

LIFECRAFT

England & Wales · Charity number 1195632

Details

Status Registered

Legal form CIO

Registered 2021-08-25

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

Contact

Address The Bath House
Gwydir Street
Cambridge
CB1 2LW

Phone 01223566957

Email info@lifecraft.org.uk

Website www.lifecraft.org.uk

Activities

Objects: THE OBJECTS OF LIFECRAFT ARE THE PRESERVATION AND PROTECTION OF GOOD MENTAL HEALTH FOR THE PUBLIC BENEFIT BY:(1) A FORUM IN WHICH USERS AND EX-USERS OF MENTAL HEALTH SERVICES, OR THOSE WITH LIVED EXPERIENCE OF SUCH ISSUES OR ILLNESS, CAN SUPPORT EACH OTHER.(2) A SOURCE OF INFORMATION, GUIDANCE AND SUPPORT TO USERS AND EX-USERS OF MENTAL HEALTH SERVICES, OR THOSE WITH LIVED EXPERIENCE OF SUCH ISSUES OR ILLNESS, TO ENABLE THEM TO LIVE IN THEIR LOCAL COMMUNITIES, AND MORE GENERALLY ALSO TO PROVIDE THIS TO THE BROADER PUBLIC, AND TO OTHER GROUPS, BODIES AND ORGANISATIONS ACTIVE AND INVOLVED IN THIS AREA.

Activities: We offer a wide range of free mental health services in Cambridgeshire & Peterborough to help and support our members in their wellbeing and recovery, including creative activities, recovery groups, social activities and a counselling service. We provide services to the public: a suicide bereavement support service, Lifeline, a helpline that runs everyday and other phone-based support services.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, Disability, Economic/community Development/employment
- **Who:** People With Disabilities, The General Public/mankind

Geography

- Cambridgeshire
- Peterborough City

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£475,082	£577,634	-	-
2024-03-31	£502,003	£507,338	£266,679	18
2023-03-31	£481,949	£447,272	-	-
2022-03-31	£0	£0	-	-

Trustees

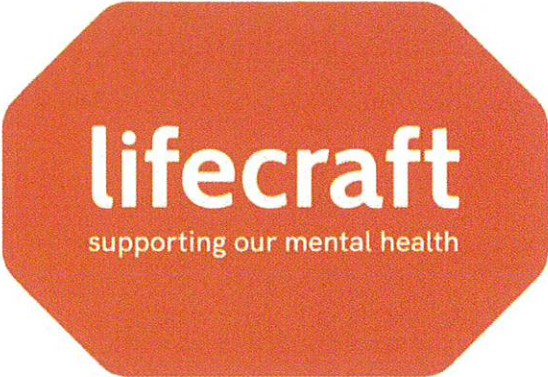
Name	Role	Appointed
Michael Kerr Hewett	Chair	2021-07-15
Alexander Radford		2022-11-04
Clare Elizabeth Bye		2021-07-15
Dr Susan Ella Guthrie		2025-09-16
James Peter Hughes		2025-09-16
Joanna Grimmer		2025-09-16
Mustafa Ongan		2024-11-06
Syed Hasan Adnan Shakir		2022-03-15
Teresa Margaret Clarke		2021-07-15

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England & Wales - Charity number 1195632

Accounts

Charity number: 1195632



TRUSTEES' REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025

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REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITY, ITS TRUSTEES AND ADVISERS FOR THE YEAR ENDED 31 MARCH 2025

Trustees

Clare Bye
Teresa Clarke
Katharine Collins Resigned 6 November 2024
Joanna Grimmer Appointed 16 September 2025
Susan Guthrie Appointed 16 September 2025
Michael Hewett
James Hughes Appointed 16 September 2025
Fiona Kerr Resigned 19 February 2025
Mustafa Ongan Appointed 6 November 2024
Alexander Radford
Syed Shakir

Chief Executive

Gemma Barron

Charity registered number

1195632

Registered office

The Bath House
Gwydir Street
Mill Road
Cambridge
CB1 2LW

Independent Examiner

Ian Shipley FCCA
Prentis & Co LLP
115c Milton Rd
Cambridge
CB4 1XE

Bankers

Lloyds Bank plc
3 Sidney Street
Cambridge
CB2 3HQ

LIFECRAFT
TRUSTEES' REPORT
FOR THE YEAR ENDED 31 MARCH 2025

The Trustees present their annual report together with the financial statements of the Charity for the year 1 April 2024 to 31 March 2025. The Trustees confirm that the Annual Report and financial statements of the Charity comply with the current statutory requirements, the requirements of the Charity's governing document and the provisions of the Statement of Recommended Practice (SORP), applicable to charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (second edition – October 2019 effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Lifecraft's main aim is to enable people with mental health problems to support each other and to influence the development of mental health services. Lifecraft provides social clubs, peer support groups, telephone helplines, pro-active support calls, weekly activity groups, counselling, volunteering and employment opportunities, specialist support for those bereaved by suicide and a regular e-newsletter. Lifecraft is also involved in campaigning and mental health awareness work in partnership with local organisations.

PUBLIC BENEFIT

The Board of Trustees confirm that they have complied with the general duty in Section 17 of the Charities Act 2011 to have due regard to the Charity Commission's guidance on public benefit.

ACHIEVEMENTS AND PERFORMANCE

It's been another fantastic year of supporting people and helping people to support each other and themselves. As with the past few years, we've seen another increase in demand for our services. It seems to be getting ever harder to get in the funding we need to be able to keep up with the demand and so we are eternally grateful to our committed supporters and fundraisers.

This past year we've also spent lots of time trying to make sure that our communications clearly say what we do and why we do it. We've listened to our members and other people who use our services, as well as our staff, volunteers and partners. The result was a rebrand and new website. Our monthly members' meetings have continued throughout the year, giving members a regular scheduled opportunity to raise issues about our own services, make suggestions and discuss other general concerns about the care and support they receive. We attended lots of partnership meetings with our NHS and local authority colleagues, taking every opportunity to voice the opinions and concerns of those we support. We advocate on behalf of mental health services users and, by doing so, we hope that services will improve.

Groups and activities

We welcomed 75 new members to the organisation and started 'new member meet ups' on the second Tuesday of every month. The new member meet ups aim to help people, who might be nervous about joining groups, to ease into our Lifecraft-ways in a safe and calm manner with a bit of extra support. By the end of the year we had 333 members (including associate members).

On average we had 74 attendances at our groups and activities every week. A total of 127 individuals attended the groups and activities over the year, with 3,830 attendances in total (1,000 more than the previous year). We ran 17 different groups and activities across three locations.

Counselling

We continued to offer in-person counselling to our members in both Cambridge and Ely. The number of people being supported has remained consistent with the previous few years and reflects the level of funding that we receive to deliver the service. We had 28 people starting counselling during the year and 19 people completing their therapy. A total of 49 people received counselling during the period.

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TRUSTEES' REPORT
FOR THE YEAR ENDED 31 MARCH 2025

At the end of the year there were 77 individuals on the waiting list for counselling (an increase on the previous year). Members who actively engage with our wider membership offer are prioritised for therapy because the counselling service is not a standalone service, but aims to provide additional support alongside groups and activities. Most people on the waiting list are not active members (70). We continue to work with our NHS commissioner to reduce the number of people who are waiting for counselling.

Helping people into volunteering and work

Following a revamp of our employment work (now Work+Wellbeing), we supported ten members over the year and helped seven of them to volunteer or gain employment with us. On average we were actively supporting five people at a time. In addition, 21 people received short-term support or were helped to find other services that could help them. During the year we also invested in coaching as part of our support offer for members and non-members. We delivered five Step-Up coaching programmes, so five personal development days, which were attended by 43 people. The introductory days covered topics such as what coaching is (so everyone is clear), identifying values, the importance of personal boundaries, and communication skills. Anyone attending the course can then sign-up for four one-to-one coaching sessions – and 63% did.

Helplines

Lifeline was open everyday from 11am to 11pm – that's 4,380 hours over the year. We continue to welcome calls from anyone in the area who would benefit from talking to someone who will listen and not judge. Whether someone is calling for the first time (we had 892 new callers during the year) or calling for the second time in a day, we treat everyone in the same way. Calls to the helpline are anonymous and free. Lifeline took 10,463 calls during the year, which was slightly more than the previous year. In addition, our three pro-active call-back services took 1,766 referrals and made 3,223 calls, with support calls up by nearly 40% on last year.

Suicide bereavement

Our specialist suicide bereavement services make sure that people who have been bereaved by a suspected suicide don't have to face it alone. We offer emotional support during the grieving process and practical support to navigate financial concerns, the inquest and legal process. During the year, our support service was there for an average of 75 people at any time (up from 69 last year). Demand for the service has grown significantly, with 108 referrals into the service, which was over 25 more than during the previous year. Despite the increase, we managed to contact everyone within seven-days and provided support to 160 individuals. In addition, 48 people received specialist suicide bereavement counselling and we supported 23 people via our peer support groups.

FINANCIAL REVIEW AND RESERVES POLICY

This year income fell to £475,082 (2024 - £502,003) and costs rose to £577,634 (2024 - £507,338). Costs included a budgeted spend on a refreshed branding and website. As a result of a challenging income generation environment with statutory income inflationary increases lagging behind real inflation, the deficit was in line with budget. Closing reserves total £164,127 which are all unrestricted. Of these, £58,000 have been designated in case of closure of the Charity and £5,332 are held as fixed assets for the long term benefit of the charity. This leaves free reserves of £100,795. The Charity targets free reserves of around three-six months expenditure (£145,000-£290,000) and acknowledges it has fallen below this target. A number of key contracts will be recommissioned from April 2026 and the Charity is working towards tendering for these in a sustainable way. In addition, an ambitious fundraising target has been set to make up any shortfall.

FUTURE DEVELOPMENTS

The Charity will continue to diversify its funding streams and invest in its existing service lines.

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TRUSTEES' REPORT
FOR THE YEAR ENDED 31 MARCH 2025

STRUCTURE, GOVERNANCE AND MANAGEMENT

CONSTITUTION

Lifecraft was formed by a Model constitution for CIO with voting members other than its charity trustees ('Association' model) on 25 August 2021. The Trustees who served in the year are outlined on page 1. We would like to thank our former Chair, Fiona Kerr, who stepped down in February 2025 for her dedication and hard work in the role.

METHOD OF APPOINTMENT OR ELECTION OF TRUSTEES

The management of the Charity is the responsibility of the Trustees who are elected and co-opted under the terms of the Constitution. The number of Trustees at any one time is always at least four.

POLICIES ADOPTED FOR THE INDUCTION AND TRAINING OF TRUSTEES

Trustees have relevant knowledge of the Charity's aims and objectives. The Constitution is provided to all trustees and efforts are made to provide up to date knowledge of the financial performance of the charity and obligations under charity law.

ORGANISATIONAL STRUCTURE AND DECISION MAKING

The charity has a board of trustees who meet bi-monthly to conduct formal business and are responsible for its strategic direction and policy. An operations manager is appointed by the trustees to manage the day to day operations of the charity. In planning their activities for the year, the trustees have kept in mind the Charity Commission's guidance on public benefit at their meetings. Feedback from members is encouraged including at monthly 'members meetings'.

RISK MANAGEMENT

The Trustees have assessed the major risks to which the Charity is exposed, in particular those related to the operations and finances of the Charity and are satisfied that systems and procedures are in place to mitigate the charity's exposure to the major risks. The key risks identified, and mitigations are:

Risk	Mitigation
<i>Funding</i> - Inability to diversify and increase funding sources due to lack of staff capacity to fundraise leading to deficit budget resulting in unsustainable future of the organisation. Contracts with Integrated Care Board (ICB) and Cambridgeshire County Council due to end March 2026 resulting in inability to plan financially further than 2025/26.	CEO involvement in development of ICS relationship with the voluntary and community sector. Fundraising Plan and Objectives agreed to diversify income. CEO time set aside for fundraising.
<i>Location</i> - Unable to operate out of The Bath House, or other venues used by Lifecraft, due to factors outside of our control leading to a short-term inability to operate services face-to-face resulting in a suboptimal service to members / service users.	Business Continuity Plan, including list of possible alternative local venues. Good relationship with local partners who would assist if an urgent need became necessary.
<i>Recruitment</i> - Inability to recruit and retain member trustees leading to a lack of member involvement at the Board resulting in an inability to operate constitutionally.	Regular conversations with existing member trustees to offer additional support. Rolling member trustee recruitment process.

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TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2025

INFORMATION ON FUNDRAISING PRACTICES

The Charity does not currently rely on fundraising from individuals as a major source of income, nor does it employ or engage professional fundraisers. The Charity has however received funding from, or made applications to trusts, foundations and other similar organisations. It does not receive public subsidies. This may change in future years. Should fundraising activities increase in the future, the Charity is committed to avoiding any intrusive fundraising approaches and will never apply undue pressure to donate.

TRUSTEES' RESPONSIBILITIES STATEMENT

The Trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Charity law requires the Trustees to prepare financial statements for each financial year. Under charity law the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the Charity and of the incoming resources and application of resources, including the income and expenditure, of the Charity for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgments and accounting estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in operation.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the Charity's transactions and disclose with reasonable accuracy at any time the financial position of the Charity and enable them to ensure that the financial statements comply with the Charities Act 2011. They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report was approved by the Trustees and signed on their behalf by:

Michael Hewett

Michael Hewett
Trustee

Date: 22 October 2025

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**INDEPENDENT EXAMINER'S REPORT
FOR THE YEAR ENDED 31 MARCH 2025**

I report to the charity trustees on my examination of the financial statements of the charity for the year ended 31 March 2025, which are set out on pages 7 to 17.

RESPONSIBILITIES AND BASIS OF REPORT

Having satisfied myself that the financial statements are not required to be audited and are eligible for independent examination. I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

INDEPENDENT EXAMINER'S STATEMENT

Since the charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I can confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

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

- (1) accounting records were not kept in respect of the charity as required by section 396 of the 2006 Act:
or
- (2) the financial statements do not accord with those records; or
- (3) the financial statements do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the financial statements give a 'true and fair view' which is not a matter considered as part of an independent examination: or
- (4) the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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 financial statements to be reached.



Ian Shipley FCCA
Prentis & Co LLP
115c Milton Rd
Cambridge
CB4 1XE

Date: 23rd October 2025.

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**STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2025**

		Unrestricted funds	Restricted funds	Total funds	Total funds
	Note	2025 £	2025 £	2025 £	2024 £
INCOME FROM:					
Donations and legacies	2	17,863	1,326	19,189	26,787
Charitable activities	3	427,016	20,000	447,016	468,326
Investment income		2,706	-	2,706	3,075
Other income		6,171	-	6,171	3,815
TOTAL INCOME		453,756	21,326	475,082	502,003
EXPENDITURE ON:					
Charitable activities	4	534,678	42,956	577,634	507,338
TOTAL EXPENDITURE		534,678	42,956	577,634	507,338
NET (EXPENDITURE)/INCOME		(80,922)	(21,630)	(102,552)	(5,335)
TRANSFER BETWEEN FUNDS	11	(1,581)	1,581	-	-
NET MOVEMENT IN FUNDS		(82,503)	(20,049)	(102,552)	(5,335)
RECONCILIATION OF FUNDS:					
Total funds brought forward		246,630	20,049	266,679	272,014
TOTAL FUNDS CARRIED FORWARD		164,127	-	164,127	266,679

The notes on pages 9 to 17 form part of these financial statements.

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**BALANCE SHEET
AS AT 31 MARCH 2025**

	Note	£	2025 £	£	2024 £
NON-CURRENT ASSETS					
Tangible fixed assets	8		5,332		7,468
CURRENT ASSETS					
Debtors	9	32,468		31,024	
Cash at bank and in hand		<u>171,217</u>		<u>249,469</u>	
		203,685		280,493	
CREDITORS: amounts falling due within one year	10	<u>(44,890)</u>		<u>(21,282)</u>	
NET CURRENT ASSETS			<u>158,795</u>		<u>259,211</u>
NET ASSETS			<u>164,127</u>		<u>266,679</u>
CHARITY FUNDS					
Restricted funds	11		-		20,049
Unrestricted funds	11		<u>164,127</u>		<u>246,630</u>
TOTAL FUNDS			<u>164,127</u>		<u>266,679</u>

The financial statements were approved and authorised for issue by the Trustees and signed on their behalf, by:

Michael Hewett

Michael Hewett
Trustee

Date: 22 October 2025

The notes on pages 9 to 17 form part of these financial statements.

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NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2025

1. ACCOUNTING POLICIES

1.1 BASIS OF PREPARATION OF FINANCIAL STATEMENTS

The financial statements have been prepared in accordance with the Charities SORP (FRS 102) - Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

The financial statements have been prepared to give a 'true and fair' view and have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a 'true and fair' view. This departure has involved following the Charities SORP (FRS 102) published in October 2019 rather than the Accounting and Reporting by Charities: Statement of Recommended Practice effective from 1 April 2005 which has since been withdrawn.

Lifecraft meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

1.2 GOING CONCERN

The Charity made a significant deficit during the year which was in line with budget. Trustees have assessed whether the use of the going concern assumption is appropriate in preparing these financial statements. The Trustees have made this assessment in respect of the period of at least one year from the date of approval of these financial statements. They have reviewed budgets and cash flow forecasts and have concluded that there are no material uncertainties related to events or conditions that may cast significant doubt on the ability of the Charity to continue as a going concern. This takes into account the upcoming retendering of key service contracts with Cambridgeshire and Peterborough Integrated Care Board. The Trustees are of the opinion that the Charity will have sufficient resources to meet its liabilities as they fall due.

1.3 INCOME

Donation and grant income is recognised once the Charity has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably. Other income is recognised in the period in which it is receivable and to the extent the goods have been provided or on completion of the service.

1.4 EXPENDITURE

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources.

Support costs are those costs incurred directly in support of expenditure on the objects of the Charity. Governance costs are those incurred in connection with administration of the Charity and compliance with constitutional and statutory requirements.

All expenditure is inclusive of irrecoverable VAT.

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NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2025

1.5 TANGIBLE FIXED ASSETS

All assets over £1,000 (excluding VAT are capitalised). The trustees are of the opinion that expenditure below this limited has no commercial resale value and that, in view of this and the nature of the organisation, such costs should not be capitalised.

Depreciation is provided on all tangible fixed assets at rates calculated to write off the cost less estimated residual value of each asset over its expected useful life as follows:

Computer equipment – 33% straight-line basis

1.6 DEBTORS

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

1.7 CASH AT BANK AND IN HAND

Cash at bank and in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

1.8 LIABILITIES AND PROVISIONS

Liabilities are recognised when there is an obligation at the Balance Sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably. Liabilities are recognised at the amount that the Charity anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide. Provisions are measured at the best estimate of the amounts required to settle the obligation. Where the effect of the time value of money is material, the provision is based on the present value of those amounts, discounted at the pre-tax discount rate that reflects the risks specific to the liability. The unwinding of the discount is recognised within interest payable and similar charges.

1.9 FINANCIAL INSTRUMENTS

The Charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

1.10 STATEMENT OF CASH FLOWS

The Trustees have opted to take advantage of the amendment to Charities SORP FRS 102, where only larger charities are required to prepare a statement of Cash Flow.

1.11 FUND ACCOUNTING

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Charity and which have not been designated for other purposes. Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the Charity for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

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**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025**

2. INCOME FROM DONATIONS AND LEGACIES

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total funds 2025 £	Total funds 2024 £
Grants	7,500	-	7,500	16,500
Other donations	10,363	1,326	11,689	10,287
Total donations and legacies	17,863	1,326	19,189	26,787
Total 2024	13,597	13,190	26,787	

3. INCOME FROM CHARITABLE ACTIVITIES

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total funds 2025 £	Total funds 2024 £
Mental health services	427,016	20,000	447,016	468,326
Total charitable activities	427,016	20,000	447,016	468,326
Total 2024	446,496	21,930	468,326	

SOURCES OF INCOME

	Total 2025 £	Total 2024 £
Cambridgeshire County Council	33,147	123,687
Cambridgeshire and Peterborough Integrated Care Board	406,369	322,709
Cambridge City Council	7,500	-
People's Postcode Lottery	-	21,930
	447,016	468,326

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**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025**

4. ANALYSIS OF EXPENDITURE ON CHARITABLE ACTIVITIES

	Direct (Note 5) 2025 £	Support (Note 6) 2025 £	Total funds 2025 £	Total funds 2024 £
Charitable activities	<u>360,629</u>	<u>217,005</u>	<u>577,634</u>	507,338
	<u>360,629</u>	<u>217,005</u>	<u>577,634</u>	
Total 2024	<u>337,368</u>	<u>169,970</u>	<u>507,338</u>	

5. DIRECT COSTS

	Mental Health Services		Total 2025 £	Total 2024 £
	Unrestricted 2025 £	Restricted 2025 £		
Delivery costs	46,653	825	47,478	55,599
Staff costs	301,264	11,887	313,151	281,769
	<u>347,917</u>	<u>12,712</u>	<u>360,629</u>	<u>337,368</u>
Total 2024	<u>332,245</u>	<u>5,123</u>	<u>337,368</u>	

6. SUPPORT COSTS

	Mental health services		Total 2025 £	Total 2024 £
	Unrestricted 2025 £	Restricted 2025 £		
Office costs	37,574	-	37,574	32,391
Professional fees	18,954	-	18,954	4,693
Rent	27,685	1,926	29,611	25,334
Trustees expenses	-	-	-	122
Staff costs	102,548	28,318	130,866	107,430
	<u>186,761</u>	<u>30,244</u>	<u>217,005</u>	<u>169,970</u>
Total 2024	<u>166,780</u>	<u>3,190</u>	<u>169,970</u>	

Included in the above are independent examiner fees (governance costs) of £1,800 (2024: £500).

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**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025**

7. STAFF COSTS

	2025 £	2024 £
Wages and salaries	409,883	358,711
Social security costs	27,039	24,450
Pension costs	7,095	6,038
	444,017	389,199

During the year, no Trustees received any remuneration (2024 - £NIL) in their capacity as Trustee. In agreement with the Charity Commission, Trustees who are also members of Lifecraft, are paid for their work as employees under the permitted work rules. In this instance no remuneration was paid during the year (2024 - £NIL).

The Key Management Personnel of the Charity are considered to be the Trustees, who as outlined above received no remuneration (2024 - £NIL), and the Chief Executive. Total Key Management Personnel remuneration for the year was £40,606 (2024 - £42,489).

During the year, no Trustees received any benefits in kind (2024 - £NIL).

During the year, no Trustees received reimbursement of expenses (2024 – one/£122).

The average weekly number of staff employed during the year was

	2025 No	2024 No
Project workers / Management	21	18
Members employed under the permitted work rules as part of our member employment scheme and laid out by the Benefits Agency	-	-
	21	18

8. TANGIBLE FIXED ASSETS

	IT Equipment £
Cost at 1 April 2024	9,067
Additions	1,100
Cost at 31 March 2025	10,167
Depreciation at 1 April 2024	1,599
Charge for the year	3,236
Depreciation at 31 March 2025	4,835
NET BOOK VALUE AT 31 MARCH 2024	7,468
NET BOOK VALUE AT 31 MARCH 2025	5,332

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NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025

9. DEBTORS

	2025 £	2024 £
Other debtors	32,468	31,024

10. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025 £	2024 £
Trade creditors	3,822	11,134
Deferred income	30,016	8,857
Accruals and other creditors	11,052	1,291
	<u>44,890</u>	<u>21,282</u>

Deferred income in the year related to contract and grant income received in advance. This will be released in full in 2025-26.

LIFECRAFT

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025**

11. STATEMENT OF FUNDS

CURRENT YEAR	Brought forward £	Incoming resources £	Resources expended £	Transfers in/(out) £	Carried forward £
Designated funds					
Redundancy	50,000	-	-	8,000	58,000
General funds					
General fund	196,630	453,756	(534,678)	(9,581)	106,127
Total Unrestricted funds	246,630	453,756	(534,678)	(1,581)	164,127
Restricted funds					
Lifecraft Fulbourn People's Postcode Lottery	16,807	-	(16,807)	-	-
Capital grants	-	-	-	-	-
Other	3,242	21,326	(26,149)	1,581	-
Total Restricted funds	20,049	21,326	(42,956)	1,581	-
Total of Funds	266,679	475,082	(577,634)	-	164,127

LIFECRAFT

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025**

11. STATEMENT OF FUNDS (continued)

PRIOR YEAR	Brought forward £	Incoming resources £	Resources expended £	Transfers in/(out) £	Carried forward £
Designated funds					
Redundancy	30,000	-	-	20,000	50,000
Crisis Fund	30,000	-	-	(30,000)	-
General funds					
General fund	208,772	466,883	(499,025)	20,000	196,630
Total Unrestricted funds	268,772	466,883	(499,025)	10,000	246,630
Restricted funds					
Lifecraft Fulbourn People's Postcode Lottery	-	21,930	(5,123)	-	16,807
Capital grants	-	10,000	-	(10,000)	-
Other	3,242	3,190	(3,190)	-	3,242
Total Restricted funds	3,242	35,120	(8,313)	(10,000)	20,049
Total of Funds	272,014	502,003	(507,338)	-	266,679

Designated funds

Crisis fund

The Charity previously set aside funds equivalent to approximately 3 months support costs (excluding staff costs) expenditure in the case of a crisis that would result in the Charity ceasing to operate. Three months was considered the time it would take to transfer its existing services to another provider. The fund did not include redundancy costs which are in a separate fund below. Following a review of its reserves policy in 2024, this fund is no longer separately designated.

Redundancy

The Charity has set aside funds to cover redundancy payments required under existing employment contracts in the event of a winding up of its activities.

LIFECRAFT

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2025

11. STATEMENT OF FUNDS (continued)

Restricted funds

Lifecraft Fulbourn People's Postcode Lottery

In 2023/24 Charity received a restricted grant from People's Postcode Lottery to expand its services in Fulbourn. This finished in 2024/25.

Capital grants

In 2023/24 the Charity received a capital grant from NHS England Mental Health Services to contribute towards new IT equipment. The grant was fully spent during the prior year in line with the restrictions and the balance transferred to unrestricted funds upon purchase and capitalisation of the new assets.

Other

The Charity receives various other restricted grants from local organisations towards projects, software and governance. In the year this included a £7,500 community grant from Cambridge City Council and £10,326 towards activities in Ely.

12. ANALYSIS OF NET ASSETS BETWEEN FUNDS

ANALYSIS OF NET ASSETS BETWEEN FUNDS - CURRENT YEAR

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total funds 2025 £
Tangible fixed assets	5,332	-	5,332
Current assets	203,685	-	203,685
Creditors due within one year	(44,890)	-	(44,890)
	<u>164,127</u>	<u>-</u>	<u>164,127</u>

ANALYSIS OF NET ASSETS BETWEEN FUNDS - PRIOR YEAR

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total funds 2024 £
Tangible fixed assets	7,468	-	7,468
Current assets	260,444	20,049	280,493
Creditors due within one year	(21,282)	-	(21,282)
	<u>246,630</u>	<u>20,049</u>	<u>266,679</u>

13. RELATED PARTIES

During the year one Trustee and the CEO each loaned the Charity £7,000, interest free, to aid a short-term cash flow issue. The loans were repaid in full 8 days later.

There were no other related party transactions in the current or prior year.

LIFECRAFT

England & Wales - Charity number 1195632

Accounts

Charity number: 1195632



TRUSTEES' REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2024

LIFECRAFT

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**REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITY, ITS TRUSTEES AND ADVISERS
FOR THE YEAR ENDED 31 MARCH 2024**

Trustees

Clare Bye
Teresa Clarke
Katharine Collins Resigned 6 November 2024
Michael Hewett
Fiona Kerr
Mustafa Ongan Appointed 6 November 2024
Alexander Radford
Syed Shakir
Brittany Thomas Resigned 15 March 2024

Chief Executive

Gemma Barron

Charity registered number

1195632

Registered office

The Bath House
Gwydir Street
Mill Road
Cambridge
CB1 2LW

Independent Examiner

Geoff Mann FCIE
Geoff Mann Limited
Dee House
Highworth Avenue
Cambridge
CB4 2BQ

Bankers

Lloyds Bank plc
3 Sidney Street
Cambridge
CB2 3HQ

LIFECRAFT

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2024

The Trustees present their annual report together with the financial statements of the Charity for the year 1 April 2023 to 31 March 2024. The Trustees confirm that the Annual Report and financial statements of the Charity comply with the current statutory requirements, the requirements of the Charity's governing document and the provisions of the Statement of Recommended Practice (SORP), applicable to charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (second edition – October 2019 effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Lifecraft's main aim is to enable people with mental health problems to support each other and to influence the development of mental health services. Lifecraft provides social clubs, peer support groups, telephone helplines, pro-active support calls, weekly activity groups, counselling, volunteering and employment opportunities, specialist support for those bereaved by suicide and a regular e-newsletter. Lifecraft is also involved in campaigning and mental health awareness work in partnership with local organisations.

PUBLIC BENEFIT

The Board of Trustees confirm that they have complied with the general duty in Section 17 of the Charities Act 2011 to have due regard to the Charity Commission's guidance on public benefit.

ACHIEVEMENTS AND PERFORMANCE

It's been another busy year, with demand on services continuing to rise. Every month more and more people join as members and the number of calls we receive into Lifeline has yet again increased significantly over the year. We know that there are many more people in the county who could be benefitting from our services and we have continued to identify gaps and look to fill them where we can and are best placed to do so.

We are proud to be one of only a few user-led charities locally and know that this makes us unique in our ability to design and deliver services that truly reflect our shared understanding of what helps. Community and connection are key to everything we do and we hope that this is evident to you as you read about the impact of our work over the past year.

It's been said before, but we couldn't do any of what we do without the fabulous support of our members, staff, volunteers, funders and partners. You all make Lifecraft what Lifecraft is and we thank you all.

Groups and activities

Some of our services, including most of our groups, activities and counselling, are exclusive to our members. Membership is free to adults living in Cambridgeshire or Peterborough who have, or have had, lived experience of mental illness or mental health issues. All members become part of the Lifecraft community and have the opportunity to input into the development of the charity.

One of our current priorities is to be more accessible to people living outside of Cambridge by extending our in-person support to more locations across the area. With thanks to a grant from the players of People's Postcode Lottery, we are now hosting groups on the Fulbourn Hospital site, strengthening our ties with those who are receiving in-patient care and who could benefit from our support in the community. These groups are in addition to our ever popular Cambridge and Ely groups, activities and counselling provision.

Over the past year, our regular schedule has been to run four to five social afternoons as well as at least four other group activity sessions every week.

LIFECRAFT

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2024

Counselling

We continued to offer in-person counselling to our members in both Cambridge and Ely. The number of people being supported has remained consistent with the previous few years and reflects the level of funding that we receive to deliver the service. We had an average of 27 people in counselling at any one time and 15 people completed their treatment during the year.

At the end of the year there were 65 individuals on the waiting list for counselling. Members who actively engage with our wider membership offer are prioritised for treatment because the counselling service is not a standalone service, but aims to provide additional support alongside groups and activities. Most people on the waiting list are not active members. We continue to work with our NHS commissioner to reduce the number of people who are waiting for counselling.

Helping people into volunteering and work

We had a staff vacancy for much of the year, however, we were still able to help 27 people informally with their CVs and job searches.

Helplines

Demand for Lifeline continues to grow. Last year we reported that we'd seen a 38% increase in calls on the previous year, and this year there has been a further 17.5% increase in calls to the line, with a total of 10,277 calls taken. There continues to be no significant pattern as to when people call, which means that some days are busier than others. Our aim remains to have at least two lines open from 11am to 11pm every day.

People call us for a variety of reasons, but the thing that unites all the callers is that they are struggling and want someone to talk to. Our staff and volunteers are highly trained to listen, provide empathy and help callers to explore their options and keep themselves safe. All calls are confidential, subject to our confidentiality policy, and people can remain completely anonymous.

In addition to Lifeline, our staff are trained to make proactive calls to people who have recently experienced a mental health crisis. People are referred to us, with their consent, by other local organisations. We call them to check that they are okay and offer them support that is similar to the support given on Lifeline. Over 1,100 support calls were made via these services.

Suicide bereavement

We are pleased to have been able to continue providing our expanded suicide bereavement services over the past year. We know that the number of people we are able to support remains limited compared to the local need, however, being able to support double the amount of people that we were able to support 18-months ago is very much welcomed. We have been supporting an average of 69 people at any time and everyone was contacted within seven days of referral to the support service. During the year we were also able to re-establish our peer support groups and provide specialist counselling for those who would like it. An average of 12 people are supported by the specialist counselling service at any time.

FINANCIAL REVIEW AND RESERVES POLICY

During the year Lifecraft generated income of £502,003 and incurred costs of £507,338. Closing reserves total £266,679 of which £20,049 are restricted. Of the £246,630 unrestricted funds, £50,000 have been designated in case of closure of the Charity and £7,468 are held as fixed assets for the long term benefit of the charity. This leaves free reserves of £189,162. The Charity targets free reserves of around six months expenditure (£250,000) and is getting closer to meeting this target.

LIFECRAFT

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2024

FUTURE DEVELOPMENTS

The Charity will continue to diversify its funding streams and invest in its existing service lines.

STRUCTURE, GOVERNANCE AND MANAGEMENT

CONSTITUTION

Lifecraft was formed by a Model constitution for CIO with voting members other than its charity trustees ('Association' model) on 25 August 2021.

METHOD OF APPOINTMENT OR ELECTION OF TRUSTEES

The management of the Charity is the responsibility of the Trustees who are elected and co-opted under the terms of the Constitution. The number of Trustees at any one time is always at least four.

POLICIES ADOPTED FOR THE INDUCTION AND TRAINING OF TRUSTEES

Trustees have relevant knowledge of the Charity's aims and objectives. The Constitution is provided to all trustees and efforts are made to provide up to date knowledge of the financial performance of the charity and obligations under charity law.

ORGANISATIONAL STRUCTURE AND DECISION MAKING

The charity has a board of trustees who meet bi-monthly to conduct formal business and are responsible for its strategic direction and policy. An operations manager is appointed by the trustees to manage the day to day operations of the charity. In planning their activities for the year, the trustees have kept in mind the Charity Commission's guidance on public benefit at their meetings. Feedback from members is encouraged including at monthly 'members meetings'.

RISK MANAGEMENT

The Trustees have assessed the major risks to which the Charity is exposed, in particular those related to the operations and finances of the Charity and are satisfied that systems and procedures are in place to mitigate the charity's exposure to the major risks. The key risks identified, and mitigations are:

Risk	Mitigation
Funding - Inability to diversify and increase funding sources due to lack of staff capacity to fundraise leading to deficit budget resulting in unsustainable future of the organisation. Move to an Integrated Care System (ICS) resulting in changes to the current commissioning arrangements for the former CCG (now ICB) and County Council leading to uncertainty with contracts resulting in inability to plan financially further than 2025/26.	<ul style="list-style-type: none"> • CEO involvement in development of ICS relationship with the voluntary and community sector. • Contract extension given until end 2025/26 for all 'core' statutory sector contracts. • Fundraising Plan and Objectives agreed to diversify income
Location - Unable to operate out of The Bath House, or other venues used by Lifecraft, due to factors outside of our control leading to a short-term inability to operate services face-to-face resulting in a suboptimal service to members / service users.	<ul style="list-style-type: none"> • Business Continuity Plan. • Good relationship with local partners who would assist if an urgent need became necessary. • Investigate other local venues for short-term use.
Recruitment - Inability to recruit and retain member trustees leading to a lack of member involvement at the Board resulting in an inability to operate constitutionally.	<ul style="list-style-type: none"> • Regular conversations with existing member trustees to offer additional support. • Member trustee recruitment drive.

LIFECRAFT

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2024

INFORMATION ON FUNDRAISING PRACTICES

The Charity does not currently rely on fundraising as a major source of income nor does it employ or engage professional fundraisers. The Charity has not otherwise received funding from, or make applications to, other trusts and foundations, nor does it receive public subsidies. This may change in future years. Should fundraising activities increase in the future, the Charity is committed to avoiding any intrusive fundraising approaches and will never apply undue pressure to donate.

TRUSTEES' RESPONSIBILITIES STATEMENT

The Trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Charity law requires the Trustees to prepare financial statements for each financial year. Under charity law the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the Charity and of the incoming resources and application of resources, including the income and expenditure, of the Charity for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgments and accounting estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in operation.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the Charity's transactions and disclose with reasonable accuracy at any time the financial position of the Charity and enable them to ensure that the financial statements comply with the Charities Act 2011. They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report was approved by the Trustees and signed on their behalf by:


Fiona Kerr
Trustee

Date: 17 January 2025

LIFECRAFT

**INDEPENDENT EXAMINER'S REPORT
FOR THE YEAR ENDED 31 MARCH 2024**

I report on the financial statements of the charity for the year ended 31 March 2024, which are set out on pages 7 to 19.

Respective Responsibilities of the Trustees and the Examiner

As the charity's trustees you are responsible for the preparation of the financial statements; you consider that the audit requirement of section 144(2) of the Charities Act 2011 (the Act) does not apply. It is my responsibility to state, on the basis of procedures specified in the General Directions given by the Charity Commissioners under section 145(5)(b) of the Act, whether particular matters have come to my attention.

Basis of Independent Examination

My examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the financial statements presented with those records. It also includes consideration of any unusual items or disclosures in the financial statements and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the view given by the financial statements.

Independent Examiner's Statement

In connection with my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that in any material respect the requirements
 - to keep accounting records in accordance with section 130 of the Act: and
 - to prepare financial statements which accord with the accounting records and to comply with the accounting requirements of the Act have not been met; or
- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the financial statements to be reached.

Geoff Mann

Geoff Mann FCIE
Geoff Mann Limited
Dee House
Highworth Avenue
Cambridge
CB4 2BQ

Date: 23 January 2025

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**STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2024**

		Unrestricted funds	Restricted funds	Total funds	Total funds
	Note	2024 £	2024 £	2024 £	2023 £
INCOME FROM:					
Donations and legacies	2	13,597	13,190	26,787	25,973
Charitable activities	3	446,396	21,930	468,326	454,130
Investment income		3,075	-	3,075	-
Other income		3,815	-	3,815	1,846
TOTAL INCOME		<u>466,883</u>	<u>35,120</u>	<u>502,003</u>	<u>481,949</u>
EXPENDITURE ON:					
Charitable activities	4	<u>499,025</u>	<u>8,313</u>	<u>507,338</u>	<u>447,272</u>
TOTAL EXPENDITURE		<u>499,025</u>	<u>8,313</u>	<u>507,338</u>	<u>447,272</u>
NET (EXPENDITURE)/INCOME		(32,142)	26,807	(5,335)	34,677
TRANSFER BETWEEN FUNDS	11	<u>10,000</u>	<u>(10,000)</u>	-	-
NET MOVEMENT IN FUNDS		(22,142)	16,807	5,335	34,677
RECONCILIATION OF FUNDS:					
Total funds brought forward		<u>268,772</u>	<u>3,242</u>	<u>272,014</u>	<u>237,337</u>
TOTAL FUNDS CARRIED FORWARD		<u>246,630</u>	<u>20,049</u>	<u>266,679</u>	<u>272,014</u>

The notes on pages 10 to 19 form part of these financial statements.

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**BALANCE SHEET
AS AT 31 MARCH 2024**

	Note	£	2024 £	£	2023 £
NON-CURRENT ASSETS					
Tangible fixed assets	8		7,468		-
CURRENT ASSETS					
Debtors	9	31,024		3,479	
Cash at bank and in hand		<u>249,469</u>		<u>286,112</u>	
		280,493		289,591	
CREDITORS: amounts falling due within one year	10		<u>(21,282)</u>	<u>(17,577)</u>	
NET CURRENT ASSETS			<u>259,211</u>		<u>272,014</u>
NET ASSETS			<u>266,679</u>		<u>272,014</u>
CHARITY FUNDS					
Restricted funds	11		20,049		3,242
Unrestricted funds	11		<u>246,630</u>		<u>268,772</u>
TOTAL FUNDS			<u>266,679</u>		<u>272,014</u>

The financial statements were approved and authorised for issue by the Trustees and signed on their behalf, by:

Michael Hewett

Michael Hewett
Trustee

Date: 17 January 2025

The notes on pages 10 to 19 form part of these financial statements.

LIFECRAFT

**STATEMENT OF CASH FLOWS
AS AT 31 MARCH 2024**

	Note	2024 £	2023 £
CASH FLOWS FROM OPERATING ACTIVITIES			
Net cash provided from operating activities	14	(30,651)	113,948
CASH FLOWS FROM INVESTING ACTIVITIES			
Dividends, interests and rents from investments		3,075	-
Purchase of tangible fixed assets		(9,067)	-
NET CASH PROVIDED BY/(USED IN) INVESTING ACTIVITIES		(5,992)	-
CHANGE IN CASH AND CASH EQUIVALENTS IN THE YEAR			
Cash and cash equivalents at the beginning of the year		286,112	172,164
CASH AND CASH EQUIVALENTS AT THE END OF THE YEAR	16	249,469	286,112

The notes on pages 10 to 19 form part of these financial statements.

LIFECRAFT

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2024

1. ACCOUNTING POLICIES

1.1 BASIS OF PREPARATION OF FINANCIAL STATEMENTS

The financial statements have been prepared in accordance with the Charities SORP (FRS 102) - Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

The financial statements have been prepared to give a 'true and fair' view and have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a 'true and fair' view. This departure has involved following the Charities SORP (FRS 102) published in October 2019 rather than the Accounting and Reporting by Charities: Statement of Recommended Practice effective from 1 April 2005 which has since been withdrawn.

Lifecraft meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

1.2 GOING CONCERN

The Trustees have assessed whether the use of the going concern assumption is appropriate in preparing these financial statements. The Trustees have made this assessment in respect of the period of at least one year from the date of approval of these financial statements. They have reviewed budgets and cash flow forecasts and have concluded that there are no material uncertainties related to events or conditions that may cast significant doubt on the ability of the Charity to continue as a going concern. The Trustees are of the opinion that the Charity will have sufficient resources to meet its liabilities as they fall due.

1.3 INCOME

Donation and grant income is recognised once the Charity has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

Other income is recognised in the period in which it is receivable and to the extent the goods have been provided or on completion of the service.

1.4 EXPENDITURE

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources.

Support costs are those costs incurred directly in support of expenditure on the objects of the Charity. Governance costs are those incurred in connection with administration of the Charity and compliance with constitutional and statutory requirements.

All expenditure is inclusive of irrecoverable VAT.

LIFECRAFT

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2024

1.5 TANGIBLE FIXED ASSETS

All assets over £1,000 (excluding VAT are capitalised). The trustees are of the opinion that expenditure below this limited has no commercial resale value and that, in view of this and the nature of the organisation, such costs should not be capitalised.

Depreciation is provided on all tangible fixed assets at rates calculated to write off the cost less estimated residual value of each asset over its expected useful life as follows:

Computer equipment – 33% straight-line basis

1.6 DEBTORS

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

1.7 CASH AT BANK AND IN HAND

Cash at bank and in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

1.8 LIABILITIES AND PROVISIONS

Liabilities are recognised when there is an obligation at the Balance Sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably. Liabilities are recognised at the amount that the Charity anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide. Provisions are measured at the best estimate of the amounts required to settle the obligation. Where the effect of the time value of money is material, the provision is based on the present value of those amounts, discounted at the pre-tax discount rate that reflects the risks specific to the liability. The unwinding of the discount is recognised within interest payable and similar charges.

1.9 FINANCIAL INSTRUMENTS

The Charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

1.10 FUND ACCOUNTING

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Charity and which have not been designated for other purposes. Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the Charity for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

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**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024**

2. INCOME FROM DONATIONS AND LEGACIES

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total funds 2024 £	Total funds 2023 £
Grants	4,000	12,500	16,500	8,500
Other donations	9,597	690	10,287	17,473
	<u>13,597</u>	<u>13,190</u>	<u>26,787</u>	<u>25,973</u>
Total donations and legacies				
Total 2023	<u>22,973</u>	<u>3,000</u>	<u>25,973</u>	

3. INCOME FROM CHARITABLE ACTIVITIES

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total funds 2024 £	Total funds 2023 £
Mental health services	446,396	21,930	468,326	454,130
	<u>446,496</u>	<u>21,930</u>	<u>468,326</u>	<u>454,130</u>
Total charitable activities				
Total 2023	<u>454,130</u>	<u>-</u>	<u>454,130</u>	

SOURCES OF INCOME

	Total 2024 £	Total 2023 £
Cambridgeshire County Council	123,687	75,433
Cambridgeshire and Peterborough Integrated Care Board	322,709	320,792
Cambs and Peterborough Foundation Trust	-	57,905
People's Postcode Lottery	21,930	-
	<u>468,326</u>	<u>454,130</u>

LIFECRAFT

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

4. ANALYSIS OF EXPENDITURE ON CHARITABLE ACTIVITIES

	Direct (Note 5) 2024 £	Support (Note 6) 2024 £	Total funds 2024 £	Total funds 2023 £
Charitable activities	<u>337,368</u>	<u>169,970</u>	<u>507,338</u>	<u>447,272</u>
	<u>337,368</u>	<u>169,970</u>	<u>507,338</u>	
Total 2023	<u>297,246</u>	<u>150,026</u>	<u>447,272</u>	

5. DIRECT COSTS

	Mental Health Services		Total 2024 £	Total 2023 £
	Unrestricted 2024 £	Restricted 2024 £		
Delivery costs	51,593	4,006	55,599	45,483
Staff costs	280,652	1,117	281,769	251,763
	<u>332,245</u>	<u>5,123</u>	<u>337,368</u>	<u>297,246</u>
Total 2023	<u>281,359</u>	<u>15,887</u>	<u>297,246</u>	

6. SUPPORT COSTS

	Mental health services		Total 2024 £	Total 2023 £
	Unrestricted 2024 £	Restricted 2024 £		
Office costs	32,391	-	32,391	25,017
Professional fees	4,693	-	4,693	6,278
Rent	25,334	690	24,644	20,420
Trustees expenses	122	-	122	50
Staff costs	104,930	2,500	107,430	98,261
	<u>166,780</u>	<u>3,190</u>	<u>169,970</u>	<u>150,026</u>
Total 2023	<u>149,026</u>	<u>1,000</u>	<u>150,026</u>	

Included in the above are independent examiner fees (governance costs) of £500 (2023: £470).

LIFECRAFT

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024**

7. STAFF COSTS

	2024	2023
	£	£
Wages and salaries	358,711	324,163
Social security costs	24,450	20,506
Pension costs	6,038	5,355
	<hr/>	<hr/>
	<u>389,199</u>	<u>350,024</u>

During the year, no Trustees received any remuneration (2023 - £NIL) in their capacity as Trustee. In agreement with the Charity Commission, Trustees who are also members of Lifecraft, are paid for their work as employees under the permitted work rules. In this instance no remuneration was paid during the year (2023 - £NIL).

The Key Management Personnel of the Charity are considered to be the Trustees, who as outlined above received no remuneration (2023 - £NIL), and the Chief Executive. Total Key Management Personnel remuneration for the year was £42,489 (2023 - £34,416).

During the year, no Trustees received any benefits in kind (2023 - £NIL).

During the year, one Trustees received reimbursement of expenses totalling £122 (2023 – £50).

The average weekly number of staff employed during the year was

	2024	2023
	No	No
Project workers / Management	18	16
Members employed under the permitted work rules as part of our member employment scheme and laid out by the Benefits Agency	-	-
	<hr/>	<hr/>
	<u>18</u>	<u>16</u>

8. TANGIBLE FIXED ASSETS

	IT Equipment / Total £
Cost at 1 April 2023	-
Additions	9,067
Cost at 31 March 2024	<hr/> 9,067
Depreciation at 1 April 2023	-
Charge for the year	1,599
Depreciation at 31 March 2024	<hr/> 1,599
NET BOOK VALUE AT 31 MARCH 2023	<hr/> -
NET BOOK VALUE AT 31 MARCH 2024	<hr/> <u>7,468</u>

LIFECRAFT

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024**

9. DEBTORS

	2024	2023
	£	£
Other debtors	31,024	3,479
	<u>31,024</u>	<u>3,479</u>

10. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024	2023
	£	£
Trade creditors	11,134	1,382
Deferred income	8,857	9,118
Other creditors	1,291	7,077
	<u>21,282</u>	<u>17,577</u>

Deferred income in the year related to contract income received in advance. This will be released in full in 2024-25.

LIFECRAFT

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

11. STATEMENT OF FUNDS

CURRENT YEAR	Brought forward £	Incoming resources £	Resources expended £	Transfers in/(out) £	Carried forward £
Designated funds					
Redundancy	30,000	-	-	20,000	50,000
Crisis Fund	30,000	-	-	(30,000)	-
General funds					
General fund	208,772	466,883	(499,025)	20,000	196,630
Total Unrestricted funds	268,772	466,883	(499,025)	10,000	246,630
Restricted funds					
Lifecraft Fulbourn People's Postcode Lottery	-	21,930	(5,123)	-	16,807
Capital grants	-	10,000	-	(10,000)	-
Other	3,242	3,190	(3,190)	-	3,242
Total Restricted funds	3,242	35,120	(8,313)	(10,000)	20,049
Total of Funds	272,014	502,003	(507,338)	-	266,679

LIFECRAFT

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

11. STATEMENT OF FUNDS (continued)

PRIOR YEAR	Brought forward £	Incoming resources £	Resources expended £	Transfers in/(out) £	Carried forward £
Designated funds					
Redundancy	30,000	-	-	20,000	30,000
Crisis Fund	30,000	-	-	(30,000)	30,000
General funds					
General fund	127,881	478,949	(430,385)	32,327	208,772
Total Unrestricted funds	187,881	478,949	(430,385)	32,327	268,772
Restricted funds					
Lifeline	-	2,000	(2,000)	-	-
Employment services	13,887	-	(13,887)	-	-
Suicide bereavement services	32,327	-	-	(32,327)	-
Other	3,242	1,000	(1,000)	-	3,242
Total Restricted funds	49,456	3,000	(16,887)	(32,327)	3,242
Total of Funds	237,337	481,949	(447,272)	-	272,014

Designated funds**Crisis fund**

The Charity previously set aside funds equivalent to approximately 3 months support costs (excluding staff costs) expenditure in the case of a crisis that would result in the Charity ceasing to operate. Three months is considered the time it would take to transfer its existing services to another provider. The fund does not include redundancy costs which are in a separate fund below. Following a review of its reserves policy, this fund is no longer separately designated.

Redundancy

The Charity has set aside funds to cover redundancy payments required under existing employment contracts in the event of a winding up of its activities.

LIFECRAFT

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024**

11. STATEMENT OF FUNDS (continued)

Restricted funds

Lifecraft Fulbourn People's Postcode Lottery

The Charity received a restricted grant from People's Postcode Lottery to expand its services in Fulbourn.

Capital grants

The Charity received a capital grant from NHS England Mental Health Services to contribute towards new IT equipment. The grant was fully spent during in the year in line with the restrictions and the balance transferred to unrestricted funds upon purchase and capitalisation of the new assets.

Lifeline

The Charity previously received a restricted grant from the CPFT of £2,000 to contribute towards the running costs of Lifeline.

Employment services

The Charity previously receives a restricted grant from Cambridgeshire Community Foundation to offer employment services to its Members. This fund was fully spent in the year.

Postvention

The Charity previously received restricted grants from Cambridgeshire County Council/NHS Cambs & P'Boro CCG to offer suicide bereavement services. These services have been contracted since 2023.

Other

The Charity receives various other restricted grants from local organisations towards projects, software and governance.

12. ANALYSIS OF NET ASSETS BETWEEN FUNDS

ANALYSIS OF NET ASSETS BETWEEN FUNDS - CURRENT YEAR

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total funds 2024 £
Tangible fixed assets	7,468	-	7,468
Current assets	260,444	20,049	280,493
Creditors due within one year	(21,282)	-	(21,282)
	<u>246,630</u>	<u>20,049</u>	<u>266,679</u>

ANALYSIS OF NET ASSETS BETWEEN FUNDS - PRIOR YEAR

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total funds 2023 £
Current assets	286,349	3,242	289,591
Creditors due within one year	(17,577)	-	(17,577)
	<u>268,772</u>	<u>3,242</u>	<u>272,014</u>

LIFECRAFT

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024**

13. RELATED PARTIES

There were no related party transactions in the current or prior year.

14. RECONCILIATION OF NET MOVEMENT IN FUNDS TO NET CASH FLOW FROM OPERATING ACTIVITIES

	2024 £	2023 £
Net (expenditure)/income for the year (as per Statement of Financial Activities)	(5,335)	34,677
ADJUSTMENTS FOR:		
Depreciation charges	1,599	-
Investment income	(3,075)	-
(Increase)/decrease in debtors	(27,545)	70,445
Increase in creditors	3,705	8,826
NET CASH PROVIDED BY OPERATING ACTIVITIES	(30,651)	113,948

15. ANALYSIS OF CASH AND CASH EQUIVALENTS

	2024 £	2023 £
Cash at bank and in hand	249,469	286,112

16. ANALYSIS OF CHANGES IN NET DEBT

	At 1 April 2023 £	Cash flows £	At 31 March 2024 £
Cash at bank and in hand	286,112	(36,643)	249,469
	<u>286,112</u>	<u>(36,643)</u>	<u>249,469</u>

LIFECRAFT

England & Wales - Charity number 1195632

Accounts

LIFECRAFT ANNUAL REVIEW 2022/23

A WORD FROM THE CHAIR

Lifecraft, as this annual report shows, goes from strength to strength. Four years ago when I took over as Chair of Trustees we faced large financial problems and questions about how we could carry on. This last financial year our income stream is nearly double 2018/9, and this is because of the continuing success of Lifeline and our growth in services, for example in opening weekly in Ely and strengthening suicide bereavement services across our region. Lifecraft will continue to stay flexible and responsive to the needs and opportunities which arise in different parts of the region, and deliver services where they are needed most.

Since the last annual report, quite a lot has happened for me as well as Lifecraft! In January this year I moved to Scotland and so sadly I am leaving my role as Lifecraft Trustee, and this is my last report for a Lifecraft AGM. I continued as Chair of Trustees throughout this year whilst we recruited my replacement, which we did in late Spring when Fiona Kerr joined the trustee team. She has been getting involved in Lifecraft work and functioning - and some of you may have met her at the Lifecraft 30th Birthday celebration event in early September this year.

I feel sure Fiona will find it as rewarding as I have to be the Chair of Trustees for Lifecraft. In times of change there will always be challenges to face and issues to address, but for any organisation it is the people who belong to it who make it what it is. Lifecraft has a wonderful staff and volunteer team, who are dedicated, caring and resourceful, and a strong and committed trustee team who have so often gone that extra mile to keep everything secure and progressing.

Most of all though, we are a user-led organisation with Lifecraft members at the heart of it, making significant and valuable contributions at every level of the work we do. In the new Lifecraft Strategy staff, trustees and members produced a vision statement which encapsulates our shared goal: 'a society where people with mental health difficulties receive the support they need, where they are at the centre of service and support design and delivery, and where there is no stigma or discrimination attached to mental health issues of illness'. I have every confidence that Lifecraft will continue to lead the way towards this goal, and to demonstrate what it can look like.

Troy Cooper, Chair of Board of Trustees

IMPACT REPORT

Compared to the previous couple of years, this was a relatively 'normal' one and allowed us to spend time making sure that the charity is fit for purpose, developing our already excellent services and introducing additional services to better support people at times when they need it. As always, our focus has firmly remained on promoting self-help for mental health and supporting local people who are struggling with their mental health.

We hope that the information in this impact report clearly demonstrates the breadth of support we have given, how we're working with other organisations and the opportunities that we are continuing to develop.

“Lifecraft has really helped me over the years, to rebuild my mental health and confidence. I honestly think that without the support of Lifecraft I wouldn't still be here. It's a great place, with great supportive people who look after each other and simply just care.”

Melissa

As always, we greatly appreciate the time that our volunteers freely give, the dedication and commitment of our staff and the donations we receive from generous people, businesses and trusts. The support we receive from our statutory and voluntary sector partners continues to be substantial and they also help us to make the best use of all our resources for those living in Cambridgeshire and Peterborough. Thank you to everyone who continues to support us so we can continue doing the amazing work we do.

Overview of the Year

April

- Launched new five-year strategy

May

- Bowling fun at Tenpin in Cambridge
- NEW s136 follow-up service began supporting people
- Expansion of the Suicide Bereavement Support Service with the appointment of a second Liaison Worker

June

- Our first Expressive Writing Course in partnership with the Royal Literary Society
- Fun, games and cake at our Platinum Jubilee Fun Day

July

- Paddling, fairground rides and ice-creams in Clacton
- Relaunch of our employment and volunteering service

August

- Awarded the countywide contract for delivering suicide bereavement counselling

September

- Launched Lifecraft in Ely with drop-in afternoons

November

- Our Annual General Meetings

December

- Doors open and lots of fun at Mill Road Winter Fair
- Christmas karaoke, festive food and games

January

- All Lifecraft assets transferred from the 'old' Lifecraft charity to the 'new' Lifecraft charity
- Suicide Bereavement Counselling Service began supporting clients
- Our Crisis and Support Helplines Manager won Employee of the Year at the National Helpline Awards 2022

February

- Ely hours extended to include morning groups as well as afternoon drop-ins
- Afternoon tea for staff and volunteers to say thank you for their dedication and hard work

March

- Staff Support Line and webchat contract ended

Value of Volunteering

Across the charity, we had 68 wonderful people volunteer for us during the year. Together, the volunteers generously gave us 4,296 hours of volunteering, which equates to a monetary value of approximately £51,232¹. Whilst this is one way to demonstrate the value of Lifecraft's volunteers to our local mental health system, we know that the skills and experiences that these individuals bring are also vast.

¹ www.volunteerscotland.net/wp-content/uploads/2023/02/Calculating-the-economic-value-of-your-volunteers-Guidance.pdf

Membership Services

As part of the move to becoming a Charitable Incorporated Organisation, all members wanting to remain as members of Lifecraft needed to re-register with us. We made the process as straightforward as possible and supported anyone who needed our help. The number of active members has remained steady and we continue to receive multiple new membership applications on a weekly basis.

“Lifecraft really is an encouragement to me. It’s my safe haven. Now I have a social life that I can look forward to.”

Melody

One of our strategic priorities is to strengthen our membership offer. Our programme of groups and activities continue to be led by what our members feel would be useful to them, and through utilising research into what works. During the year we hosted a variety of social activities, groups and courses. Some of the groups are run on an ongoing basis and others are run on a short-term basis.

Here's a snapshot of information about our membership from the year:

- 42 new members
- 279 group or activity sessions held
- 108 members attended at least one group session
- Members from all districts in the area, including an increase in members from East Cambridgeshire
- Average of seven to ten people attending each of our regular ongoing groups each week



The biggest change to our membership services was the introduction of in-person groups, activities and counselling in Ely. We are delighted by the way the drop-ins and more structured groups have been received by people in the area and it’s been wonderful to see the impact we have already started to have on the lives of those who have found us. While we are currently only open in Ely one day per week, we have already had to move venues to accommodate the number of people attending and our membership figures are showing a significant increase in members from outside the Cambridge area. We had 18 unique people access our Ely groups and activities, with an average of seven people a week at the drop-ins.

“When Lifecraft started in Ely, I decided to give it a try. I’ve never been a group person and, in fact, I would actively avoid them. However, it’s turned out to be a lifeline for me - I’ve actually made friends who I look forward to seeing every week. I’ve gone from a very solitary and isolated person, to someone who can go to a safe place, learn new things in a supportive

environment and am the most sociable I've been for 20 years or so."

Joanne

The groups wouldn't be possible without the support of the members who volunteer or engage in short-term paid employment at Lifecraft. However, our Member Employee Scheme isn't just about enabling the groups – its main aim is to help members grow in confidence and gain new skills.

- Nine member employees or volunteers working for us via the member employee scheme.
- Average of 2.2 work hours per week provided by each member employee or volunteer.

Counselling Service

We have continued to offer up to two years of counselling to our members, providing additional support alongside our groups and activities. Most sessions are being delivered in-person, however, we are still able to offer online or telephone sessions where this is most beneficial. Priority is usually given to members who regularly attend other Lifecraft groups and activities, which are designed to support them and help them to better support themselves, but we understand that this isn't always possible. We are pleased to now be able to offer in-person sessions in Ely as well as Cambridge.

- 12 clients entering treatment
- 35 members on waiting list
- 13 assessments carried out
- 40 members supported during the year
- 87% available appointments attended
- 18 members completing treatment
- 9 new counsellors trained

Employment and Volunteering Support

In addition to the nine members who worked for us through our Member Employment and Volunteering Scheme, we re-established our Careers and Employment Service during the year. The service is open to anyone living in Cambridgeshire who is 18+ and is struggling to gain employment or remain in employment due to struggles with their mental health. Through 1-2-1 coaching, training and both employment and mental health support, we help people get to the point where they have the confidence to work or volunteer and have the skills and knowledge to be able to stay in the role. Our support is tailored to the needs of the individual.

Since relaunching in July, we had:

- 27 referrals.
- Helped nine people into work or start a new job and one person into volunteering (37% of referrals).
- Supported another six people to move towards their employment goals.

Referrals into the service came from a variety of channels: self-referral (6), CPFTs Individual Placement and Support Service (6), Lifecraft (5), Red Balloon in

the Air (4), primary care (3) and other (3). The average age of those referred to the service was 36.

Helpline Services

We had another successful year of juggling commitments and conjuring workable rotas to enable Lifeline to continue to operate 12 hours a day, every day during the year. We also managed to introduce a further call-back service, supporting people who are discharged following detainment under s136 of the Mental Health Act. It was great to work with our colleagues from the Integrated Care Board, Cambridgeshire and Peterborough Foundation Trust, Cambridgeshire County Council and SUN Network to make this a reality.

The number of calls taken by Lifeline increased by an astonishing 38% on the previous year, which was already a 4% increase on the year before. Including the call-back services, this was 12,383 calls made and received.

As with the previous few years, most calls to Lifeline were from people living in Cambridge or Peterborough. We have continued to promote the line across the whole county and have seen an upward trend in calls from Peterborough, Huntingdonshire and South Cambridgeshire. Adversely, we have seen a downward trend in calls from Fenland and Cambridge. Call numbers from East Cambridgeshire remain fairly stable. We will use these figures to help us target our geographical marketing of the service.

Unfortunately, after a year and ten months of delivering the dedicated health and care support line, including a webchat service, we were given notice that the Integrated Care Board didn't have the funds to continue the service after 31 March 2023. It was a honour to be able to support our health and care workers in this dedicated way and we will continue to support those who are eligible via Lifeline.

Lifeline

- 8,749 total calls taken
- 710 people calling the line for the first time
- 18 new volunteers trained
- 2,904 hours given by volunteers
- 4,015 number of opening hours
- Top reasons for calling: Anxiety 14% (1,223) / Isolation 19% (1,668) / Distress 7.6% (667) / Depression 6.7% (585)

Health and Care Support Line

- 280 cases
- 46.8 hours of support provided
- 40% worked in critical care during pandemic
- 67 NHS call-backs booked
- Top reasons for calling: Information (116) / Relationship issues (35) / Anxiety (54)
- Calls from a wide variety of health and care organisations

Health and Care Proactive Calls

- 11 cases
- Approximately two hours of support provided

Sanctuary Aftercare Service

- 1,349 referrals into the service
- 877 unique people supported
- Over 329 hours of support given
- 1,129 signposts made
- 12 safety plans updated
- 70 safety plans created

Missing from Home Service

- 74 referrals into the service
- 48 cases (46 people)
- Over 20 hours of support provided

S136 Follow-up Service

- 51 referrals into the service
- 38 people supported
- Over 22 hours of support given

Suicide Bereavement Support Service

Our suicide bereavement services have grown significantly over the past year, meaning that we've been able to increase the amount and type of support available to those bereaved by suspected suicide. We are now supporting more people and supporting them for longer, which has been important because the time between the death and the inquest has become longer.

As well as doubling our specialist emotional and practical support, we have been working to reintroduce our peer support groups and have established a new suicide bereavement counselling service that provides up to 14 sessions of free therapy. This has all been possible thanks to additional public sector contract funding.

- Average of 60 people actively supported each month
- 110 individuals supported during the year
- 83 referrals into the service
- 88 new clients supported
- 1,344 contacts with clients
- Approximately 380 hours of support provided
- Relationship to deceased (% of those actively supported over the year):
 - o 26 people (24%) spouse or partner,
 - o 18 people (16%) child (adult children),
 - o 32 people (29%) parent,
 - o 17 people (15%) sibling,
 - o 6 people (5%) friend,
 - o 3 people (3%) former partner,
 - o 8 people (7%) other or unknown
- 9 clients receiving specialist counselling (January-March)
- 59 hours of counselling provided (January-March)

Looking Ahead

Over the coming year, we are hoping to be able to continue delivering all the services we are currently providing, whilst also enabling more in-person support at locations across the county. There is definitely a lot of demand for our services and this will give people more choice about the support that is right for them and the opportunity to become involved in all aspects of Lifecraft.

We'll also be celebrating our 30th birthday in 2023, so I'm sure they'll be a certain amount of reminiscing and cake eating!

**Gemma Barron, Chief Executive
Carole Morgan and Cathy Fusniak, Joint Operations Managers
and The Lifecraft Staff Team**

Charity number: 1195632



Lifecraft

TRUSTEES' REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2023

LIFECRAFT

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LIFECRAFT

**REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITY, ITS TRUSTEES AND ADVISERS
FOR THE YEAR ENDED 31 MARCH 2023**

Trustees

Melissa Blowers	Resigned 22 November 2022
Claire Bye	
Teresa Clarke	
Katharine Collins	
Troy Cooper	Resigned 21 November 2023
Michael Hewett	
Fiona Kerr	Appointed 16 May 2023
Alexander Radford	Appointed 4 November 2022
Syed Shakir	
Brittany Thomas	Appointed 4 November 2022

Chief Executive

Gemma Barron

Charity registered number

1195632

Registered office

The Bath House
Gwydir Street
Mill Road
Cambridge
CB1 2LW

Independent Examiner

Geoff Mann FCIE
Geoff Mann Limited
Dee House
Highworth Avenue
Cambridge
CB4 2BQ

Bankers

Lloyds Bank plc
3 Sidney Street
Cambridge
CB2 3HQ

LIFECRAFT

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2023

The Trustees present their annual report together with the financial statements of the Charity for the year 1 April 2022 to 31 March 2023. The Trustees confirm that the Annual Report and financial statements of the Charity comply with the current statutory requirements, the requirements of the Charity's governing document and the provisions of the Statement of Recommended Practice (SORP), applicable to charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (second edition – October 2019 effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Lifecraft's main aim is to enable people with mental health problems to support each other and to influence the development of mental health services. Lifecraft provides social clubs, peer support groups, telephone helplines, pro-active support calls, weekly activity groups, counselling, volunteering and employment opportunities, specialist support for those bereaved by suicide and a regular e-newsletter. Lifecraft is also involved in campaigning and mental health awareness work in partnership with local organisations.

PUBLIC BENEFIT

The Board of Trustees confirm that they have complied with the general duty in Section 17 of the Charities Act 2011 to have due regard to the Charity Commission's guidance on public benefit.

ACHIEVEMENTS AND PERFORMANCE

Compared to the previous couple of years, this was a relatively 'normal' one and allowed us to spend time making sure that the charity is fit for purpose, developing our already excellent services and introducing additional services to better support people at times when they need it. As always, our focus has firmly remained on promoting self-help for mental health and supporting local people who are struggling with their mental health.

On 1 January 2023 we formally transferred the charity's assets to the 'new' Lifecraft (Charitable Incorporated Organisation, registered charity in England and Wales Number 1195632).

Membership Services

As part of the move to becoming a Charitable Incorporated Organisation, all members wanting to remain as members of Lifecraft needed to re-register with us. We made the process as straightforward as possible and supported anyone who needed our help. The number of active members has remained steady and we continue to receive multiple new membership applications on a weekly basis.

The biggest change to our membership services was the introduction of in-person groups, activities and counselling in Ely. In total, across both locations, we hosted 279 social activities, groups and courses.

Counselling Service

We have continued to offer up to two years of counselling to our members, providing additional support alongside our groups and activities. Most sessions are delivered in-person, however, we are still able to offer online or telephone sessions where this is most beneficial. We supported 40 people during the year, which included 12 new people entering treatment and 18 people completing their treatment.

Employment and Volunteering Support

We re-established our Careers and Employment Service, which is open to anyone living in Cambridgeshire who is 18+ and is struggling to gain employment or remain in employment due to struggles with their mental health. Through 1-2-1 coaching, training and both employment and mental health support, we help people get to the point where they have the confidence to work or volunteer and have the skills and knowledge to be able to stay in the role. Our support is tailored to the needs of the individual.

LIFECRAFT

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2023

In addition to the nine members who worked for us directly as part of our Member Employment and Volunteering Scheme, we supported nine people into work or to start a new job and one person into volunteering (37% of referrals), plus another six people to move towards their employment goals.

Helpline Services

We had another successful year of juggling commitments and conjuring workable rotas to enable Lifeline to continue to operate 12 hours a day, every day during the year. We also managed to introduce a further call-back service, supporting people who are discharged following detainment under s136 of the Mental Health Act. The number of calls taken by Lifeline increased by an astonishing 38% on the previous year, which was already a 4% increase on the year before. Including the call-back services, this was 12,383 calls made and received.

Suicide Bereavement Support Service

Our suicide bereavement services have grown significantly over the past year, meaning that we've been able to increase the amount and type of support available to those bereaved by suspected suicide. We are now supporting more people and supporting them for longer, which has been important because the time between the death and the inquest has become longer.

As well as doubling our specialist emotional and practical support, we have been working to reintroduce our peer support groups and have established a new suicide bereavement counselling service that provides up to 14 sessions of free therapy. This has all been possible thanks to additional public sector contract funding. In total, we supported 110 individuals during the year.

FINANCIAL REVIEW AND RESERVES POLICY

During the prior year the Trustees of Lifecraft took the decision to set up a charitable incorporation organisation, Lifecraft CIO. All assets and liabilities were transferred to Lifecraft CIO on 1 January 2023 and these accounts represents the merger of the two organisations as a continuing entity. During the year, Charity had income of £481,949 and costs of £447,272. Closing reserves total £272,014 of which £3,242 are restricted. Of the £262,772, £60,000 have been designated in case of closure of the Charity, leaving free reserves of £202,772. The Charity targets free reserves of around six months expenditure (£225,000) and are getting closer to meeting this target.

STRUCTURE, GOVERNANCE AND MANAGEMENT

CONSTITUTION

Lifecraft was formed by a Constitution adopted on 20 June 1995 which was subsequently amended on 8 November 2002, 6 January 2006, 8 May 2006, 3 October 2008, 3 October 2014, and 14 October 2016, and was registered as a charity on 24 July 1995.

METHOD OF APPOINTMENT OR ELECTION OF TRUSTEES

The management of the Charity is the responsibility of the Trustees who are elected and co-opted under the terms of the Constitution. The number of Trustees at any one time is always at least four.

POLICIES ADOPTED FOR THE INDUCTION AND TRAINING OF TRUSTEES

Trustees have relevant knowledge of the Charity's aims and objectives. The Constitution is provided to all trustees and efforts are made to provide up to date knowledge of the financial performance of the charity and obligations under charity law.

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TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2023

ORGANISATIONAL STRUCTURE AND DECISION MAKING

The charity has a board of trustees who meet bi-monthly to conduct formal business and are responsible for its strategic direction and policy. An operations manager is appointed by the trustees to manage the day to day operations of the charity. In planning their activities for the year, the trustees have kept in mind the Charity Commission's guidance on public benefit at their meetings. Feedback from members is encouraged including at monthly 'members meetings'.

RISK MANAGEMENT

The Trustees have assessed the major risks to which the Charity is exposed, in particular those related to the operations and finances of the Charity and are satisfied that systems and procedures are in place to mitigate the charity's exposure to the major risks.

INFORMATION ON FUNDRAISING PRACTICES

The Charity does not currently rely on fundraising as a major source of income nor does it employ or engage professional fundraisers. The Charity has not otherwise received funding from, or make applications to, other trusts and foundations, nor does it receive public subsidies. This may change in future years. Should fundraising activities increase in the future, the Charity is committed to avoiding any intrusive fundraising approaches and will never apply undue pressure to donate.

TRUSTEES' RESPONSIBILITIES STATEMENT

The Trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Charity law requires the Trustees to prepare financial statements for each financial year. Under charity law the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the Charity and of the incoming resources and application of resources, including the income and expenditure, of the Charity for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgments and accounting estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in operation.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the Charity's transactions and disclose with reasonable accuracy at any time the financial position of the Charity and enable them to ensure that the financial statements comply with the Charities Act 2011. They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report was approved by the Trustees and signed on their behalf by:

Fiona Kerr
Fiona Kerr
Trustee

Date: 16 January 2024

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**INDEPENDENT EXAMINER'S REPORT
FOR THE YEAR ENDED 31 MARCH 2022**

I report on the financial statements of the charity for the year ended 31 March 2023, which are set out on pages 5 to 16.

Respective Responsibilities of the Trustees and the Examiner

As the charity's trustees you are responsible for the preparation of the financial statements; you consider that the audit requirement of section 144(2) of the Charities Act 2011 (the Act) does not apply. It is my responsibility to state, on the basis of procedures specified in the General Directions given by the Charity Commissioners under section 145(5)(b) of the Act, whether particular matters have come to my attention.

Basis of Independent Examination

My examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the financial statements presented with those records. It also includes consideration of any unusual items or disclosures in the financial statements and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the view given by the financial statements.

Independent Examiner's Statement

In connection with my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that in any material respect the requirements
 - to keep accounting records in accordance with section 130 of the Act: and
 - to prepare financial statements which accord with the accounting records and to comply with the accounting requirements of the Act have not been met; or
- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the financial statements to be reached.

Geoff Mann

Geoff Mann FCIE
Geoff Mann Limited
Dee House
Highworth Avenue
Cambridge
CB4 2BQ

Date: 19 January 2024

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**STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2023**

		Unrestricted funds	Restricted funds	Total funds	Total funds
	Note	2023 £	2023 £	2023 £	2022 £
INCOME FROM:					
Donations and legacies	2	22,973	3,000	25,973	21,283
Charitable activities	3	454,130	-	454,130	400,906
Other income		1,846	-	1,846	1,272
TOTAL INCOME		478,949	3,000	481,949	423,461
EXPENDITURE ON:					
Charitable activities	4	430,385	16,887	447,272	369,312
TOTAL EXPENDITURE		430,385	16,887	447,272	369,312
NET INCOME/(EXPENDITURE)		48,564	(13,887)	34,677	54,149
TRANSFER BETWEEN FUNDS	11	32,327	(32,327)	-	-
NET MOVEMENT IN FUNDS		80,891	(46,214)	34,677	54,149
RECONCILIATION OF FUNDS:					
Total funds brought forward		187,881	49,456	237,337	183,188
TOTAL FUNDS CARRIED FORWARD		268,772	3,242	272,014	237,337

The notes on pages 8 to 16 form part of these financial statements.

LIFECRAFT

**BALANCE SHEET
AS AT 31 MARCH 2023**

	Note	£	2023 £	£	2022 £
CURRENT ASSETS					
Debtors	9	3,479		73,924	
Cash at bank and in hand		<u>286,112</u>		<u>172,164</u>	
		289,591		246,088	
CREDITORS: amounts falling due within one year	10	<u>(17,577)</u>		<u>(8,751)</u>	
NET CURRENT ASSETS			<u>272,014</u>		<u>237,337</u>
NET ASSETS			<u>272,014</u>		<u>237,337</u>
CHARITY FUNDS					
Restricted funds	11		3,242		49,456
Unrestricted funds	11		<u>268,772</u>		<u>187,881</u>
TOTAL FUNDS			<u>272,014</u>		<u>237,337</u>

The financial statements were approved and authorised for issue by the Trustees and signed on their behalf, by:

Michael Hewett

Michael Hewett
Trustee

Date: 16 January 2024

The notes on pages 8 to 16 form part of these financial statements.

LIFECRAFT

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023

1. ACCOUNTING POLICIES

1.1 BASIS OF PREPARATION OF FINANCIAL STATEMENTS

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (second edition – October 2019 effective 1 January 2019).

Lifecraft meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

1.2 GOING CONCERN

The Trustees have assessed whether the use of the going concern assumption is appropriate in preparing these financial statements. The Trustees have made this assessment in respect of the period of at least one year from the date of approval of these financial statements. They have reviewed budgets and cash flow forecasts and have concluded that there are no material uncertainties related to events or conditions that may cast significant doubt on the ability of the Charity to continue as a going concern. The Trustees are of the opinion that the Charity will have sufficient resources to meet its liabilities as they fall due.

1.3 INCOME

Donation and grant income is recognised once the Charity has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

Other income is recognised in the period in which it is receivable and to the extent the goods have been provided or on completion of the service.

1.4 EXPENDITURE

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources.

Support costs are those costs incurred directly in support of expenditure on the objects of the Charity. Governance costs are those incurred in connection with administration of the Charity and compliance with constitutional and statutory requirements

LIFECRAFT

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023

1.5 DEBTORS

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

1.6 CASH AT BANK AND IN HAND

Cash at bank and in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

1.7 LIABILITIES AND PROVISIONS

Liabilities are recognised when there is an obligation at the Balance Sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably. Liabilities are recognised at the amount that the Charity anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide. Provisions are measured at the best estimate of the amounts required to settle the obligation. Where the effect of the time value of money is material, the provision is based on the present value of those amounts, discounted at the pre-tax discount rate that reflects the risks specific to the liability. The unwinding of the discount is recognised within interest payable and similar charges.

1.8 FINANCIAL INSTRUMENTS

The Charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

1.9 FUND ACCOUNTING

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Charity and which have not been designated for other purposes. Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the Charity for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

LIFECRAFT

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023**

2. INCOME FROM DONATIONS AND LEGACIES

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total funds 2023 £	Total funds 2022 £
Grants	5,500	3,000	8,500	9,500
Other donations	17,473	-	17,473	11,783
	<u>22,973</u>	<u>3,000</u>	<u>25,973</u>	<u>21,283</u>
Total donations and legacies				
Total 2022	<u>20,283</u>	<u>1,000</u>	<u>21,283</u>	

3. INCOME FROM CHARITABLE ACTIVITIES

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total funds 2023 £	Total funds 2022 £
Mental health services	454,130	-	454,130	400,906
	<u>454,130</u>	<u>-</u>	<u>454,130</u>	<u>400,906</u>
Total charitable activities				
Total 2022	<u>377,007</u>	<u>23,899</u>	<u>400,906</u>	

SOURCES OF INCOME

	Total 2023 £	Total 2022 £
Cambridgeshire County Council	75,433	34,862
NHS Cambridgeshire and Peterborough CCG	320,792	313,144
Cambs and Peterborough Foundation Trust	57,905	41,000
Cambridge City Council	-	11,900
	<u>454,130</u>	<u>400,906</u>

LIFECRAFT

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

4. ANALYSIS OF EXPENDITURE ON CHARITABLE ACTIVITIES

	Direct (Note 5) 2023 £	Support (Note 6) 2023 £	Total funds 2023 £	Total funds 2022 £
Charitable activities	<u>297,246</u>	<u>150,026</u>	<u>447,272</u>	<u>369,212</u>
	<u>297,246</u>	<u>150,026</u>	<u>447,272</u>	
Total 2022	<u>237,831</u>	<u>131,481</u>	<u>369,212</u>	

5. DIRECT COSTS

	Mental Health Services		Total 2023 £	Total 2022 £
	Unrestricted 2023 £	Restricted 2023 £		
Delivery costs	45,285	198	45,483	47,736
Staff costs	236,074	15,689	251,763	190,095
	<u>281,359</u>	<u>15,887</u>	<u>297,246</u>	<u>237,831</u>
Total 2022	<u>219,226</u>	<u>18,605</u>	<u>237,831</u>	

6. SUPPORT COSTS

	Mental health services		Total 2023 £	Total 2021 £
	Unrestricted 2023 £	Restricted 2023 £		
Office costs	25,017	-	25,017	47,683
Professional fees	6,278	-	6,278	7,304
Rent	20,420	-	20,420	17,220
Trustees expenses	50	-	50	10
Staff costs	97,261	1,000	98,261	59,264
	<u>149,026</u>	<u>1,000</u>	<u>150,026</u>	<u>131,481</u>
Total 2022	<u>124,988</u>	<u>6,493</u>	<u>131,481</u>	

LIFECRAFT

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023**

7. NET INCOME/(EXPENDITURE)

This is stated after charging:

	2023	2022
	£	£
Independent examiner fees	<u>470</u>	<u>460</u>

8. STAFF COSTS

	2022	2021
	£	£
Wages and salaries	324,163	227,693
Social security costs	20,506	15,913
Pension costs	5,355	5,753
	<u>350,024</u>	<u>249,359</u>

During the year, no Trustees received any remuneration (2022 - £NIL) in their capacity as Trustee. In agreement with the Charity Commission, Trustees who are also members of Lifecraft are paid for their work as employees under the permitted work rules. In this instance no remuneration was paid during the year (2022 - £NIL). The Key Management Personnel of the Charity are considered to be the Trustees and Chief Executive. Remuneration for these totalled £34,416 (2022 - £34,063).

During the year, no Trustees received any benefits in kind (2022 - £NIL).
During the year, one Trustees received reimbursement of expenses totalling £50 (2022 – £10).

The average weekly number of staff employed during the year was

	2023	2022
	No	No
Project workers / Management	16	16
Members employed under the permitted work rules as part of our member employment scheme and laid out by the Benefits Agency	6	6
	<u>22</u>	<u>22</u>

9. DEBTORS

	2023	2022
	£	£
Other debtors	<u>3,479</u>	<u>73,924</u>

LIFECRAFT

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

10. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023 £	2022 £
Trade creditors	1,382	2,826
Deferred income	9,118	-
Other creditors	7,077	5,925
	<u>17,577</u>	<u>8,751</u>

Deferred income in the year related to contract income received in advance. This will be released in full in 2023-24.

11. STATEMENT OF FUNDS

CURRENT YEAR	Brought forward £	Incoming resources £	Resources expended £	Transfers in/(out) £	Carried forward £
Designated funds					
Redundancy	30,000	-	-	-	30,000
Crisis Fund	30,000	-	-	-	30,000
General funds					
General fund	127,881	478,949	(430,385)	32,327	208,772
Total Unrestricted funds	<u>187,881</u>	<u>478,949</u>	<u>(430,385)</u>	<u>32,327</u>	<u>268,772</u>
Restricted funds					
Lifeline	-	2,000	(2,000)	-	-
Employment services	13,887	-	(13,887)	-	-
Postvention	32,327	-	-	(32,327)	-
Other	3,242	1,000	(1,000)	-	3,242
Total Restricted funds	<u>49,456</u>	<u>3,000</u>	<u>(16,887)</u>	<u>(32,327)</u>	<u>3,242</u>
Total of Funds	<u>237,337</u>	<u>481,949</u>	<u>(447,272)</u>	<u>-</u>	<u>272,014</u>

LIFECRAFT

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

11. STATEMENT OF FUNDS (continued)

PRIOR YEAR	Brought forward £	Incoming resources £	Resources expended £	Transfers in/(out) £	Carried forward £
Designated funds					
Redundancy	20,000	-	-	10,000	30,000
Crisis Fund	30,000	-	-	-	30,000
General funds					
General fund	83,533	398,562	(344,214)	(10,000)	127,881
Total Unrestricted funds	133,533	398,562	(344,214)	-	187,881
Restricted funds					
Lifeline	-	2,000	(2,000)	-	-
Employment services	13,887	-	-	-	13,887
Postvention	30,689	23,177	(21,539)	-	32,327
Other	5,079	(278)	(1,559)	-	3,242
Total Restricted funds	49,655	24,899	(25,098)	-	49,456
Total of Funds	183,188	423,461	(369,312)	-	237,337

Designated funds**Crisis fund**

The Charity has set aside funds equivalent to approximately six months support costs (excluding staff costs) expenditure in the case of a crisis that would result in the Charity ceasing to operate. Three months is considered the time it would take to transfer its existing services to another provider. The fund does not include redundancy costs which are in a separate fund below.

Redundancy

The Charity has set aside funds to cover redundancy payments required under existing employment contracts in the event of a winding up of its activities.

LIFECRAFT

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023**

11. STATEMENT OF FUNDS (continued)

Restricted funds

Lifeline

The Charity received a restricted grant from the CPFT of £2,000 to contribute towards the running costs of Lifeline.

Employment services

The Charity previously receives a restricted grant from Cambridgeshire Community Foundation to offer employment services to its Members. This fund was fully spent in the year.

Postvention

The Charity receives restricted grants from Cambridgeshire County Council/NHS Cambs & P'Boro CCG to offer postvention services. These services are now contracted and the transfer represents the fact the fund was fully spent in the year.

Other

The Charity receives various other restricted grants from local organisations towards projects, software and governance.

12. ANALYSIS OF NET ASSETS BETWEEN FUNDS

ANALYSIS OF NET ASSETS BETWEEN FUNDS - CURRENT YEAR

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total funds 2023 £
Current assets	286,349	3,242	289,591
Creditors due within one year	(17,577)	-	(17,577)
	<u>268,772</u>	<u>3,242</u>	<u>272,014</u>

ANALYSIS OF NET ASSETS BETWEEN FUNDS - PRIOR YEAR

	Unrestricted funds 2022 £	Restricted funds 2022 £	Total funds 2022 £
Current assets	196,632	49,456	246,088
Creditors due within one year	(8,751)	-	(8,751)
	<u>187,881</u>	<u>49,456</u>	<u>237,337</u>

13. RELATED PARTIES

There were no related party transactions in the current or prior year.

LIFECRAFT

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023**

14. MERGER

Lifecraft was registered with the Charity Commission as a charitable incorporated organisation on 25 August 2021, with charity number 1195632. The governing document of the Charity is its constitution. The Trustees of the predecessor charity, Lifecraft, formally resolved to approve the transfer of its assets to the Charity in December 2022. The transfer took place under a written resolution with effect from 1 January 2023. Lifecraft CIO was publicly launched at the same time and since then the Charity's finances and operations have been managed through the new Charity.

Analysis of principal SOFA components for the current reporting period

	Lifecraft (pre- merger) £	Lifecraft CIO (pre-merger) £	Charity (post merger) £	Combined total £
Total income	350,219	-	131,730	481,949
Total expenditure	(314,201)	-	(133,071)	(447,272)
Net income/(expenditure) and net movement in funds	<u>36,018</u>	<u>-</u>	<u>(1,341)</u>	<u>34,677</u>

Analysis of principal SOFA components for the previous reporting period

	Lifecraft (pre-merger) £	Lifecraft CIO (pre-merger) £	Combined total £
Total income	423,461	-	423,461
Total expenditure	(369,312)	-	(369,312)
Net income/(expenditure) and net movement in funds	<u>54,169</u>	<u>-</u>	<u>54,169</u>

Analysis of net assets at the date of merger

	Lifecraft (pre- merger) £	Lifecraft CIO (pre-merger) £	Combined total £
Net assets	264,906	-	264,906
Represented by:			
Unrestricted funds	227,888	-	227,888
Restricted funds	37,018	-	37,018
Net income/(expenditure) and net movement in funds	<u>187,881</u>	<u>-</u>	<u>187,881</u>

Charity number: 1195632



Lifecraft

TRUSTEES' REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2023

LIFECRAFT

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LIFECRAFT

**REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITY, ITS TRUSTEES AND ADVISERS
FOR THE YEAR ENDED 31 MARCH 2023**

Trustees

Melissa Blowers	Resigned 22 November 2022
Claire Bye	
Teresa Clarke	
Katharine Collins	
Troy Cooper	Resigned 21 November 2023
Michael Hewett	
Fiona Kerr	Appointed 16 May 2023
Alexander Radford	Appointed 4 November 2022
Syed Shakir	
Brittany Thomas	Appointed 4 November 2022

Chief Executive

Gemma Barron

Charity registered number

1195632

Registered office

The Bath House
Gwydir Street
Mill Road
Cambridge
CB1 2LW

Independent Examiner

Geoff Mann FCIE
Geoff Mann Limited
Dee House
Highworth Avenue
Cambridge
CB4 2BQ

Bankers

Lloyds Bank plc
3 Sidney Street
Cambridge
CB2 3HQ

LIFECRAFT

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2023

The Trustees present their annual report together with the financial statements of the Charity for the year 1 April 2022 to 31 March 2023. The Trustees confirm that the Annual Report and financial statements of the Charity comply with the current statutory requirements, the requirements of the Charity's governing document and the provisions of the Statement of Recommended Practice (SORP), applicable to charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (second edition – October 2019 effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Lifecraft's main aim is to enable people with mental health problems to support each other and to influence the development of mental health services. Lifecraft provides social clubs, peer support groups, telephone helplines, pro-active support calls, weekly activity groups, counselling, volunteering and employment opportunities, specialist support for those bereaved by suicide and a regular e-newsletter. Lifecraft is also involved in campaigning and mental health awareness work in partnership with local organisations.

PUBLIC BENEFIT

The Board of Trustees confirm that they have complied with the general duty in Section 17 of the Charities Act 2011 to have due regard to the Charity Commission's guidance on public benefit.

ACHIEVEMENTS AND PERFORMANCE

Compared to the previous couple of years, this was a relatively 'normal' one and allowed us to spend time making sure that the charity is fit for purpose, developing our already excellent services and introducing additional services to better support people at times when they need it. As always, our focus has firmly remained on promoting self-help for mental health and supporting local people who are struggling with their mental health.

On 1 January 2023 we formally transferred the charity's assets to the 'new' Lifecraft (Charitable Incorporated Organisation, registered charity in England and Wales Number 1195632).

Membership Services

As part of the move to becoming a Charitable Incorporated Organisation, all members wanting to remain as members of Lifecraft needed to re-register with us. We made the process as straightforward as possible and supported anyone who needed our help. The number of active members has remained steady and we continue to receive multiple new membership applications on a weekly basis.

The biggest change to our membership services was the introduction of in-person groups, activities and counselling in Ely. In total, across both locations, we hosted 279 social activities, groups and courses.

Counselling Service

We have continued to offer up to two years of counselling to our members, providing additional support alongside our groups and activities. Most sessions are delivered in-person, however, we are still able to offer online or telephone sessions where this is most beneficial. We supported 40 people during the year, which included 12 new people entering treatment and 18 people completing their treatment.

Employment and Volunteering Support

We re-established our Careers and Employment Service, which is open to anyone living in Cambridgeshire who is 18+ and is struggling to gain employment or remain in employment due to struggles with their mental health. Through 1-2-1 coaching, training and both employment and mental health support, we help people get to the point where they have the confidence to work or volunteer and have the skills and knowledge to be able to stay in the role. Our support is tailored to the needs of the individual.

LIFECRAFT

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2023

In addition to the nine members who worked for us directly as part of our Member Employment and Volunteering Scheme, we supported nine people into work or to start a new job and one person into volunteering (37% of referrals), plus another six people to move towards their employment goals.

Helpline Services

We had another successful year of juggling commitments and conjuring workable rotas to enable Lifeline to continue to operate 12 hours a day, every day during the year. We also managed to introduce a further call-back service, supporting people who are discharged following detainment under s136 of the Mental Health Act. The number of calls taken by Lifeline increased by an astonishing 38% on the previous year, which was already a 4% increase on the year before. Including the call-back services, this was 12,383 calls made and received.

Suicide Bereavement Support Service

Our suicide bereavement services have grown significantly over the past year, meaning that we've been able to increase the amount and type of support available to those bereaved by suspected suicide. We are now supporting more people and supporting them for longer, which has been important because the time between the death and the inquest has become longer.

As well as doubling our specialist emotional and practical support, we have been working to reintroduce our peer support groups and have established a new suicide bereavement counselling service that provides up to 14 sessions of free therapy. This has all been possible thanks to additional public sector contract funding. In total, we supported 110 individuals during the year.

FINANCIAL REVIEW AND RESERVES POLICY

During the prior year the Trustees of Lifecraft took the decision to set up a charitable incorporation organisation, Lifecraft CIO. All assets and liabilities were transferred to Lifecraft CIO on 1 January 2023 and these accounts represents the merger of the two organisations as a continuing entity. During the year, Charity had income of £481,949 and costs of £447,272. Closing reserves total £272,014 of which £3,242 are restricted. Of the £262,772, £60,000 have been designated in case of closure of the Charity, leaving free reserves of £202,772. The Charity targets free reserves of around six months expenditure (£225,000) and are getting closer to meeting this target.

STRUCTURE, GOVERNANCE AND MANAGEMENT

CONSTITUTION

Lifecraft was formed by a Constitution adopted on 20 June 1995 which was subsequently amended on 8 November 2002, 6 January 2006, 8 May 2006, 3 October 2008, 3 October 2014, and 14 October 2016, and was registered as a charity on 24 July 1995.

METHOD OF APPOINTMENT OR ELECTION OF TRUSTEES

The management of the Charity is the responsibility of the Trustees who are elected and co-opted under the terms of the Constitution. The number of Trustees at any one time is always at least four.

POLICIES ADOPTED FOR THE INDUCTION AND TRAINING OF TRUSTEES

Trustees have relevant knowledge of the Charity's aims and objectives. The Constitution is provided to all trustees and efforts are made to provide up to date knowledge of the financial performance of the charity and obligations under charity law.

LIFECRAFT

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2023

ORGANISATIONAL STRUCTURE AND DECISION MAKING

The charity has a board of trustees who meet bi-monthly to conduct formal business and are responsible for its strategic direction and policy. An operations manager is appointed by the trustees to manage the day to day operations of the charity. In planning their activities for the year, the trustees have kept in mind the Charity Commission's guidance on public benefit at their meetings. Feedback from members is encouraged including at monthly 'members meetings'.

RISK MANAGEMENT

The Trustees have assessed the major risks to which the Charity is exposed, in particular those related to the operations and finances of the Charity and are satisfied that systems and procedures are in place to mitigate the charity's exposure to the major risks.

INFORMATION ON FUNDRAISING PRACTICES

The Charity does not currently rely on fundraising as a major source of income nor does it employ or engage professional fundraisers. The Charity has not otherwise received funding from, or make applications to, other trusts and foundations, nor does it receive public subsidies. This may change in future years. Should fundraising activities increase in the future, the Charity is committed to avoiding any intrusive fundraising approaches and will never apply undue pressure to donate.

TRUSTEES' RESPONSIBILITIES STATEMENT

The Trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Charity law requires the Trustees to prepare financial statements for each financial year. Under charity law the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the Charity and of the incoming resources and application of resources, including the income and expenditure, of the Charity for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgments and accounting estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in operation.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the Charity's transactions and disclose with reasonable accuracy at any time the financial position of the Charity and enable them to ensure that the financial statements comply with the Charities Act 2011. They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report was approved by the Trustees and signed on their behalf by:

Fiona Kerr
Fiona Kerr
Trustee

Date: 16 January 2024

LIFECRAFT

**INDEPENDENT EXAMINER'S REPORT
FOR THE YEAR ENDED 31 MARCH 2022**

I report on the financial statements of the charity for the year ended 31 March 2023, which are set out on pages 5 to 16.

Respective Responsibilities of the Trustees and the Examiner

As the charity's trustees you are responsible for the preparation of the financial statements; you consider that the audit requirement of section 144(2) of the Charities Act 2011 (the Act) does not apply. It is my responsibility to state, on the basis of procedures specified in the General Directions given by the Charity Commissioners under section 145(5)(b) of the Act, whether particular matters have come to my attention.

Basis of Independent Examination

My examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the financial statements presented with those records. It also includes consideration of any unusual items or disclosures in the financial statements and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the view given by the financial statements.

Independent Examiner's Statement

In connection with my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that in any material respect the requirements
 - to keep accounting records in accordance with section 130 of the Act: and
 - to prepare financial statements which accord with the accounting records and to comply with the accounting requirements of the Act have not been met; or
- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the financial statements to be reached.

Geoff Mann

Geoff Mann FCIE
Geoff Mann Limited
Dee House
Highworth Avenue
Cambridge
CB4 2BQ

Date: 19 January 2024

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**STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2023**

		Unrestricted funds	Restricted funds	Total funds	Total funds
	Note	2023 £	2023 £	2023 £	2022 £
INCOME FROM:					
Donations and legacies	2	22,973	3,000	25,973	21,283
Charitable activities	3	454,130	-	454,130	400,906
Other income		1,846	-	1,846	1,272
TOTAL INCOME		478,949	3,000	481,949	423,461
EXPENDITURE ON:					
Charitable activities	4	430,385	16,887	447,272	369,312
TOTAL EXPENDITURE		430,385	16,887	447,272	369,312
NET INCOME/(EXPENDITURE)		48,564	(13,887)	34,677	54,149
TRANSFER BETWEEN FUNDS	11	32,327	(32,327)	-	-
NET MOVEMENT IN FUNDS		80,891	(46,214)	34,677	54,149
RECONCILIATION OF FUNDS:					
Total funds brought forward		187,881	49,456	237,337	183,188
TOTAL FUNDS CARRIED FORWARD		268,772	3,242	272,014	237,337

The notes on pages 8 to 16 form part of these financial statements.

LIFECRAFT

**BALANCE SHEET
AS AT 31 MARCH 2023**

	Note	£	2023 £	£	2022 £
CURRENT ASSETS					
Debtors	9	3,479		73,924	
Cash at bank and in hand		<u>286,112</u>		<u>172,164</u>	
		289,591		246,088	
CREDITORS: amounts falling due within one year	10	<u>(17,577)</u>		<u>(8,751)</u>	
NET CURRENT ASSETS			<u>272,014</u>		<u>237,337</u>
NET ASSETS			<u><u>272,014</u></u>		<u><u>237,337</u></u>
CHARITY FUNDS					
Restricted funds	11		3,242		49,456
Unrestricted funds	11		<u>268,772</u>		<u>187,881</u>
TOTAL FUNDS			<u><u>272,014</u></u>		<u><u>237,337</u></u>

The financial statements were approved and authorised for issue by the Trustees and signed on their behalf, by:

Michael Hewett

Michael Hewett
Trustee

Date: 16 January 2024

The notes on pages 8 to 16 form part of these financial statements.

LIFECRAFT

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023**

1. ACCOUNTING POLICIES**1.1 BASIS OF PREPARATION OF FINANCIAL STATEMENTS**

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (second edition – October 2019 effective 1 January 2019).

Lifecraft meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

1.2 GOING CONCERN

The Trustees have assessed whether the use of the going concern assumption is appropriate in preparing these financial statements. The Trustees have made this assessment in respect of the period of at least one year from the date of approval of these financial statements. They have reviewed budgets and cash flow forecasts and have concluded that there are no material uncertainties related to events or conditions that may cast significant doubt on the ability of the Charity to continue as a going concern. The Trustees are of the opinion that the Charity will have sufficient resources to meet its liabilities as they fall due.

1.3 INCOME

Donation and grant income is recognised once the Charity has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

Other income is recognised in the period in which it is receivable and to the extent the goods have been provided or on completion of the service.

1.4 EXPENDITURE

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources.

Support costs are those costs incurred directly in support of expenditure on the objects of the Charity. Governance costs are those incurred in connection with administration of the Charity and compliance with constitutional and statutory requirements

LIFECRAFT

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023

1.5 DEBTORS

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

1.6 CASH AT BANK AND IN HAND

Cash at bank and in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

1.7 LIABILITIES AND PROVISIONS

Liabilities are recognised when there is an obligation at the Balance Sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably. Liabilities are recognised at the amount that the Charity anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide. Provisions are measured at the best estimate of the amounts required to settle the obligation. Where the effect of the time value of money is material, the provision is based on the present value of those amounts, discounted at the pre-tax discount rate that reflects the risks specific to the liability. The unwinding of the discount is recognised within interest payable and similar charges.

1.8 FINANCIAL INSTRUMENTS

The Charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

1.9 FUND ACCOUNTING

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Charity and which have not been designated for other purposes. Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the Charity for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

LIFECRAFT

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023**

2. INCOME FROM DONATIONS AND LEGACIES

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total funds 2023 £	Total funds 2022 £
Grants	5,500	3,000	8,500	9,500
Other donations	17,473	-	17,473	11,783
	<u>22,973</u>	<u>3,000</u>	<u>25,973</u>	<u>21,283</u>
Total donations and legacies				
Total 2022	<u>20,283</u>	<u>1,000</u>	<u>21,283</u>	

3. INCOME FROM CHARITABLE ACTIVITIES

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total funds 2023 £	Total funds 2022 £
Mental health services	454,130	-	454,130	400,906
	<u>454,130</u>	<u>-</u>	<u>454,130</u>	<u>400,906</u>
Total charitable activities				
Total 2022	<u>377,007</u>	<u>23,899</u>	<u>400,906</u>	

SOURCES OF INCOME

	Total 2023 £	Total 2022 £
Cambridgeshire County Council	75,433	34,862
NHS Cambridgeshire and Peterborough CCG	320,792	313,144
Cambs and Peterborough Foundation Trust	57,905	41,000
Cambridge City Council	-	11,900
	<u>454,130</u>	<u>400,906</u>

LIFECRAFT

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

4. ANALYSIS OF EXPENDITURE ON CHARITABLE ACTIVITIES

	Direct (Note 5) 2023 £	Support (Note 6) 2023 £	Total funds 2023 £	Total funds 2022 £
Charitable activities	<u>297,246</u>	<u>150,026</u>	<u>447,272</u>	<u>369,212</u>
	<u>297,246</u>	<u>150,026</u>	<u>447,272</u>	
Total 2022	<u>237,831</u>	<u>131,481</u>	<u>369,212</u>	

5. DIRECT COSTS

	Mental Health Services		Total 2023 £	Total 2022 £
	Unrestricted 2023 £	Restricted 2023 £		
Delivery costs	45,285	198	45,483	47,736
Staff costs	236,074	15,689	251,763	190,095
	<u>281,359</u>	<u>15,887</u>	<u>297,246</u>	<u>237,831</u>
Total 2022	<u>219,226</u>	<u>18,605</u>	<u>237,831</u>	

6. SUPPORT COSTS

	Mental health services		Total 2023 £	Total 2021 £
	Unrestricted 2023 £	Restricted 2023 £		
Office costs	25,017	-	25,017	47,683
Professional fees	6,278	-	6,278	7,304
Rent	20,420	-	20,420	17,220
Trustees expenses	50	-	50	10
Staff costs	97,261	1,000	98,261	59,264
	<u>149,026</u>	<u>1,000</u>	<u>150,026</u>	<u>131,481</u>
Total 2022	<u>124,988</u>	<u>6,493</u>	<u>131,481</u>	

LIFECRAFT

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023**

7. NET INCOME/(EXPENDITURE)

This is stated after charging:

	2023	2022
	£	£
Independent examiner fees	<u>470</u>	<u>460</u>

8. STAFF COSTS

	2022	2021
	£	£
Wages and salaries	324,163	227,693
Social security costs	20,506	15,913
Pension costs	5,355	5,753
	<u>350,024</u>	<u>249,359</u>

During the year, no Trustees received any remuneration (2022 - £NIL) in their capacity as Trustee. In agreement with the Charity Commission, Trustees who are also members of Lifecraft are paid for their work as employees under the permitted work rules. In this instance no remuneration was paid during the year (2022 - £NIL). The Key Management Personnel of the Charity are considered to be the Trustees and Chief Executive. Remuneration for these totalled £34,416 (2022 - £34,063).

During the year, no Trustees received any benefits in kind (2022 - £NIL).

During the year, one Trustees received reimbursement of expenses totalling £50 (2022 – £10).

The average weekly number of staff employed during the year was

	2023	2022
	No	No
Project workers / Management	16	16
Members employed under the permitted work rules as part of our member employment scheme and laid out by the Benefits Agency	6	6
	<u>22</u>	<u>22</u>

9. DEBTORS

	2023	2022
	£	£
Other debtors	<u>3,479</u>	<u>73,924</u>

LIFECRAFT

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

10. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023 £	2022 £
Trade creditors	1,382	2,826
Deferred income	9,118	-
Other creditors	7,077	5,925
	<u>17,577</u>	<u>8,751</u>

Deferred income in the year related to contract income received in advance. This will be released in full in 2023-24.

11. STATEMENT OF FUNDS

CURRENT YEAR	Brought forward £	Incoming resources £	Resources expended £	Transfers in/(out) £	Carried forward £
Designated funds					
Redundancy	30,000	-	-	-	30,000
Crisis Fund	30,000	-	-	-	30,000
General funds					
General fund	127,881	478,949	(430,385)	32,327	208,772
Total Unrestricted funds	<u>187,881</u>	<u>478,949</u>	<u>(430,385)</u>	<u>32,327</u>	<u>268,772</u>
Restricted funds					
Lifeline	-	2,000	(2,000)	-	-
Employment services	13,887	-	(13,887)	-	-
Postvention	32,327	-	-	(32,327)	-
Other	3,242	1,000	(1,000)	-	3,242
Total Restricted funds	<u>49,456</u>	<u>3,000</u>	<u>(16,887)</u>	<u>(32,327)</u>	<u>3,242</u>
Total of Funds	<u>237,337</u>	<u>481,949</u>	<u>(447,272)</u>	<u>-</u>	<u>272,014</u>

LIFECRAFT

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

11. STATEMENT OF FUNDS (continued)

PRIOR YEAR	Brought forward £	Incoming resources £	Resources expended £	Transfers in/(out) £	Carried forward £
Designated funds					
Redundancy	20,000	-	-	10,000	30,000
Crisis Fund	30,000	-	-	-	30,000
General funds					
General fund	83,533	398,562	(344,214)	(10,000)	127,881
Total Unrestricted funds	133,533	398,562	(344,214)	-	187,881
Restricted funds					
Lifeline	-	2,000	(2,000)	-	-
Employment services	13,887	-	-	-	13,887
Postvention	30,689	23,177	(21,539)	-	32,327
Other	5,079	(278)	(1,559)	-	3,242
Total Restricted funds	49,655	24,899	(25,098)	-	49,456
Total of Funds	183,188	423,461	(369,312)	-	237,337

Designated funds**Crisis fund**

The Charity has set aside funds equivalent to approximately six months support costs (excluding staff costs) expenditure in the case of a crisis that would result in the Charity ceasing to operate. Three months is considered the time it would take to transfer its existing services to another provider. The fund does not include redundancy costs which are in a separate fund below.

Redundancy

The Charity has set aside funds to cover redundancy payments required under existing employment contracts in the event of a winding up of its activities.

LIFECRAFT

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023**

11. STATEMENT OF FUNDS (continued)

Restricted funds

Lifeline

The Charity received a restricted grant from the CPFT of £2,000 to contribute towards the running costs of Lifeline.

Employment services

The Charity previously receives a restricted grant from Cambridgeshire Community Foundation to offer employment services to its Members. This fund was fully spent in the year.

Postvention

The Charity receives restricted grants from Cambridgeshire County Council/NHS Cambs & P'Boro CCG to offer postvention services. These services are now contracted and the transfer represents the fact the fund was fully spent in the year.

Other

The Charity receives various other restricted grants from local organisations towards projects, software and governance.

12. ANALYSIS OF NET ASSETS BETWEEN FUNDS

ANALYSIS OF NET ASSETS BETWEEN FUNDS - CURRENT YEAR

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total funds 2023 £
Current assets	286,349	3,242	289,591
Creditors due within one year	(17,577)	-	(17,577)
	<u>268,772</u>	<u>3,242</u>	<u>272,014</u>

ANALYSIS OF NET ASSETS BETWEEN FUNDS - PRIOR YEAR

	Unrestricted funds 2022 £	Restricted funds 2022 £	Total funds 2022 £
Current assets	196,632	49,456	246,088
Creditors due within one year	(8,751)	-	(8,751)
	<u>187,881</u>	<u>49,456</u>	<u>237,337</u>

13. RELATED PARTIES

There were no related party transactions in the current or prior year.

LIFECRAFT

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023**

14. MERGER

Lifecraft was registered with the Charity Commission as a charitable incorporated organisation on 25 August 2021, with charity number 1195632. The governing document of the Charity is its constitution. The Trustees of the predecessor charity, Lifecraft, formally resolved to approve the transfer of its assets to the Charity in December 2022. The transfer took place under a written resolution with effect from 1 January 2023. Lifecraft CIO was publicly launched at the same time and since then the Charity's finances and operations have been managed through the new Charity.

Analysis of principal SOFA components for the current reporting period

	Lifecraft (pre- merger) £	Lifecraft CIO (pre-merger) £	Charity (post merger) £	Combined total £
Total income	350,219	-	131,730	481,949
Total expenditure	(314,201)	-	(133,071)	(447,272)
Net income/(expenditure) and net movement in funds	<u>36,018</u>	<u>-</u>	<u>(1,341)</u>	<u>34,677</u>

Analysis of principal SOFA components for the previous reporting period

	Lifecraft (pre-merger) £	Lifecraft CIO (pre-merger) £	Combined total £
Total income	423,461	-	423,461
Total expenditure	(369,312)	-	(369,312)
Net income/(expenditure) and net movement in funds	<u>54,169</u>	<u>-</u>	<u>54,169</u>

Analysis of net assets at the date of merger

	Lifecraft (pre- merger) £	Lifecraft CIO (pre-merger) £	Combined total £
Net assets	264,906	-	264,906
Represented by:			
Unrestricted funds	227,888	-	227,888
Restricted funds	37,018	-	37,018
Net income/(expenditure) and net movement in funds	<u>187,881</u>	<u>-</u>	<u>187,881</u>

LIFECRAFT

England & Wales - Charity number 1195632

Accounts

Charity number: 1195632



Lifecraft

TRUSTEES' REPORT AND FINANCIAL STATEMENTS

FOR THE PERIOD ENDED 31 MARCH 2022

LIFECRAFT

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Trustees' Report	2 – 4
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LIFECRAFT

**REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITY, ITS TRUSTEES AND ADVISERS
FOR THE PERIOD ENDED 31 MARCH 2022**

Trustees

Melissa Blowers	Appointed 18 January 2022
Claire Bye	Appointed 15 July 2021
Teresa Clarke	Appointed 15 July 2021
Katharine Collins	Appointed 15 July 2021
Troy Cooper	Appointed 15 July 2021
Michael Hewett	Appointed 15 July 2021
Sarah Kelly	Appointed 18 January 2022, Resigned 10 March 2022
Alexander Radford	Appointed 4 November 2022
Syed Shakir	Appointed 15 March 2022
Brittany Thomas	Appointed 4 November 2022

Chief Officer / Operations Manager

Gemma Barron

Charity registered number

1195632

Registered office

The Bath House
Mill Road
Cambridge
CB1 2LW

Bankers

Lloyds Bank plc
3 Sidney Street
Cambridge
CB2 3HQ

LIFECRAFT

REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITY, ITS TRUSTEES AND ADVISERS FOR THE PERIOD ENDED 31 MARCH 2022

The Trustees present their annual report together with the financial statements of the Charity for the period 15 July 2021 to 31 March 2022. The Trustees confirm that the Annual Report and financial statements of the Charity comply with the current statutory requirements, the requirements of the Charity's governing document and the provisions of the Statement of Recommended Practice (SORP), applicable to charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (second edition – October 2019 effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Lifecraft's main aim is to enable people with mental health problems to support each other and to influence the development of mental health services.

Lifecraft CIO will continue the activities of its predecessor charity Lifecraft (1048144) from 1 January 2023. It will provide social clubs, peer support groups, telephone helplines, pro-active support calls, weekly activity groups, counselling, volunteering and employment opportunities, specialist support for those bereaved by suicide and a regular e-newsletter. Lifecraft is also involved in campaigning and mental health awareness work in partnership with local organisations.

PUBLIC BENEFIT

The Board of Trustees confirm that they have complied with the general duty in Section 17 of the Charities Act 2011 to have due regard to the Charity Commission's guidance on public benefit.

ACHIEVEMENTS AND PERFORMANCE

FINANCIAL REVIEW

RESULT FOR THE YEAR

The CIO commenced its activities on 1 January 2023 following the transfer of assets and activities from its predecessor charity, Lifecraft (1048144).

RESERVES POLICY

At the year end the CIO did not yet have any reserves.

It is the policy of the Trustees that unrestricted funds not committed or invested in tangible assets ('the free reserves') should, together with a designated fund held for redundancy payments, sick pay, other staffing contingencies, and six months running costs of the charity, equate to the sum of at least £200,000.

At this level, the trustees feel that they would be able to continue the current activities of the charity in the event of a significant drop in funding. In the event of such an occurrence, it would obviously be necessary to consider how the funding would be replaced or activities changed.

LIFECRAFT

REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITY, ITS TRUSTEES AND ADVISERS FOR THE PERIOD ENDED 31 MARCH 2022

GOING CONCERN AND FUTURE PLANS

During the year the Trustees of Lifecraft (1048144) took the decision to set up a charitable incorporation organisation, Lifecraft CIO. The CIO was registered on 25 August 2021.

The new structure will allow the activities of the charity to continue with a legal structure more appropriate for the growing size and risk profile of the charity. The decision to transfer activities has been communicated to Members and all appropriate documentation will be completed and as a result all assets and liabilities were transferred to Lifecraft CIO on 1 January 2023.

STRUCTURE, GOVERNANCE AND MANAGEMENT

CONSTITUTION

Lifecraft was formed by a Constitution adopted on 15 July 2021 and was registered as a Charitable Incorporated Organisation (CIO) on 25 August 2021.

METHOD OF APPOINTMENT OR ELECTION OF TRUSTEES

The management of the Charity is the responsibility of the Trustees who are elected and co-opted under the terms of the Constitution. The number of Trustees at any one time is always at least two.

POLICIES ADOPTED FOR THE INDUCTION AND TRAINING OF TRUSTEES

Trustees have relevant knowledge of the Charity's aims and objectives. The Constitution is provided to all trustees and efforts are made to provide up to date knowledge of the financial performance of the charity and obligations under charity law.

ORGANISATIONAL STRUCTURE AND DECISION MAKING

The charity has a board of trustees who meet bi-monthly to conduct formal business and are responsible for its strategic direction and policy. An operations manager is appointed by the trustees to manage the day to day operations of the charity. In planning their activities for the year, the trustees have kept in mind the Charity Commission's guidance on public benefit at their meetings. Feedback from members is encouraged including at monthly 'members meetings'.

RISK MANAGEMENT

The Trustees have assessed the major risks to which the Charity is exposed, in particular those related to the operations and finances of the Charity and are satisfied that systems and procedures are in place to mitigate the charity's exposure to the major risks.

INFORMATION ON FUNDRAISING PRACTICES

The Charity does not currently rely on fundraising as a major source of income nor does it employ or engage professional fundraisers. The Charity has not otherwise received funding from, or make applications to, other trusts and foundations, nor does it receive public subsidies. This may change in future years. Should fundraising activities increase in the future, the Charity is committed to avoiding any intrusive fundraising approaches and will never apply undue pressure to donate.

LIFECRAFT

**REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITY, ITS TRUSTEES AND ADVISERS
FOR THE PERIOD ENDED 31 MARCH 2022**

TRUSTEES' RESPONSIBILITIES STATEMENT

The Trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Charity law requires the Trustees to prepare financial statements for each financial year. Under charity law the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the Charity and of the incoming resources and application of resources, including the income and expenditure, of the Charity for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgments and accounting estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in operation.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the Charity's transactions and disclose with reasonable accuracy at any time the financial position of the Charity and enable them to ensure that the financial statements comply with the Charities Act 2011. They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report was approved by the Trustees and signed on their behalf by:

Troy Cooper

Troy Cooper
Trustee

Date: 24 January 2023

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**STATEMENT OF FINANCIAL ACTIVITIES
FOR THE PERIOD ENDED 31 MARCH 2022**

	Unrestricted funds	Restricted funds	Total funds
Note	2022 £	2022 £	2022 £
INCOME FROM:			
Donations and legacies	-	-	-
Charitable activities	-	-	-
Other income	-	-	-
TOTAL INCOME	-	-	-
EXPENDITURE ON:			
Charitable activities	-	-	-
TOTAL EXPENDITURE	-	-	-
NET INCOME/(EXPENDITURE)	-	-	-
TRANSFER BETWEEN FUNDS	-	-	-
NET MOVEMENT IN FUNDS	-	-	-
RECONCILIATION OF FUNDS:			
Total funds brought forward	-	-	-
TOTAL FUNDS CARRIED FORWARD	-	-	-

The notes on pages 7 to 8 form part of these financial statements.

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**BALANCE SHEET
AS AT 31 MARCH 2022**

	Note	£	2022 £
CURRENT ASSETS			
Debtors		-	
Cash at bank and in hand		-	
		-	
CREDITORS: amounts falling due within one year		-	
NET CURRENT ASSETS		-	
NET ASSETS		-	
CHARITY FUNDS			
Restricted funds			-
Unrestricted funds			-
TOTAL FUNDS			-

The financial statements were approved and authorised for issue by the Trustees and signed on their behalf,
by:

Michael Hewett

Michael Hewett
Trustee

Date: 24 January 2023

The notes on pages 7 to 8 form part of these financial statements.

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NOTES TO THE FINANCIAL STATEMENTS FOR THE PERIOD ENDED 31 MARCH 2022

1. ACCOUNTING POLICIES

1.1 BASIS OF PREPARATION OF FINANCIAL STATEMENTS

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (second edition – October 2019 effective 1 January 2019).

Lifecraft meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

1.2 GOING CONCERN

The Trustees have assessed whether the use of the going concern assumption is appropriate in preparing these financial statements. The Trustees have made this assessment in respect of the period of at least one year from the date of approval of these financial statements. They have reviewed budgets and cash flow forecasts and have concluded that there are no material uncertainties related to events or conditions that may cast significant doubt on the ability of the Charity to continue as a going concern. The Trustees are of the opinion that the Charity will have sufficient resources to meet its liabilities as they fall due

1.3 INCOME

Donation and grant income is recognised once the Charity has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

Other income is recognised in the period in which it is receivable and to the extent the goods have been provided or on completion of the service.

1.4 EXPENDITURE

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources.

Support costs are those costs incurred directly in support of expenditure on the objects of the Charity. Governance costs are those incurred in connection with administration of the Charity and compliance with constitutional and statutory requirements

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NOTES TO THE FINANCIAL STATEMENTS FOR THE PERIOD ENDED 31 MARCH 2022

1.5 DEBTORS

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

1.6 CASH AT BANK AND IN HAND

Cash at bank and in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

1.7 LIABILITIES AND PROVISIONS

Liabilities are recognised when there is an obligation at the Balance Sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably. Liabilities are recognised at the amount that the Charity anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide. Provisions are measured at the best estimate of the amounts required to settle the obligation. Where the effect of the time value of money is material, the provision is based on the present value of those amounts, discounted at the pre-tax discount rate that reflects the risks specific to the liability. The unwinding of the discount is recognised within interest payable and similar charges.

1.8 FINANCIAL INSTRUMENTS

The Charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

1.9 FUND ACCOUNTING

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Charity and which have not been designated for other purposes. Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the Charity for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

2. STAFF COSTS

During the year, no Trustees received any remuneration in their capacity as Trustee.
During the year, no Trustees received any benefits in kind.
During the year, no Trustees received reimbursement of expenses.

3. RELATED PARTIES

There were no related party transactions in the current or prior year.