living with dementia, advocating for the skills, experience, and expertise of older people to be valued and directly informing their own services.
- launched a new partnership with the Barbican to create a high-profile platform for the Creative Ageing agenda, inviting Flourishing Lives and our coalition partners to produce an exciting series of workshops, events and activities at the Barbican, showcasing the inspiring work of our coalition organisations and their community members, and celebrating the immense contribution that older people make to both art and society.

### **Working alongside our community**

Involving people from our community in the work we do is central to our practice. Everything we do is informed by an ongoing process of needs analysis meetings and consultations with people across the sector, forging links with new coalition partners to expand the network and develop our collective knowledge base, providing forums to foster communities of interest and practice around key areas of focus, and meeting regularly with our community members and steering groups to examine the strengths of services and identify areas where support and development is needed.

In 2022-23, we:

- expanded the Flourishing Lives coalition to 528 member organisations, forging links with 89 new coalition partners, including Asperger London Area Group, Dizzy Press, Protection Approaches, JaZanne Arts, and Women Over Fifty Film Festival (WOFFF).

- met directly with 266 older people and older people’s providers to discuss the challenges affecting older people and older people’s services, and identify where support is needed.
- developed the Flourishing Lives Board of Trustees to ensure that the organisation is led by the communities it serves, with 50% of the Board aged over 55, and 50% involved in direct wellbeing and arts service provision.
- held 4 Flourishing Lives Advisory Group (FLAG) steering meetings, exploring topics and concerns affecting older people, and devising and planning best practice workshops to address these issues.
- held 4 Anti-Racist Action Group (ARAG) steering meetings, identifying intersectional issues affecting older people from racial minority communities and outlining plans for inclusive practice workshops and transformation projects.
- held 4 Intergenerational Forum meetings, fostering a community of practice to catalyse projects and collaborations across the sector, and help inform our ongoing intergenerational programme.
- held 3 practitioner care forum meetings, fostering a community of interest to advocate for wellbeing support for creative health providers, and help inform our ongoing reflective practice programme.
- participated in 9 Reimagining Dementia steering group meetings, co-designing workshops and a music video campaign alongside people living with dementia, to counter the ‘tragedy narrative’ often associated with dementia.
- held 15 consultations with community/lived experience representatives to monitor the impact of our inclusive practice, intergenerational practice, reflective practice, and older people-led advocacy work, and help shape future programming.
- provided 7 consultations for organisations seeking advice and access to our collective knowledge base on service transformation in provision for older people.
- grew our @EverydayAgeism twitter followers from 1852 to 2016.

## **Inclusive Practice**

We promoted greater access to aspirational services for socially isolated older people – especially those from ethnic, minority and marginalised communities - through our LGBTQ+ Inclusive Practice roundtable, Cultural Humility and Anti-Racism workshop, Exploring Health Inequalities roundtable, and Ageing and Neurodiversity roundtable, supporting older people from marginalised communities to share their intersectional lived experience and expertise, and directly influence and improve the outreach and inclusion strategy of 157 wellbeing and arts organisations across London and the South East:

- We staged an Inclusive Practice roundtable focusing on improving allyship for older LGBTQ+ people in wellbeing and arts services. 29 wellbeing and arts delegates came together with representatives from LGBTQ+ organisations – including Opening Doors and Queer Circle - to identify potential barriers to access to services, and consider how these can be overcome.
- Resources shared: Allyship toolkit developed from roundtable.
- Participant feedback: “Really useful to think about small steps we can take to provide inclusive spaces and programmes (e.g. visibility)” [Dr Emily Bradfield, Charity Director, Arts and Minds]
- We staged an Inclusive Practice roundtable focusing on Ageing and Neurodiversity, alongside the NHS England Autism Programme team and lived experience representatives.

34 wellbeing and arts delegates came together with older people who were diagnosed as autistic in adulthood to share questions, examples of best practice, current opportunities, and adjustments to practice and inclusion within their organisations.

- Resources shared: Welcoming Older Autistic People toolkit developed from the roundtable, with Resources, Links & opportunities to connect.
- Participant feedback: “It will enable my colleagues at the British Library to become more aware of the needs of older autistic people, so we can help them make their visits more comfortable and enjoyable.”
- We also partnered with Mabadiliko CIC – a black-led organisation specialising in inclusion and equity for racial groups – to deliver a free online Cultural Humility and Anti-Racist Action workshop for coalition member organisations. 22 delegates attended the session – including representatives from Dulwich Picture Gallery, Culture Health & Wellbeing Alliance, and The Cares Family – accessing training and resources exploring anti-racist action and behaviour change in arts & wellbeing.
- Resources shared: E-learning slides, links and resources outlining how to understand and appreciate difference in the lived experience of others, how to identify and respond to racial discrimination and (micro)aggressions, and how to identify tangible changes to embed Cultural Humility and anti-racism in their services.
- Participant feedback: “It was great to take part in the cultural humility event. I’m very much interested in inclusion and access within the arts and health sector, so there’s much alignment in our beliefs!”
- We partnered with the Race Equality Foundation - a national charity tackling racial inequality in public services – to facilitate a free online ‘Exploring Health Inequalities’ roundtable with coalition partner organisations. 72 delegates engaged with the roundtable – including representatives from Ageing Better, Age UK, Southwark Council, ACAVA, LSO, UCL, and the World Health Organisation – exploring the experiences of people living at the intersection of race and ageing, and accessing resources on anti-racist action and inclusive practice.
- Resources shared: Slides and additional resources developed from the roundtable, exploring health inequalities at the intersections of race and older age, and identifying actions that can/should be taken to address health inequalities and promote better wellbeing for Black, Asian and minority ethnic communities.
- Participant feedback: 100% of participant respondents gave a 5 out of 5 star feedback response to the statement ‘Will this awareness and understanding of health inequalities help to inform your work in promoting better wellbeing for Black, Asian and minority ethnic communities?’
- We also held 4 Anti-Racist Action Group (ARAG) steering meetings to outline plans for older intersectional inclusion roundtables and transformation projects. The group identified the need for additional funding to provide accessibility budgets for lived experience representatives and further resources for workshops and roundtables, so we successfully secured a Grant Uplift with the kind support of NLCF to provide additional resources and funding to support these activities going forward.

### **Intergenerational Practice**

We promoted greater social integration across age groups within services, to reduce the isolation of older people within age-defined silos, through our Intergenerational Roundtable, catalyst workshop, and by launching and cultivating our thriving Intergenerational Forum, sharing best practice and

supporting opportunities to develop intergenerational practice with 367 wellbeing and arts organisations across London and the South East:

- We held 4 Intergenerational forum meetings, in partnership with leading Intergenerational Arts organisations, including Magic Me, InCommon and Time & Talents, sharing practical tips and guidance around fostering creative and social connections across generations. 119 wellbeing and arts delegates – including representatives from Hackney Council, Imperial College, and Tate – took part in the quarterly online forum meetings, connecting and sharing learning, accessing best practice, and identifying methods and opportunities for supporting intergenerational practice in services.
- Resources shared: Magic Me’s core Principles and Motivations of Intergenerational practice. Time & Talents’ ‘Green Wall’ project example. InCommon’s anti-prejudice intergenerational charter.
- Participant feedback: “What a great gathering today. So glad I attended. Some very interesting thoughts and themes appearing about intergenerational arts, difficulties faced and how future projects will have to have a big element of co-production if they are going to survive.” [Arti Prashar OBE, Theatremaker Consultant]
- We also worked in partnership with Intergenerational Music Making (IMM) on the delivery of an intergenerational catalyst conference at the Royal Albert Hall, ‘Intergenerational Practice: Creating Change Together’. 120 delegates attended - including representatives and speakers from Magic Me, CADA, Care England, and the House of Lords - with the aim of catalysing a campaign advocating for intergenerational practice at commissioning and policy level, and supporting the development of an Intergenerational ‘centre of excellence’ sector hub.
- We also staged an Intergenerational catalyst workshop and roundtable alongside the Global Play Brigade, an international intergenerational improv theatre coalition, and Turning Point, an intergenerational mental health charity in India. The events brought together 128 wellbeing and arts delegates, alongside younger and older community members across 3 continents, to access international thought leadership in service innovation and catalyse an intergenerational ‘imagination ensemble’ for wellbeing and arts services to implement in their own provision.
- Resources shared: ‘imagination ensemble’ toolkit and collective poem.

### **Reflective Practice services and Baring Foundation research project**

We increased resilience in service provision for older people across London, providing 232 practitioners with a structure of support and reflective practice that has helped to safeguard their wellbeing, sustain and grow their working practice, and develop a more robust foundation of support for the older people who engage with their services.

- We delivered 27 Reflective Practice Group sessions and 70 1:1 sessions, offering 232 older people’s service providers a vital structure for peer support and in-depth reflection on working practice led by trained counsellors.
- Participant feedback: “One of the great benefits of these groups is the opportunity to experience the support of colleagues and share ideas in a safe space.”
- Participant organisation feedback: “The sessions have been a really valuable space to pause and we’ve been finding ways of actioning ideas that come up, which is so useful.”

- We were granted six month's project funding by The Baring Foundation to deliver 36 free Reflective Practice Group sessions to 12 arts and wellbeing organisational teams, conduct research into the impact of wellbeing support on their work, and produce a research report.
- The research report was published in September 2022 at a launch event attended by 62 wellbeing and arts delegates, commissioners, funders and practitioners, sharing and accessing best practice in creative practitioner care.
- Resources shared: practitioner care toolkit & reading list, 'Flourishing Lives: Reflective Practice Groups' report by Nicola Naismith, 'Reflective Practice in Arts & Wellbeing' webinar recording.
- We also conducted 3 summit meetings with practitioner care specialist organisations to plan the development of a practitioner care advocacy campaign.

### **Sharing Best Practice**

Our newsletters, networking sessions and quarterly best practice workshops reduced the fragmentation of the sector by providing communities of practice and learning for providers, and galvanising organisational collaboration for the benefit of older people.

- We delivered 4 free best practice workshops alongside lived experience and specialist organisations, including the Asperger London Area Group, Cos Michael, Protection Approaches, and Reach Volunteering, providing practical support for coalition members and sharing best practice resources and toolkits on: tackling identity-based harms in communities; welcoming older autistic people into arts and cultural spaces; affective support in older people's services; and skills-based volunteering and supporting older people's leadership. 127 delegates attended the workshops – including representatives from Resonate Arts, Francis Crick Institute, and Hackney Council – accessing thought leadership in the respective focus areas to implement in their own provision.
- Resources shared: 'Active Bystander' toolkit, outlining the principles and strategies of intervention in identity-based prejudice, harassment or violence. Affective support toolkits and links to menus of support for providers. Powerpoint slides, links, resources and video recording sharing practical tips and guidelines on skills-based volunteering. Developed practice guidelines and lived experience presentation slides offering practical steps to making venues and events more inclusive to older autistic people.
- We staged 2 online networking sessions, creating facilitated opportunities for older people's wellbeing and arts delegates to directly meet and develop partnerships. Our facilitated 'speed-dating' sessions connected 56 older people's service providers, many of whom had never met before.
- Our sector development role as a central hub and connector for organisations has also led to 12 external project partnerships and collaborations directly catalysed by Flourishing Lives and co-developed between older people's wellbeing and arts organisations.
- We also delivered 12 monthly newsletters, growing our subscriber base from 787 to 893. The newsletters had a 33.6% average click through rate, and shared opportunities and thought leadership from across the older people's services sector, including: 17 reports, 21 funding opportunities, 16 resource/toolkits, and 47 coalition partner events/activities for older people and/or older people's service providers.

- Feedback: “Amazing organisation. The training sessions and networking events are always incredibly well curated, respond to the needs of the sector, and fill a much needed gap in training for our staff.” “You have been the one support thank you”.

### **Positive Ageing and Older People’s Leadership**

We promoted the involvement of older people in their own services and activities, amplifying older people’s needs and aspirations, challenging negative stereotypes, and advocating for positive ageing and older people’s leadership:

- We have undertaken an R&D process alongside our Age Activist Trustee, Maggy Pigott CBE, exploring the development of a positive ageing manifesto and campaign around ‘What the Arts Can Do for Older People & What Older People Can Do for the Arts’. As part of the R&D process, our Age Activist Trustee has met with Positive Ageing advocates – including Age & Opportunity in Ireland, and the Creative Ageing Lived Experience Network (CALEN) – to explore ideas and identify areas where older people-led activism can be further developed.
- We co-produced 5 online ‘Joy of Dementia’ gatherings with the international Reimagining Dementia coalition. 142 dementia allies, activists, and people living with dementia came together to creatively explore and challenge the stigmas of living with dementia.
- Resources shared: ‘Let’s Reimagine!’ music video campaign, created alongside people living with dementia and Grammy Award winning music producer Simon Law, to counter the ‘tragedy narrative’ often associated with dementia.
- We launched a new Communities in Residence partnership with the Barbican to host older people-led Wellbeing & Arts Festivals and create a high-profile platform for the Creative Ageing agenda, inviting Flourishing Lives and our coalition partners to produce an exciting series of workshops, events and activities at the Barbican, showcasing the inspiring work of our coalition organisations and their community members, and celebrating the immense contribution that older people make to both art and society.
- Our first ‘Flourishing Lives Series at Barbican’ event was delivered in partnership with Chickenshed Theatre and the Claremont Project, bringing leading intergenerational arts providers together with 51 younger and older people to showcase their work, share best practice, and co-produce a creative celebration of intergenerational theatre to change the public discourse around ageing.
- Participants were asked to write down three words to describe how they felt by the end of the workshop. Of the 22 feedback forms filled out, ‘connected’ (and words related to it like connection) were used 15 times, with ‘happy’ used 8 times.

### **Funding**

Flourishing Lives is grateful to the National Lottery Community Fund for its ongoing support for the organisation, as the charity is funded under the Reaching Communities England programme until 2024. Flourishing Lives is also grateful to The Baring Foundation for its support and funding for its six month research project from Dec 2021 – May 2022, offering reflective practice support for artists working in mental health contexts.

## **Reserves policy**

Flourishing Lives seeks to maintain free reserves equivalent to three months' core expenditure, in line with good practice. Free reserves are considered to be unrestricted funds that are not tied up in fixed assets.

## **Plans for the future**

Flourishing Lives will continue to extend and deepen its role in developing the sector and addressing the needs and aspirations of older people, expanding our vital framework of connection and support for services and practitioners, growing our outreach and inclusion programmes, advocating for intergenerational practice and more closely integrated communities, and supporting a proactively collaborative older people's arts and wellbeing sector that benefits the diverse communities it serves.

We plan to support the development of 'Intergenerational England', led by Intergenerational Music Making (IMM). Intergenerational England will establish a central space for sharing best practices, research, and innovation, while working to transform our collective expertise into policies that address the challenges and opportunities faced by our society. Flourishing Lives will serve on the core steering group for this new intergenerational centre of excellence.

We plan to develop a series of Anti-Racist 'Transformation Space' workshops, alongside our Anti-Racist Action Group (ARAG) partners, that we will co-deliver from June 2023, providing a collaborative space to catalyse anti-racist action in services and help transform engagement in wellbeing and arts for marginalised older people.

We are also working in collaboration with Dizzy Press – an independent literary publisher dedicated to producing high-quality books of poetry by disabled poets – in support of a project led by Joe Bidder, an 81-year-old disabled poet and editor, as part of a 'Warriors & Saints' community engagement initiative to amplify older people's stories and perspectives.

## **Signed on behalf of the Flourishing Lives Board of Trustees:**

Signed: S.Cox

Name: Stuart Cox

Address: 47 Park View Mansions, Olympic park Avenue, E20 1FA

Date: 27/7/23

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF**  
**FLOURISHING LIVES**

**Examiner's unqualified report (for a non-company charity preparing Receipts and Payments accounts) with a gross income of £250,000 or less in the relevant financial year.**

**Independent examiner's report to the trustees of Flourishing Lives**

I report to the charity trustees on my examination of the accounts of Flourishing Lives (the Trust) for the year ended March 2023.

**Responsibilities and basis of report**

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed:



Name: Mehdi Faraji

Address: Western Tehran Tax Affairs Office, Iranian National Tax Administration, Tehran, Iran

Date: 4<sup>th</sup> August 2023

**FLOURISHING LIVES RECEIPTS AND PAYMENTS ACCOUNT**  
**FOR THE YEAR ENDED 31 MARCH 2023**

| <b>Section A - Receipts and payments</b>      |                    |                  |                 |               |               |
|---|--------------------|------------------|-----------------|---------------|---------------|
|   |                    |                  |                 | 2023          | 2022          |
|   | Unrestricted funds | Restricted funds | Endowment funds | Total funds   | Total funds   |
|   | £                  | £                | £               | £             | £             |
| <b>A1 Receipts</b>                            |                    |                  |                 |               |               |
| Grants - The National Lottery Community Fund  | -                  | 67,387           | -               | 67,387        | 30,000        |
| Grants - The Baring Foundation                | -                  |                  | -               | -             | 10,000        |
| Receipts from Reflective Practice activities  | 9,300              | -                | -               | 9,300         | 2,575         |
| Employers Allowance                           | 5,000              | -                | -               | 5,000         | 1,529         |
| Barbican - Consult + Communities in Residence | 3,000              | 2,500            | -               | 5,500         | -             |
| Interest                                      | 26                 |                  | -               | 26            | -             |
|   | -                  | -                | -               | -             | -             |
| <b>Sub total (Gross income for AR)</b>        | <b>17,326</b>      | <b>69,887</b>    | <b>-</b>        | <b>87,213</b> | <b>44,104</b> |
| <b>A2 Asset and investment sales</b>          |                    |                  |                 |               |               |
|   | -                  | -                | -               | -             | -             |
| <b>Sub total</b>                              | <b>-</b>           | <b>-</b>         | <b>-</b>        | <b>-</b>      | <b>-</b>      |
| <b>Total receipts</b>                         | <b>17,326</b>      | <b>69,887</b>    | <b>-</b>        | <b>87,213</b> | <b>44,104</b> |
| <b>A3 Payments</b>                            |                    |                  |                 |               |               |
| Payroll                                       | 1,469              | 58,524           | -               | 59,993        | 18,888        |
| Insurance                                     | -                  | 172              | -               | 172           | 46            |
| Bank fees                                     | -                  | 72               | -               | 72            | 24            |
| Accounting software                           | -                  | 533              | -               | 533           | 53            |
| Evaluation (digital survey platform)          | -                  | 395              | -               | 395           | 45            |
| Cloud storage                                 | 122                | -                | -               | 122           | -             |
| Data analytics                                | -                  | 84               | -               | 84            | -             |
| Online meeting platform                       | -                  | 288              | -               | 288           | -             |
| Web hosting                                   | -                  | 133              | -               | 133           | -             |
| Researcher fees                               | -                  | 1,310            | -               | 1,310         | 680           |
| Clinical supervision fees                     | 120                | 240              | -               | 360           | 240           |
| Therapist consultation fees                   | -                  | 360              | -               | 360           | -             |
| Artist consultation fees                      | -                  | 210              | -               | 210           | -             |
| RP event - presenter fees                     | -                  | 100              | -               | 100           | -             |
| RP event - facilitator                        | -                  | 200              | -               | 200           | -             |
| Therapist fees                                | 4,575              | 1,800            | -               | 6,375         | 2,385         |
| Training                                      | -                  | 250              | -               | 250           | -             |
| Travel  | 48                 | -                | -               | 48            | -             |
| Advertising/promotional                       | -                  | 105              | -               | 105           | -             |
| RP Accessibility Bursary                      | -                  | 540              | -               | 540           | -             |
| ARAG Delivery fee                             | -                  | 1,375            | -               | 1,375         | -             |
| ARAG Roundtable Access Bursary                | -                  | 600              | -               | 600           | -             |
| ARAG Steering Group Bursary                   | -                  | 500              | -               | 500           | -             |
|   | -                  | -                | -               | -             | -             |
| <b>Sub total</b>                              | <b>6,333</b>       | <b>67,791</b>    | <b>-</b>        | <b>74,125</b> | <b>22,361</b> |
| <b>A4 Asset and investment purchases</b>      |                    |                  |                 |               |               |
|   | -                  | -                | -               | -             | -             |
| <b>Sub total</b>                              | <b>-</b>           | <b>-</b>         | <b>-</b>        | <b>-</b>      | <b>-</b>      |
| <b>Total payments</b>                         | <b>6,333</b>       | <b>67,791</b>    | <b>-</b>        | <b>74,125</b> | <b>22,361</b> |
| <b>Net of receipts/(payments)</b>             | <b>10,993</b>      | <b>2,096</b>     | <b>-</b>        | <b>13,089</b> | <b>21,743</b> |
| <b>A5 Transfers between funds</b>             | <b>-</b>           | <b>-</b>         | <b>-</b>        | <b>-</b>      | <b>-</b>      |
| <b>A6 Cash funds last year end</b>            | <b>3,519</b>       | <b>18,224</b>    | <b>-</b>        | <b>21,743</b> | <b>-</b>      |
| <b>Cash funds this year end</b>               | <b>14,512</b>      | <b>20,320</b>    | <b>-</b>        | <b>34,832</b> | <b>21,743</b> |

**FLOURISHING LIVES STATEMENT OF ASSETS AND LIABILITIES**  
**AS AT 31 MARCH 2023**

| Section B - Statement of assets and liabilities at the end of the period |   |                                      |                       |                          |
|--|---|--------------------------------------|-----------------------|--------------------------|
| Categories   | Details   | Unrestricted funds<br>£              | Restricted funds<br>£ | Endowment funds<br>£     |
| <b>B1 Cash funds</b>   | Cash at bank  | 14,512                               | 20,320                | -                        |
|  |   | -                                    | -                     | -                        |
|  | <b>Total cash funds</b>   | <b>14,512</b>                        | <b>20,320</b>         | <b>-</b>                 |
|  | (agree balances with receipts and payments account(s))                              | OK                                   | OK                    | OK                       |
|  | Details   | Unrestricted funds<br>£              | Restricted funds<br>£ | Endowment funds<br>£     |
| <b>B2 Other monetary assets</b>  |   | -                                    | -                     | -                        |
|  | Details   | Fund to which asset belongs          | Cost (optional)       | Current value (optional) |
| <b>B3 Investment assets</b>  |   |                                      | -                     | -                        |
|  | Details   | Fund to which asset belongs          | Cost (optional)       | Current value (optional) |
| <b>B4 Assets retained for the</b>  |   |                                      | -                     | -                        |
|  | Details   | Fund to which liability relates      | Amount due (optional) | When due (optional)      |
| <b>B5 Liabilities</b>  | Payroll   | Restricted - NLCF                    | 10,009                | April, May 2023          |
|  | Costs of Charitable Activities  | Restricted - NLCF                    | 560                   | April, May 2023          |
|  | Barbican - Communities in Residence costs (presenters' fees, participant bursaries) | Restricted - Barbican Communities in | 2,500                 | April 2023 - March 2024  |
|  | Therapist invoices due  | Unrestricted funds                   | 3,315                 | April - July 2023        |

The financial statements were approved by the Flourishing Lives Board of Trustees and were signed on its behalf by:

Name: Stuart Cox

Signed: S.Cox

Date: 27/7/23

**FLOURISHING LIVES NOTES TO THE ACCOUNTS**  
**FOR THE YEAR ENDED 31 MARCH 2023**

**Basis of accounting**

These accounts have been prepared on the Receipts and Payments basis in accordance with CC15d Charity Reporting and Accounting: The essentials, and the Charities (Accounts and Reports) Regulations 2008.

**Fund accounting**

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

**Taxation**

The charity is exempt from tax on its charitable activities.

**Pension costs and other past-retirement benefits**

The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

**Trustees' remuneration and benefits**

There were no trustees' remuneration or other benefits for the year ended 31 March 2023.

**Staff costs**

No employees received emoluments in excess of £60,000.

**Related party disclosures**

There were no related party transactions for the year ended 31 March 2023.

**FLOURISHING LIVES**

England & Wales - Charity number 1195193

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# Accounts

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REGISTERED CHARITY NUMBER: 1195193

**FLOURISHING LIVES**  
**REPORT OF THE TRUSTEES**  
**AND FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 MARCH 2022**



**FLOURISHING  
LIVES**

**FLOURISHING LIVES**

**CONTENTS OF THE REPORT OF THE TRUSTEES  
AND FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 MARCH 2022**

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**FLOURISHING LIVES**  
**REPORT OF THE TRUSTEES**  
**FOR THE YEAR ENDED 31 MARCH 2022**

**Legal and Administrative Information**

**Name of charity**

Flourishing Lives

**Charitable Incorporated Organisation number**

1195193

**Principal and registered office**

Claremont Building, 24-27 White Lion Street, London N1 9PD

**Trustees**

Rhoda Idoniboye, Chair

Diana Ambache, Treasurer (appointed 25<sup>th</sup> March 2022)

Stuart Cox

Natalia Cid Garcia, interim Trustee (appointed 21<sup>st</sup> December 2021)

Maggy Pigott CBE FRSA, Age Activist Trustee (appointed 25<sup>th</sup> March 2022)

Lucien Paul Stanfield, interim Trustee (resigned 21<sup>st</sup> December 2021)

**Banker**

CAF Bank Ltd, 25 Kings Hill Avenue, Kings Hill, West Malling, Kent, ME19 4JQ

**Independent examiner**

Can Salik

S&F, Myworkspot, Clyde House, Reform Road, Maidenhead, Berkshire, SL6 8BY

## **Report of the Trustees**

The trustees are pleased to present their report and the financial statements of Flourishing Lives for the year ended 31 March 2022.

The financial statements have been prepared in accordance with CC15d Charity Reporting and Accounting: The essentials, the Charities (Accounts and Reports) Regulations 2008 and the Charity Commission's Receipts and Payments Accounts guidance (CC16), applicable to small charities under the audit threshold preparing their accounts on a Receipts and Payments basis.

## **Structure, Governance and Management**

Flourishing Lives is a registered Charitable Incorporated Organisation (CIO) with a Board of Trustees that is responsible for deciding strategy, setting policies, appointing staff, setting, approving and reviewing the annual budget and accounts, and overseeing fundraising. Trustees are appointed through an open recruitment process and are appointed or reappointed at Trustee meetings.

Flourishing Lives has two members of staff: a full-time Programme Director, David McDonagh, and part-time Head of Engagement, Cordelia Wyche.

A steering group of Flourishing Lives' coalition partners, The Flourishing Lives Advisory Group (FLAG), meets quarterly to discuss future areas of work, share information, and advise on the strategy, design and delivery of Flourishing Lives' Best Practice programme.

A steering group of Flourishing Lives' coalition partners, The Anti-Racist Action Group (ARAG), meets quarterly to discuss future areas of work, share information, and advise on the strategy, design and delivery of Flourishing Lives' Inclusive Practice programme.

## **Risk management**

The trustees convene Board meetings every two months to review Flourishing Lives' activities and identify the risks to which it is exposed, in operations, finances and the external environment.

## **Objects and activities for Public Benefit**

The objects for which the CIO is established are:

For the public benefit, the relief of those in need by reason of old age, for people living in Greater London and the surrounding area, in particular, but not exclusively by:

- Providing training and support for projects that promote engagement with, and participation in, the arts by elderly people.
- Providing recreational facilities in the interest of social welfare with the object of improving the conditions of life for elderly people.
- Raising standards and encouraging best practice in the provision of participatory arts projects for elderly people.
- Raising awareness of the issues affecting elderly people.

We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aims and objectives and in planning our future activities.

Flourishing Lives is a London-wide coalition of arts, health and wellbeing organisations taking a creative approach to supporting richer, more independent lives for people over the age of 55. **We combat social isolation amongst older people by promoting community, expression and engagement through the arts.** We believe that building quality relationships is the heart of our work - genuinely engaging with older people as unique individuals and forming close bonds with the dedicated staff and volunteers who work alongside them.

We connect older people's groups, creative practitioners, day centres, arts organisations, health initiatives, social justice groups, grassroots community champions and international thought-leaders so that knowledge, research and resources can be shared. We deliver a variety of workshops, training, showcase arts events, support groups and inclusion programmes to help galvanize organisational collaboration, communication and resilience across the arts and wellbeing sector, for the benefit of older people.

**We strengthen and support our coalition members to flourish so that they can deliver vital support and progressive services for older people.**

### **Flourishing Lives' Achievements and Performance 2021-22**

Flourishing Lives was established as an independent Charitable Incorporated Organisation on the 1<sup>st</sup> December 2021, with three years' core funding from The National Lottery Community Fund and six month's project funding from The Baring Foundation. Prior to that, Flourishing Lives had operated as a project since 2016 under the governance of the Claremont Project in Islington. 2021-2022 marked the first four months of activity of Flourishing Lives as an independent charity.

The first year of activity emphasised the fundamental role that Flourishing Lives plays in supporting and developing older people's wellbeing and arts provision across London, and underlined the crucial position that the coalition holds as a central hub for the sector, amplifying older people's voices and leadership, championing positive ageing, catalysing intergenerational projects, developing inclusive practice initiatives, growing our collective knowledge base by sharing best practice, forging close working partnerships, and cultivating a thriving network that helps to galvanize organisational collaboration, communication and resilience across the sector for the benefit of older people.

In the first year of activity, we:

- developed the organisational infrastructure and governance of the new Flourishing Lives CIO, expanding our Board of Trustees and creating the role of Age Activist Trustee to provide strategic guidance for our ongoing age advocacy work.
- conducted a comprehensive needs analysis of service provision for older people across London: examining the impact of Covid on services, providers and the needs and aspirations of older people; exploring how the pandemic has affected perceptions of ageing and older people; listening to the challenges and successes that organisations are experiencing; and identifying ways in which we can best support the sector to build back and develop through our programmatic areas of work.
- launched and cultivated a thriving intergenerational forum for people and organisations to connect, learn, and develop more intergenerational activities in their services.

- developed inclusive practice initiatives to explore and amplify the lived experience of people ageing at the intersections within our communities.
- responded to the increasing need and demand for wellbeing support for providers of creative health for older people through our reflective practice services.
- promoted the positive ageing agenda and older people's leadership in their own services.

### **Working alongside our community**

Involving people from our community in the work we do is central to our practice. Everything we do is informed by an ongoing process of needs analysis meetings and consultations with people across the sector, forging links with new coalition partners to expand the network and develop our collective knowledge base, providing forums to foster communities of interest and practice around key areas of focus, and meeting regularly with our community members and steering groups to examine the strengths of services and identify areas where support and development is needed.

In the first year of activity, we:

- expanded the Flourishing Lives coalition to 439 member organisations, forging links with 54 new coalition partners, including the Climate Coalition, QueerCircle, Outside In, and GoParksLondon.
- met directly with 80 older people and older people's providers to discuss the challenges affecting older people and older people's services, and identify where support is needed.
- developed the Flourishing Lives Board of Trustees to ensure that the organisation is led by the communities it serves, with 50% of the Board aged over 55, and 50% involved in direct wellbeing and arts service provision.
- held 1 Flourishing Lives Advisory Group (FLAG) steering meeting, exploring topics and concerns affecting older people, and devising and planning best practice workshops to address these issues.
- held 2 Anti-Racist Action Group (ARAG) steering meetings, identifying intersectional issues affecting older people from racial minority communities and outlining plans for inclusive practice workshops and transformation projects.
- held 1 Intergenerational Forum meeting, fostering a community of practice to catalyse projects and collaborations across the sector, and help inform our ongoing intergenerational programme.
- held 1 practitioner care forum meeting, fostering a community of interest to advocate for wellbeing support for creative health providers, and help inform our ongoing reflective practice programme.
- participated in 4 Reimagining Dementia steering group meetings, co-designing workshops and a music video campaign to counter the 'tragedy narrative' of living with dementia.
- held 6 consultations with community/lived experience representatives to monitor the impact of our inclusive practice, intergenerational practice, reflective practice, and older people-led advocacy work, and help shape future programming.
- provided 4 consultations for organisations seeking advice and access to our collective knowledge base on service transformation in provision for older people.
- grew our @EverydayAgeism twitter followers from 1600 to 1852.

## **Inclusive Practice**

We promoted greater access to aspirational services for socially isolated older people through our LGBTQ+ Sensitivity Training workshop, supporting older people from marginalised communities to directly influence and improve the outreach and inclusion strategy of 35 wellbeing and arts organisations across London and the South East:

- We partnered with Opening Doors - an organisation representing older LGBTQ+ people – to deliver a free online LGBTQ+ sensitivity training session for coalition member organisations. 35 delegates attended the training – including representatives from GLA, Southbank Centre, Hackney Carers, SLaM NHS Foundation Trust, and the University of Greenwich – exploring the experiences of older LGBTQ+ people and accessing resources on LGBTQ+ sensitivity, safeguarding and inclusivity.
- Resources shared: TSER (Trans Student Educational Resources) ‘Gender Unicorn’ graphic, video archive of lived experience interviews.
- Participant feedback: 100% of participant respondents gave a 4 out of 4 star rating to the statement ‘do you feel your awareness, understanding and confidence around issues relating to older LGBT+ people have improved following the roundtable?’
- We also held 2 Anti-Racist Action Group (ARAG) steering meetings to outline plans for older intersectional inclusion roundtables and transformation projects. The group identified the need for additional funding to provide accessibility budgets for lived experience representatives and further resources for workshops and roundtables, so we will submit a grant uplift funding application to the National Lottery Community Fund to further support this work.

## **Intergenerational Practice**

We promoted greater social integration across age groups within services to reduce the isolation of older people within age-defined silos by launching our Intergenerational Forum. The forum is a quarterly online meeting for wellbeing and arts delegates to connect and share learning, identifying methods and opportunities for supporting intergenerational practice in services:

- The first Intergenerational Forum meeting was delivered in partnership with Chickenshed Theatre. 22 delegates attended – including representatives from Magic Me, Tate, and Hackney Council.
- Resources shared: ‘Living Letters’ project example. Chickenshed Theatre demonstrated the use of ‘anonymity games’ as an approach to catalysing intergenerational connection.
- Participant feedback: “I loved hearing about creating equality of space, that was very helpful and practical and I will take that forward in my work.”
- We also met with the Global Play Brigade - an international, intergenerational volunteer community of play and performance activists - to devise and plan intergenerational catalyst workshops for delivery in July and September 2022.

## **Reflective Practice services and Baring Foundation research project**

We increased resilience in service provision for older people across London, providing 216 practitioners with a structure of support and reflective practice that helped to safeguard their

wellbeing, sustain and grow their working practice, and develop a more robust foundation of support for the older people who engage with their services.

- We delivered 31 Reflective Practice Group sessions and 16 1:1 sessions, offering 216 older people's service providers a vital structure for peer support and in-depth reflection on working practice led by trained counsellors.
- We were granted six month's project funding by The Baring Foundation to deliver 36 free Reflective Practice Group sessions to 12 arts and wellbeing organisational teams, conduct research into the impact of wellbeing support on their work, and produce a research report.
- The project also entailed the commission of a researcher to devise and implement an evaluation framework for the project, along with clinical supervision sessions to support the wellbeing of the therapists delivering the Reflective Practice Sessions.
- We produced qualitative and quantitative data (via Typeform online survey platform) to evaluate the impact of the sessions.
- Participant feedback: "I found it extremely helpful. The space to step back and think about my work with some distance."
- Participant organisation feedback: 83% of organisations stated that accessing reflective practice groups 'Promotes peer to peer learning' in their team, and 67% stated that reflective practice 'Supports quality practice with participants'.
- Resources shared: practitioner care toolkit & reading list.
- We also conducted a summit meeting with practitioner care specialist organisations to plan the development of a practitioner care advocacy campaign.

### **Sharing Best Practice**

Our newsletters, networking sessions and quarterly best practice workshops reduced the fragmentation of the sector by providing communities of practice and learning for providers, and galvanising organisational collaboration for the benefit of older people.

- We delivered a free best practice workshop alongside the Climate Coalition, providing practical support for coalition members on increasing older people's engagement in climate action and developing environmental practice in older people's wellbeing & arts services. 37 people registered and 26 delegates attended – including representatives from Spare Tyre, Creative Dance London, and Holborn Community Association.
- Resources shared: examples of craftivism practice, craftivist toolkits, links to training, resources and specific constituency support, signposting to older people groups' involvement in 'Great Big Green Week'.
- Participant feedback: 60% Agreed and 40% Strongly Agreed that 'It has been useful to hear about different approaches to creative climate action.'
- Networking session feedback: 60% of participants Agreed and 20% Strongly Agreed that 'I found the opportunity to introduce myself and my work to other people useful.'
- We also delivered 4 monthly newsletters, growing our subscriber base from 681 to 787. The newsletters had a 32.6% average open rate, and shared opportunities and thought leadership from across the older people's services sector, including: 8 reports, 8 funding opportunities, 7 resource/toolkits, and 24 coalition partner events/activities for older people and/or older people's service providers.
- Feedback: "The newsletter is very helpful." "Very pleased to receive your communications. You're doing great work."

## **Positive Ageing and Older People's Leadership**

We promoted the involvement of older people in their own services and activities, amplifying older people's needs and aspirations, and advocating for positive ageing:

- We created the new role of Age Activist Trustee on the Board and recruited Maggy Pigott CBE for the position, author of the book *'How to Age Joyfully: Eight Steps to a Happier, Fuller Life'*. The Age Activist Trustee will provide strategic guidance for our ongoing work, and will help us to co-design and co-produce a positive ageing campaign / older people's arts and wellbeing manifesto across years 2 and 3.
- We co-produced 3 online coalition gatherings with the international Reimagining Dementia coalition. 112 dementia allies, activists, and people living with dementia came together to creatively explore and challenge the stigmas of living with dementia.
- We are in partnership discussions with the Barbican to stage creative ageing / older people-led Wellbeing & Arts showcase events later in 2022/23. These advocacy events will replace our planned Tate Exchange annual showcase events, as a result of Tate closing the Tate Exchange programme in 2022, due to financial cuts.

## **Funding**

Flourishing Lives is grateful to the National Lottery Community Fund for its ongoing support for the organisation, as the charity is funded under the Reaching Communities England programme until 2024. Flourishing Lives is also grateful to The Baring Foundation for its support and funding for its six month research project, offering reflective practice support for artists working in mental health contexts.

## **Reserves policy**

Flourishing Lives seeks to maintain free reserves equivalent to three months' core expenditure, in line with good practice. Free reserves are considered to be unrestricted funds that are not tied up in fixed assets.

## **Plans for the future**

Flourishing Lives will continue to extend and deepen its role in developing the sector and addressing the needs and aspirations of older people, expanding our vital framework of connection and support for services and practitioners, growing our outreach and inclusion programmes, advocating for intergenerational practice and more closely integrated communities, and supporting a proactively collaborative older people's arts and wellbeing sector that benefits the diverse communities it serves.

We are preparing to submit a grant uplift proposal to NLCF to offer greater financial resources to the black-led partner organisations that co-design and co-deliver our inclusive practice programme activities.

We also plan to undertake research into the development of a cross-sector advocacy campaign in support of intergenerational practice.

**Signed on behalf of the Flourishing Lives Board of Trustees:**

Signed: S.Cox

Name: Stuart Cox

Address: 47 Park View Mansions, Olympic Park Avenue, London, E20 1FA

Date: 19/12/22

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF**  
**FLOURISHING LIVES**

**Examiner's unqualified report (for a non-company charity preparing Receipts and Payments accounts) with a gross income of £250,000 or less in the relevant financial year.**

**Independent examiner's report to the trustees of Flourishing Lives**

I report to the charity trustees on my examination of the accounts of Flourishing Lives (the Trust) for the year ended March 2022.

**Responsibilities and basis of report**

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed: 

Name: Can Salik

Certified Internal Auditor

Address: S&F, Myworkspot, Clyde House, Reform Road, Maidenhead, Berkshire, SL6 8BY

Date: 20 December 2022

**FLOURISHING LIVES RECEIPTS AND PAYMENTS ACCOUNT**  
**FOR THE YEAR ENDED 31 MARCH 2022**

| <b>Section A - Receipts and payments</b>     |                           |                         |                        |                    |                    |
|--|---------------------------|-------------------------|------------------------|--------------------|--------------------|
|  |                           |                         |                        | <b>2022</b>        | <b>2021</b>        |
|  | <b>Unrestricted funds</b> | <b>Restricted funds</b> | <b>Endowment funds</b> | <b>Total funds</b> | <b>Total funds</b> |
|  | <b>£</b>                  | <b>£</b>                | <b>£</b>               | <b>£</b>           | <b>£</b>           |
| <b>A1 Receipts</b>                           |                           |                         |                        |                    |                    |
| Grants - The National Lottery Community Fund | -                         | 30,000                  | -                      | 30,000             | -                  |
| Grants - The Baring Foundation               | -                         | 10,000                  | -                      | 10,000             | -                  |
| Receipts from Reflective Practice activities | 2,575                     | -                       | -                      | 2,575              | -                  |
| Employers Allowance                          | 1,529                     | -                       | -                      | 1,529              | -                  |
|  | -                         | -                       | -                      | -                  | -                  |
| <b>Sub total (Gross income for AR)</b>       | <b>4,104</b>              | <b>40,000</b>           | <b>-</b>               | <b>44,104</b>      | <b>-</b>           |
| <b>A2 Asset and investment sales</b>         |                           |                         |                        |                    |                    |
|  | -                         | -                       | -                      | -                  | -                  |
| <b>Sub total</b>                             | <b>-</b>                  | <b>-</b>                | <b>-</b>               | <b>-</b>           | <b>-</b>           |
| <b>Total receipts</b>                        | <b>4,104</b>              | <b>40,000</b>           | <b>-</b>               | <b>44,104</b>      | <b>-</b>           |
| <b>A3 Payments</b>                           |                           |                         |                        |                    |                    |
| Payroll                                      | -                         | 18,888                  | -                      | 18,888             | -                  |
| Insurance                                    | -                         | 46                      | -                      | 46                 | -                  |
| Bank fees                                    | -                         | 24                      | -                      | 24                 | -                  |
| Accounting software                          | -                         | 53                      | -                      | 53                 | -                  |
| Evaluation (digital survey platform)         | -                         | 45                      | -                      | 45                 | -                  |
| Researcher fees                              | -                         | 680                     | -                      | 680                | -                  |
| Clinical supervision fees                    | -                         | 240                     | -                      | 240                | -                  |
| Therapist fees                               | 585                       | 1,800                   | -                      | 2,385              | -                  |
|  | -                         | -                       | -                      | -                  | -                  |
| <b>Sub total</b>                             | <b>585</b>                | <b>21,776</b>           | <b>-</b>               | <b>22,361</b>      | <b>-</b>           |
| <b>A4 Asset and investment purchases</b>     |                           |                         |                        |                    |                    |
|  | -                         | -                       | -                      | -                  | -                  |
| <b>Sub total</b>                             | <b>-</b>                  | <b>-</b>                | <b>-</b>               | <b>-</b>           | <b>-</b>           |
| <b>Total payments</b>                        | <b>585</b>                | <b>21,776</b>           | <b>-</b>               | <b>22,361</b>      | <b>-</b>           |
| <b>Net of receipts/(payments)</b>            | <b>3,519</b>              | <b>18,224</b>           | <b>-</b>               | <b>21,743</b>      | <b>-</b>           |
| <b>A5 Transfers between funds</b>            | <b>-</b>                  | <b>-</b>                | <b>-</b>               | <b>-</b>           | <b>-</b>           |
| <b>A6 Cash funds last year end</b>           | <b>-</b>                  | <b>-</b>                | <b>-</b>               | <b>-</b>           | <b>-</b>           |
| <b>Cash funds this year end</b>              | <b>3,519</b>              | <b>18,224</b>           | <b>-</b>               | <b>21,743</b>      | <b>-</b>           |

**FLOURISHING LIVES STATEMENT OF ASSETS AND LIABILITIES**  
**AS AT 31 MARCH 2022**

| Section B - Statement of assets and liabilities at the end of the period |   |                                 |                       |                          |
|--|---|---------------------------------|-----------------------|--------------------------|
| Categories   | Details   | Unrestricted funds<br>£         | Restricted funds<br>£ | Endowment funds<br>£     |
| <b>B1 Cash funds</b>   | Cash at bank  | 3,519                           | 18,224                | -                        |
|  |   | -                               | -                     | -                        |
|  | <b>Total cash funds</b>   | <b>3,519</b>                    | <b>18,224</b>         | <b>-</b>                 |
|  | (agree balances with receipts and payments account(s))                            | OK                              | OK                    | OK                       |
|  | Details   | Unrestricted funds<br>£         | Restricted funds<br>£ | Endowment funds<br>£     |
| <b>B2 Other monetary assets</b>  |   | -                               | -                     | -                        |
|  | Details   | Fund to which asset belongs     | Cost (optional)       | Current value (optional) |
| <b>B3 Investment assets</b>  |   |                                 | -                     | -                        |
|  | Details   | Fund to which asset belongs     | Cost (optional)       | Current value (optional) |
| <b>B4 Assets retained for the</b>  |   |                                 | -                     | -                        |
|  | Details   | Fund to which liability relates | Amount due (optional) | When due (optional)      |
| <b>B5 Liabilities</b>  | Payroll   | Restricted - NLCF               | 9,500                 | April, May 2022          |
|  | Costs of Charitable Activities  | Restricted - NLCF               | 1,249                 | April, May 2022          |
|  | Baring Foundation Project costs (therapist fees, clinical supervisor, researcher) | Restricted - Baring Foundation  | 4,975                 | April, May 2022          |
|  | Therapist invoices due  | Unrestricted funds              | 1,200                 | April - June 2022        |

The financial statements were approved by the Flourishing Lives Board of Trustees and were signed on its behalf by:

Name: Stuart Cox

Signed: S.Cox

Date: 19/12/22

**FLOURISHING LIVES NOTES TO THE ACCOUNTS**  
**FOR THE YEAR ENDED 31 MARCH 2022**

**Basis of accounting**

These accounts have been prepared on the Receipts and Payments basis in accordance with CC15d Charity Reporting and Accounting: The essentials, and the Charities (Accounts and Reports) Regulations 2008.

**Fund accounting**

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

**Taxation**

The charity is exempt from tax on its charitable activities.

**Pension costs and other past-retirement benefits**

The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

**Trustees' remuneration and benefits**

There were no trustees' remuneration or other benefits for the year ended 31 March 2022.

**Staff costs**

No employees received emoluments in excess of £60,000.

**Related party disclosures**

There were no related party transactions for the year ended 31 March 2022.