

REGISTERED CHARITY NUMBER: 1195193

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



**FLOURISHING
LIVES**

FLOURISHING LIVES

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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 6th December 2022)

Diana Ambache, Treasurer

Stuart Cox, Interim Chair (appointed as Interim Chair 6th 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 1st 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: 4th August 2023

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

Section A - Receipts and payments					
	Unrestricted funds	Restricted funds	Endowment funds	2023	2022
	£	£	£	Total funds	Total funds
	£	£	£	£	£
A1 Receipts					
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	-
	-	-	-	-	-
Sub total (Gross income for AR)	17,326	69,887	-	87,213	44,104
A2 Asset and investment sales					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	17,326	69,887	-	87,213	44,104
A3 Payments					
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	-
	-	-	-	-	-
Sub total	6,333	67,791	-	74,125	22,361
A4 Asset and investment purchases					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	6,333	67,791	-	74,125	22,361
Net of receipts/(payments)	10,993	2,096	-	13,089	21,743
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	3,519	18,224	-	21,743	-
Cash funds this year end	14,512	20,320	-	34,832	21,743

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	Restricted funds	Endowment funds
		£	£	£
B1 Cash funds	Cash at bank	14,512	20,320	-
		-	-	-
	Total cash funds	14,512	20,320	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds	Restricted funds	Endowment funds
	Details	£	£	£
B2 Other monetary assets		-	-	-
	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the			-	-
	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities	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.