

# LIVING IT UP

England & Wales · Charity number 1199155

## Details

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**Status** Registered

**Legal form** CIO

**Registered** 2022-05-31

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

## Contact

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**Address** St. Cuthberts Hall  
Newnham Street  
Bedford  
MK40 3JR

**Phone** 07964067443

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

**Website** <https://www.lovelivingitup.org/>

## Activities

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**Objects:** THE PROMOTION OF SOCIAL INCLUSION FOR THE PUBLIC BENEFIT AMONG VULNERABLE ADULTS AND CHILDREN, WITH A PHYSICAL OR LEARNING DISABILITY OR AUTISM WHO ARE SOCIALLY EXCLUDED ON THE GROUNDS OF THEIR DISABILITY, BY PROVIDING:1. OPPORTUNITIES TO LEARN NEW SKILLS, EDUCATION AND TRAINING THAT ARE DESIGNED TO ASSIST THEM TO INTEGRATE INTO SOCIETY;2. SOCIAL AND RECREATIONAL FACILITIES AND EVENTS INVOLVING THE LOCAL COMMUNITY.

**Activities:** Living It Up is committed to offering a range of empowering and skill-building services for people who have a learning disability and/or autism. We have a range of services and are continuing to develop services to enable people to have similar opportunities to others, to reduce social isolation and offer further opportunities that enhance life and can develop skills. We are based in Bedfordshire.

## Classification

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- **How:** Provides Buildings/facilities/open Space, Provides Services
- **What:** General Charitable Purposes, Disability, Economic/community Development/employment, Human Rights/religious Or Racial Harmony/equality Or Diversity, Recreation, Other Charitable Purposes
- **Who:** Children/young People, People With Disabilities

## Geography

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- Bedford
- Central Bedfordshire

## Finances

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| Period end | Income   | Expenditure | Assets | Employees |
|------------|----------|-------------|--------|-----------|
| 2024-12-31 | £401,321 | £347,379    | -      | -         |
| 2023-12-31 | £401,988 | £314,188    | -      | -         |
| 2022-12-31 | £0       | £0          | -      | -         |

## Trustees

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| Name                   | Role | Appointed  |
|------------------------|------|------------|
| Gareth James Wright    |      | 2022-05-31 |
| Jane Cavanagh          |      | 2025-03-11 |
| Oli Monks              |      | 2022-11-21 |
| PAUL SINFIELD          |      | 2025-11-07 |
| Sarah Neyland          |      | 2022-09-29 |
| Serena Brahmhatt       |      | 2025-11-07 |
| Victoria Margaret Airs |      | 2022-05-31 |

**LIVING IT UP**

England & Wales - Charity number 1199155

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# Accounts

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**LIVING IT UP**

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**UNAUDITED**

**TRUSTEES' REPORT AND FINANCIAL STATEMENTS**

**FOR THE YEAR ENDED 31 DECEMBER 2024**

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## LIVING IT UP

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## LIVING IT UP

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

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|                                  |  |
|----------------------------------|--|
| <b>Trustees</b>                  | Michael Collett, Chair<br>Gareth Wright<br>Victoria Airs<br>Sarah Fletcher<br>Sarah Neyland<br>Oli Monks                               |
| <b>Charity registered number</b> | 1199155  |
| <b>Principal office</b>          | St Cuthberts Hall<br>Newnham Street<br>Bedford<br>MK40 3JR   |
| <b>Chief executive officer</b>   | Felicity Heseltine   |
| <b>Accountants</b>               | Streets S J Males<br>Basepoint Business and Innovation Centre<br>110 Butterfield<br>Great Marlings<br>Luton<br>Bedfordshire<br>LU2 8DL |

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## LIVING IT UP

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### TRUSTEES' REPORT FOR THE YEAR ENDED 31 DECEMBER 2024

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The Trustees present their annual report together with the financial statements of the Living It Up for the 1 January 2024 to 31 December 2024.

#### Objectives and activities

##### a. Policies and objectives

The objective of the Charity is the promotion of social inclusion for the public benefit among vulnerable adults and children, with a physical or learning disability or autism who are socially excluded on the grounds of their disability, by providing:

1. Opportunities to learn new skills, education and training that are designed to assist them to integrate into society;
2. Social and recreational facilities and events involving the local community.

In setting objectives and planning for activities, the Trustees have given due consideration to general guidance published by the Charity Commission relating to public benefit, including the guidance 'Public benefit: running a charity (PB2)'.

##### b. Activities undertaken to achieve objectives

The charity provides the following activities to achieve its objectives:

**Performing Arts Centre** provides performing arts education for adults with disabilities including bands, online radio show, annual theatre show and art.

**Events** service provides regular nightclub style discos in a safe environment for adults with learning disabilities and/or autism.

**Gr8 Mates** is a friendship and dating service for adults with learning disabilities and/or autism.

**Gig Buddies** is a befriending service of volunteers to support adults with learning disabilities and/or autism to attend activities.

**St Cuthberts Hall** is a community centre hired out to local organisations and one-off hirers.

##### c. Volunteers

Volunteers have significantly helped make the organisation what it is. With the exception of St Cuthberts Hall none of the services would be able to continue without the support of the volunteers.

#### Achievements and performance

**TRUSTEES' REPORT (CONTINUED)  
FOR THE YEAR ENDED 31 DECEMBER 2024**

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**Achievements and performance (continued)**

**a. Main achievements of the Charity**

All services were maintained throughout the reporting period and we ensured that we made a positive impact on the lives of adults with disabilities and/or autism, enabling them to thrive in the field of performing arts as well as socially.

A band from the Performing Arts Centre played at the Bedfringe festival bringing the skills of disabled and/or autistic musicians to the wider community.

Gig Buddies hosted the Radio 2 Award winning folk band Megson, with a Performing Arts Centre band, Deltasonic appearing as a support act. Gig Buddies continues to support people to do the things that they wish to do with the support of their Gig Buddy Befriender this has included watching Arsenal play football, attending Winter Wonderland in Hyde Park and obtaining free tickets for the Cuffe and Taylor Summer Sessions in Bedford Park

**Financial review**

**a. Going concern**

After making appropriate enquiries, the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements. Further details regarding the adoption of the going concern basis can be found in the accounting policies.

**b. Reserves policy**

We ended the financial year in a comfortable position, with contracts with Bedford Borough Council, Central Bedfordshire Council ongoing and a new small contract with Luton Borough Council.

It is the policy of the charity to hold about 3 months' worth of costs to provide cover for ongoing costs and to provide for any unforeseen emergencies.

**c. Principal risks and uncertainties**

The charity's principal source of funds is revenue created through the Performing Arts Centre which people pay to attend. This includes contracts with Bedford Borough Council, Central Bedfordshire Council, Luton Borough Council and people who are self-funders. The majority is from Bedford Borough Council. We also receive various grants and donations.

The principal risks to the charity are as follows:

- Loss of attendees at the Performing Arts Centre - either through individual choice or Local Authority stopping contracts.
- Non-availability of key staff, for example through resignation or illness
- Insufficient active trustees
- No access to premises for example through termination of lease, fire or other disaster

**Structure, governance and management**

**TRUSTEES' REPORT (CONTINUED)  
FOR THE YEAR ENDED 31 DECEMBER 2024**

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**Structure, governance and management (continued)**

**a. Constitution**

Living It Up is a registered charity, number 1199155, and is constituted under a Trust deed.

**b. Methods 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 Trust deed.

Trustees are recruited and selected through an application and interview process.

Trustees are recruited to ensure a diversity of relevant skills and expertise needed for effective governance of the charity. They must complete a skills audit and attend a meeting as an observer. We will always have at least 1 serving trustee who uses our services.

Our constitution states:

10. Appointment of charity trustees

(1) Apart from the first charity trustees, every trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees.

(2) In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

**c. Organisational structure and decision-making policies**

The charity has a trustee board of at least 3 trustees, who meet regularly and have responsibility for the strategic direction and policies of the charity.

Day to day responsibility for the running of services has been delegated to the CEOs, for ensuring that the charity delivers the appropriate services.

In 2024 the meetings were held over Google Meet, as well as several sub committees to consider specific responsibilities of the trustees.

The Gig Buddies service is part of a global network of Gig Buddies services headed by Stay Up Late charity.

**d. Policies adopted for the induction and training of Trustees**

New trustees are given specific training in relation to their role, as well as a copy of the previous accounts and the charity's constitution.

Trustees are also provided with our 'Guidance for Prospective Trustees'.

Trustees are provided with information about any relevant courses, documents or relevant changes to regulations.

**Funds held as custodian**

None.

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## LIVING IT UP

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### TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2024

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#### Statement of Trustees' responsibilities

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).

The law applicable to charities in England & Wales requires the Trustees to prepare financial statements for each financial which give a true and fair view of the state of affairs of the Charity and of its incoming resources and application of resources, including its income and expenditure, 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 of the Charities SORP (FRS 102);
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards (FRS 102) have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in business.

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, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the Trust deed. 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.

Approved by order of the members of the board of Trustees and signed on their behalf by:

Date:

M Collett

15/7/2025

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## LIVING IT UP

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### INDEPENDENT EXAMINER'S REPORT FOR THE YEAR ENDED 31 DECEMBER 2024

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#### Independent Examiner's Report to the Trustees of Living It Up ('the Charity')

I report to the charity Trustees on my examination of the accounts of the Charity for the year ended 31 December 2024.

#### Responsibilities and Basis of Report

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

I report in respect of my examination of the Charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed the applicable 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 confirm that I am qualified to undertake the examination because I am a member of ICAEW, which is one of the listed bodies.

Your attention is drawn to the fact that the Charity has prepared the accounts in accordance with 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) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has been withdrawn.

I understand that this has been done in order for the accounts to provide a true and fair view in accordance with the Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

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 that in any material respect:

1. accounting records were not kept in respect of the Charity as required by section 130 of the 2011 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

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

This report is made solely to the Charity's Trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. My work has been undertaken so that I might state to the Charity's Trustees those matters I am required to state to them in an Independent Examiner's Report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the Charity and the Charity's Trustees as a body, for my work or for this report.

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**LIVING IT UP**

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**INDEPENDENT EXAMINER'S REPORT (CONTINUED)  
FOR THE YEAR ENDED 31 DECEMBER 2024**

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Signed:



Dated:

21/07/2025

Alan Endersby

FCA

Streets S J Males  
Basepoint Business and Innovation Centre  
110 Butterfield  
Great Marlings  
Luton  
LU2 8DL

## LIVING IT UP

### STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 DECEMBER 2024

|                                    | Note | Unrestricted<br>funds<br>2024<br>£ | Restricted<br>funds<br>2024<br>£ | Total<br>funds<br>2024<br>£ | Total<br>funds<br>2023<br>£ |
|------------------------------------|------|------------------------------------|----------------------------------|-----------------------------|-----------------------------|
| <b>Income from:</b>                |      |                                    |                                  |                             |                             |
| Donations and legacies             | 2    | 26,204                             | 57,056                           | 83,260                      | 139,907                     |
| Charitable activities              | 3    | 307,863                            | -                                | 307,863                     | 254,975                     |
| Other trading activities           | 4    | 9,023                              | -                                | 9,023                       | 6,572                       |
| Investments                        | 5    | 1,175                              | -                                | 1,175                       | 534                         |
| <b>Total income</b>                |      | <b>344,265</b>                     | <b>57,056</b>                    | <b>401,321</b>              | <b>401,988</b>              |
| <b>Expenditure on:</b>             |      |                                    |                                  |                             |                             |
| Raising funds                      | 6    | 7,553                              | -                                | 7,553                       | 3,759                       |
| Charitable activities              | 7    | 295,609                            | 44,217                           | 339,826                     | 310,429                     |
| <b>Total expenditure</b>           |      | <b>303,162</b>                     | <b>44,217</b>                    | <b>347,379</b>              | <b>314,188</b>              |
| <b>Net income</b>                  |      | <b>41,103</b>                      | <b>12,839</b>                    | <b>53,942</b>               | <b>87,800</b>               |
| Transfers between funds            | 14   | (16,643)                           | 16,643                           | -                           | -                           |
| <b>Net movement in funds</b>       |      | <b>24,460</b>                      | <b>29,482</b>                    | <b>53,942</b>               | <b>87,800</b>               |
| <b>Reconciliation of funds:</b>    |      |                                    |                                  |                             |                             |
| Total funds brought forward        |      | 83,396                             | 4,404                            | 87,800                      | -                           |
| Net movement in funds              |      | 24,460                             | 29,482                           | 53,942                      | 87,800                      |
| <b>Total funds carried forward</b> |      | <b>107,856</b>                     | <b>33,886</b>                    | <b>141,742</b>              | <b>87,800</b>               |

The Statement of Financial Activities includes all gains and losses recognised in the year.

The notes on pages 10 to 22 form part of these financial statements.

**LIVING IT UP**

**BALANCE SHEET  
AS AT 31 DECEMBER 2024**

|  | Note | 2024<br>£             | 2023<br>£            |
|--|------|-----------------------|----------------------|
| <b>Fixed assets</b>                            |      |                       |                      |
| Tangible assets                                | 11   | 27,054                | 23,061               |
|  |      | <u>27,054</u>         | <u>23,061</u>        |
| <b>Current assets</b>                          |      |                       |                      |
| Debtors  | 12   | 23,023                | 860                  |
| Cash at bank and in hand                       |      | 109,068               | 71,006               |
|  |      | <u>132,091</u>        | <u>71,866</u>        |
| Creditors: amounts falling due within one year | 13   | (17,403)              | (7,127)              |
| <b>Net current assets</b>                      |      | <u>114,688</u>        | <u>64,739</u>        |
| <b>Total assets less current liabilities</b>   |      | <u>141,742</u>        | <u>87,800</u>        |
| <b>Net assets excluding pension asset</b>      |      | <u>141,742</u>        | <u>87,800</u>        |
| <b>Total net assets</b>                        |      | <u><u>141,742</u></u> | <u><u>87,800</u></u> |
| <b>Charity funds</b>                           |      |                       |                      |
| Restricted funds                               | 14   | 33,886                | 4,404                |
| Unrestricted funds                             | 14   | 107,856               | 83,396               |
| <b>Total funds</b>                             |      | <u><u>141,742</u></u> | <u><u>87,800</u></u> |

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

Date:

*M Collett* 15/7/2025

The notes on pages 10 to 22 form part of these financial statements.

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

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**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.

Living It Up 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 Income**

All 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.

Grants are included in the Statement of Financial Activities on a receivable basis. The balance of income received for specific purposes but not expended during the period is shown in the relevant funds on the Balance Sheet. Where income is received in advance of entitlement of receipt, its recognition is deferred and included in creditors as deferred income. Where entitlement occurs before income is received, the income is accrued.

Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Income tax recoverable in relation to investment income is recognised at the time the investment income is receivable.

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.

**1.3 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. Central staff costs are allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use.

Expenditure on raising funds includes all expenditure incurred by the Charity to raise funds for its charitable purposes and includes costs of all fundraising activities events and non-charitable trading.

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

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**1. Accounting policies (continued)**

**1.3 Expenditure (continued)**

Expenditure on charitable activities is incurred on directly undertaking the activities which further the Charity's objectives, as well as any associated support costs.

All expenditure is inclusive of irrecoverable VAT.

**1.4 Interest receivable**

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the Charity; this is normally upon notification of the interest paid or payable by the institution with whom the funds are deposited.

**1.5 Tangible fixed assets and depreciation**

Tangible fixed assets costing £500 or more are capitalised and recognised when future economic benefits are probable and the cost or value of the asset can be measured reliably.

Tangible fixed assets are initially recognised at cost. After recognition, under the cost model, tangible fixed assets are measured at cost less accumulated depreciation and any accumulated impairment losses. All costs incurred to bring a tangible fixed asset into its intended working condition should be included in the measurement of cost.

Depreciation is charged so as to allocate the cost of tangible fixed assets less their residual value over their estimated useful lives, using the straight-line method.

Depreciation is provided on the following basis:

|                               |   |     |
|-------------------------------|---|-----|
| Short-term leasehold property | - | 10% |
| Office equipment              | - | 33% |

**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.

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

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**1. Accounting policies (continued)**

**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 in the Statement of Financial Activities as a finance cost.

**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 with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

**1.10 Pensions**

The Charity operates a defined contribution pension scheme and the pension charge represents the amounts payable by the Charity to the fund in respect of the year.

**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.

Investment income, gains and losses are allocated to the appropriate fund.

**2. Income from donations and legacies**

| <b>Unrestricted<br/>funds<br/>2024<br/>£</b> | <b>Restricted<br/>funds<br/>2024<br/>£</b> | <b>Total<br/>funds<br/>2024<br/>£</b> | <i>Total<br/>funds<br/>2023<br/>£</i> |
|--|--|---------------------------------------|---------------------------------------|
|--|--|---------------------------------------|---------------------------------------|

**LIVING IT UP**

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

**2. Income from donations and legacies (continued)**

|                   | Unrestricted<br>funds<br>2024<br>£ | Restricted<br>funds<br>2024<br>£ | Total<br>funds<br>2024<br>£ | Total<br>funds<br>2023<br>£ |
|-------------------|------------------------------------|----------------------------------|-----------------------------|-----------------------------|
| Donations         | 6,394                              | -                                | <b>6,394</b>                | 66,583                      |
| Grants            | 19,810                             | 57,056                           | <b>76,866</b>               | 73,324                      |
|                   | <u>26,204</u>                      | <u>57,056</u>                    | <u><b>83,260</b></u>        | <u>139,907</u>              |
| <i>Total 2023</i> | <u>96,463</u>                      | <u>43,444</u>                    | <u>139,907</u>              |                             |

**3. Income from charitable activities**

|                   | Unrestricted<br>funds<br>2024<br>£ | Restricted<br>funds<br>2024<br>£ | Total<br>funds<br>2024<br>£ | Total<br>funds<br>2023<br>£ |
|-------------------|------------------------------------|----------------------------------|-----------------------------|-----------------------------|
| Charitable income | <u>307,863</u>                     | <u>-</u>                         | <u><b>307,863</b></u>       | <u>254,975</u>              |
| <i>Total 2023</i> | <u>251,132</u>                     | <u>3,843</u>                     | <u>254,975</u>              |                             |

**4. Income from other trading activities**

**Income from fundraising events**

|                   | Unrestricted<br>funds<br>2024<br>£ | Total<br>funds<br>2024<br>£ | Total<br>funds<br>2023<br>£ |
|-------------------|------------------------------------|-----------------------------|-----------------------------|
| Lettings income   | <u>9,023</u>                       | <u><b>9,023</b></u>         | <u>6,572</u>                |
| <i>Total 2023</i> | <u>6,572</u>                       | <u>6,572</u>                |                             |

**LIVING IT UP**

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

**5. Investment income**

|                   | <b>Unrestricted<br/>funds<br/>2024<br/>£</b> | <b>Total<br/>funds<br/>2024<br/>£</b> | <i>Total<br/>funds<br/>2023<br/>£</i> |
|-------------------|--|---------------------------------------|---------------------------------------|
| Interest received | 1,175  | <b>1,175</b>                          | 534                                   |
|                   | <u>1,175</u>                                 | <u>1,175</u>                          |                                       |
| <i>Total 2023</i> | <u>534</u>                                   | <u>534</u>                            |                                       |

**6. Expenditure on raising funds**

**Costs of raising voluntary income**

|  | <b>Unrestricted<br/>funds<br/>2024<br/>£</b> | <b>Total<br/>funds<br/>2024<br/>£</b> | <i>Total<br/>funds<br/>2023<br/>£</i> |
|--|--|---------------------------------------|---------------------------------------|
| Costs of raising voluntary - direct expenses           | 1,480  | <b>1,480</b>                          | 2,235                                 |
| Costs of raising voluntary income - wages and salaries | 4,276  | <b>4,276</b>                          | 1,524                                 |
| Costs of raising voluntary income - NI                 | 1,487  | <b>1,487</b>                          | -                                     |
| Costs of raising voluntary income - pension costs      | 310  | <b>310</b>                            | -                                     |
|  | <u>7,553</u>                                 | <u>7,553</u>                          | <u>3,759</u>                          |
| <i>Total 2023</i>                                      | <u>3,759</u>                                 | <u>3,759</u>                          |                                       |

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**LIVING IT UP**

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

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**7. Analysis of expenditure by activities**

|                                      | <b>Direct costs<br/>2024<br/>£</b> | <b>Support<br/>costs<br/>2024<br/>£</b> | <b>Total<br/>funds<br/>2024<br/>£</b> | <i>Total<br/>funds<br/>2023<br/>£</i> |
|--------------------------------------|------------------------------------|---|---------------------------------------|---------------------------------------|
| Expenditure on charitable activities | 16,061                             | 323,765                                 | <b>339,826</b>                        | 310,429                               |
|                                      | <u>16,061</u>                      | <u>323,765</u>                          | <u>339,826</u>                        |                                       |
| <i>Total 2023</i>                    | <u>14,456</u>                      | <u>295,973</u>                          | <u>310,429</u>                        |                                       |

**Analysis of direct costs**

|                   | <b>Activities<br/>2024<br/>£</b> | <b>Total<br/>funds<br/>2024<br/>£</b> | <i>Total<br/>funds<br/>2023<br/>£</i> |
|-------------------|----------------------------------|---------------------------------------|---------------------------------------|
| Direct costs      | 16,061                           | <b>16,061</b>                         | 14,456                                |
|                   | <u>16,061</u>                    | <u>16,061</u>                         |                                       |
| <i>Total 2023</i> | <u>14,456</u>                    | <u>14,456</u>                         |                                       |

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

7. Analysis of expenditure by activities (continued)

Analysis of support costs

|                         | Activities<br>2024<br>£ | Total<br>funds<br>2024<br>£ | Total<br>funds<br>2023<br>£ |
|-------------------------|-------------------------|-----------------------------|-----------------------------|
| Staff costs             | 270,837                 | <b>270,837</b>              | 242,257                     |
| Depreciation            | 3,621                   | <b>3,621</b>                | 1,896                       |
| Rent                    | 19,687                  | <b>19,687</b>               | 19,378                      |
| Light and heat          | 3,004                   | <b>3,004</b>                | 3,143                       |
| Repairs and maintenance | 10,560                  | <b>10,560</b>               | 10,560                      |
| Administration costs    | 4,436                   | <b>4,436</b>                | 5,146                       |
| Travel costs            | 2,156                   | <b>2,156</b>                | 2,688                       |
| Other staff costs       | 1,808                   | <b>1,808</b>                | 2,948                       |
| Insurance               | 3,652                   | <b>3,652</b>                | 3,552                       |
| Consultancy             | 980                     | <b>980</b>                  | -                           |
| Sundry expenses         | 88                      | <b>88</b>                   | 230                         |
| Accountancy fees        | 2,936                   | <b>2,936</b>                | 4,175                       |
|                         | <u>323,765</u>          | <u><b>323,765</b></u>       | <u>295,973</u>              |
| <i>Total 2023</i>       | <u>295,973</u>          | <u>295,973</u>              |                             |

8. Independent examiner's remuneration

|   | 2024<br>£           | 2023<br>£    |
|---|---------------------|--------------|
| Fees payable to the Charity's independent examiner for the independent examination of the Charity's annual accounts | <u><b>2,082</b></u> | <u>1,980</u> |

## LIVING IT UP

### NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2024

#### 9. Staff costs

|  | 2024<br>£ | 2023<br>£ |
|--|-----------|-----------|
| Wages and salaries                                   | 210,028   | 231,040   |
| Social security costs                                | 54,343    | 8,182     |
| Contribution to defined contribution pension schemes | 12,539    | 4,559     |
|  | 276,910   | 243,781   |

The average number of persons employed by the Charity during the year was as follows:

|               | 2024<br>No. | 2023<br>No. |
|---------------|-------------|-------------|
| Charity staff | 14          | 16          |
|               | 14          | 16          |

No employee received remuneration amounting to more than £60,000 in either year.

#### 10. Trustees' remuneration and expenses

During the year, no Trustees received any remuneration or other benefits (2023 - £NIL).

During the year ended 31 December 2024, no Trustee expenses have been incurred.

#### 11. Tangible fixed assets

|                          | Short-term<br>leasehold<br>property<br>£ | Office<br>equipment<br>£ | Total<br>£ |
|--------------------------|--|--------------------------|------------|
| <b>Cost or valuation</b> |  |                          |            |
| At 1 January 2024        | 15,655                                   | 9,302                    | 24,957     |
| Additions                | 6,568                                    | 1,046                    | 7,614      |
|                          | 22,223                                   | 10,348                   | 32,571     |
| <b>Depreciation</b>      |  |                          |            |
| At 1 January 2024        | 233                                      | 1,663                    | 1,896      |
| Charge for the year      | 427                                      | 3,194                    | 3,621      |
|                          | 660                                      | 4,857                    | 5,517      |

**LIVING IT UP**

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

**11. Tangible fixed assets (continued)**

|                       | Short-term<br>leasehold<br>property<br>£ | Office<br>equipment<br>£ | Total<br>£    |
|-----------------------|--|--------------------------|---------------|
| <b>Net book value</b> |  |                          |               |
| At 31 December 2024   | <b>21,563</b>                            | <b>5,491</b>             | <b>27,054</b> |
| At 31 December 2023   | 15,422                                   | 7,639                    | 23,061        |

**12. Debtors**

|                            | 2024<br>£     | 2023<br>£ |
|----------------------------|---------------|-----------|
| <b>Due within one year</b> |               |           |
| Trade debtors              | <b>23,023</b> | 860       |
|                            | <b>23,023</b> | 860       |

**13. Creditors: Amounts falling due within one year**

|                                    | 2024<br>£     | 2023<br>£ |
|------------------------------------|---------------|-----------|
| Trade creditors                    | <b>9,323</b>  | 477       |
| Other taxation and social security | <b>5,998</b>  | 4,670     |
| Accruals and deferred income       | <b>2,082</b>  | 1,980     |
|                                    | <b>17,403</b> | 7,127     |

**LIVING IT UP**

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

**14. Statement of funds**

**Statement of funds - current year**

|                           | Balance at 1<br>January<br>2024<br>£ | Income<br>£           | Expenditure<br>£        | Transfers<br>in/out<br>£ | Balance at<br>31<br>December<br>2024<br>£ |
|---------------------------|--------------------------------------|-----------------------|-------------------------|--------------------------|---|
| <b>Unrestricted funds</b> |                                      |                       |                         |                          |   |
| General Funds             | 60,335                               | 344,265               | (299,541)               | (24,257)                 | 80,802                                    |
| Tangible Fixed Assets     | 23,061                               | -                     | (3,621)                 | 7,614                    | 27,054                                    |
|                           | <u>83,396</u>                        | <u>344,265</u>        | <u>(303,162)</u>        | <u>(16,643)</u>          | <u>107,856</u>                            |
| <b>Restricted funds</b>   |                                      |                       |                         |                          |   |
| Couch to 5K               | 882                                  | -                     | (54)                    | -                        | 828                                       |
| Gig                       | 3,522                                | 32,017                | (44,163)                | 16,643                   | 8,019                                     |
| Gr8 Mates Connect         | -                                    | 14,276                | -                       | -                        | 14,276                                    |
| Sports England            | -                                    | 9,322                 | -                       | -                        | 9,322                                     |
| Grocers Hall Charity      | -                                    | 1,441                 | -                       | -                        | 1,441                                     |
|                           | <u>4,404</u>                         | <u>57,056</u>         | <u>(44,217)</u>         | <u>16,643</u>            | <u>33,886</u>                             |
| <b>Total of funds</b>     | <u><u>87,800</u></u>                 | <u><u>401,321</u></u> | <u><u>(347,379)</u></u> | <u><u>-</u></u>          | <u><u>141,742</u></u>                     |

**LIVING IT UP**

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

**14. Statement of funds (continued)**

**Statement of funds - prior year**

|                           | <i>Income</i>         | <i>Expenditure</i>      | <i>Transfers</i> | <i>Balance at</i>    |
|---------------------------|-----------------------|-------------------------|------------------|----------------------|
|                           | <i>£</i>              | <i>£</i>                | <i>in/out</i>    | <i>31</i>            |
|                           |                       |                         | <i>£</i>         | <i>December</i>      |
|                           |                       |                         |                  | <i>2023</i>          |
|                           |                       |                         |                  | <i>£</i>             |
| <b>Unrestricted funds</b> |                       |                         |                  |                      |
| General Funds             | 354,701               | (277,815)               | (16,551)         | 60,335               |
| Tangible Fixed Assets     | -                     | (1,896)                 | 24,957           | 23,061               |
|                           | <u>354,701</u>        | <u>(279,711)</u>        | <u>8,406</u>     | <u>83,396</u>        |
| <b>Restricted funds</b>   |                       |                         |                  |                      |
| Couch to 5K               | 1,452                 | (570)                   | -                | 882                  |
| Gig                       | 33,135                | (29,613)                | -                | 3,522                |
| Student                   | 2,800                 | (4,294)                 | 1,494            | -                    |
| Clothworker Foundation    | 9,900                 | -                       | (9,900)          | -                    |
|                           | <u>47,287</u>         | <u>(34,477)</u>         | <u>(8,406)</u>   | <u>4,404</u>         |
| <b>Total of funds</b>     | <u><u>401,988</u></u> | <u><u>(314,188)</u></u> | <u><u>-</u></u>  | <u><u>87,800</u></u> |

**15. Summary of funds**

**Summary of funds - current year**

|                  | <i>Balance at 1</i> | <i>Income</i>  | <i>Expenditure</i> | <i>Transfers</i> | <i>Balance at</i> |
|------------------|---------------------|----------------|--------------------|------------------|-------------------|
|                  | <i>January</i>      | <i>£</i>       | <i>£</i>           | <i>in/out</i>    | <i>31</i>         |
|                  | <i>2024</i>         |                |                    | <i>£</i>         | <i>December</i>   |
|                  | <i>£</i>            |                |                    |                  | <i>2024</i>       |
|                  |                     |                |                    |                  | <i>£</i>          |
| General funds    | 83,396              | 344,265        | (303,162)          | (16,643)         | 107,856           |
| Restricted funds | 4,404               | 57,056         | (44,217)           | 16,643           | 33,886            |
|                  | <u>87,800</u>       | <u>401,321</u> | <u>(347,379)</u>   | <u>-</u>         | <u>141,742</u>    |

**LIVING IT UP**

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

**15. Summary of funds (continued)**

**Summary of funds - prior year**

|                  | <i>Income</i> | <i>Expenditure</i> | <i>Transfers</i> | <i>Balance at</i> |
|------------------|---------------|--------------------|------------------|-------------------|
|                  | <i>£</i>      | <i>£</i>           | <i>in/out</i>    | <i>December</i>   |
|                  |               |                    | <i>£</i>         | <i>2023</i>       |
|                  |               |                    |                  | <i>£</i>          |
| General funds    | 354,701       | (279,711)          | 8,406            | 83,396            |
| Restricted funds | 47,287        | (34,477)           | (8,406)          | 4,404             |
|                  | 401,988       | (314,188)          | -                | 87,800            |
|                  | 401,988       | (314,188)          | -                | 87,800            |

**16. Analysis of net assets between funds**

**Analysis of net assets between funds - current period**

|                               | <b>Unrestricted funds</b> | <b>Restricted funds</b> | <b>Total funds</b> |
|-------------------------------|---------------------------|-------------------------|--------------------|
|                               | <b>2024</b>               | <b>2024</b>             | <b>2024</b>        |
|                               | <b>£</b>                  | <b>£</b>                | <b>£</b>           |
| Tangible fixed assets         | 27,054                    | -                       | <b>27,054</b>      |
| Current assets                | 98,205                    | 33,886                  | <b>132,091</b>     |
| Creditors due within one year | (17,403)                  | -                       | <b>(17,403)</b>    |
| <b>Total</b>                  | 107,856                   | 33,886                  | <b>141,742</b>     |
|                               | 107,856                   | 33,886                  | <b>141,742</b>     |

**Analysis of net assets between funds - prior period**

|                               | <i>Unrestricted funds</i> | <i>Restricted funds</i> | <i>Total funds</i> |
|-------------------------------|---------------------------|-------------------------|--------------------|
|                               | <i>2023</i>               | <i>2023</i>             | <i>2023</i>        |
|                               | <i>£</i>                  | <i>£</i>                | <i>£</i>           |
| Tangible fixed assets         | 23,061                    | -                       | 23,061             |
| Current assets                | 67,462                    | 4,404                   | 71,866             |
| Creditors due within one year | (7,127)                   | -                       | (7,127)            |
| <b>Total</b>                  | 83,396                    | 4,404                   | 87,800             |
|                               | 83,396                    | 4,404                   | 87,800             |

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

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17. Operating lease commitments

At 31 December 2024 the Charity had commitments to make future minimum lease payments under non-cancellable operating leases as follows:

|  | <b>2024</b>          | <b>2023</b>   |
|--|----------------------|---------------|
|  | <b>£</b>             | <b>£</b>      |
| Not later than 1 year                        | <b>18,600</b>        | 18,600        |
| Later than 1 year and not later than 5 years | <b>44,950</b>        | 63,550        |
|  | <u><b>63,550</b></u> | <u>82,150</u> |

**LIVING IT UP**

England & Wales - Charity number 1199155

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# Accounts

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**LIVING IT UP**

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**UNAUDITED**

**TRUSTEES' REPORT AND FINANCIAL STATEMENTS**

**FOR THE YEAR ENDED 31 DECEMBER 2023**

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**LIVING IT UP**

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## LIVING IT UP

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

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**Trustees** Michael Collett, Chair  
Sue Reed (resigned 21 February 2023)  
Gareth Wright  
Victoria Airs  
Sarah Fletcher  
Sarah Neyland  
Rachael Cavenagh (resigned 31 December 2023)  
Oli Monks

**Charity registered number** 1199155

**Principal office** St Cuthberts Hall  
Newnham Street  
Bedford  
MK40 3JR

**Accountants** Streets S J Males  
Basepoint Business and Innovation Centre  
110 Butterfield  
Great Marlings  
Luton  
Bedfordshire  
LU2 8DL

**TRUSTEES' REPORT  
FOR THE YEAR ENDED 31 DECEMBER 2023**

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The Trustees present their annual report together with the financial statements of the Living It Up for the year 1 January 2023 to 31 December 2023.

**Objectives and activities**

**a. Policies and objectives**

The objective of the Charity is the promotion of social inclusion for the public benefit among vulnerable adults and children, with a physical or learning disability or autism who are socially excluded on the grounds of their disability, by providing:

1. Opportunities to learn new skills, education and training that are designed to assist them to integrate into society;
2. Social and recreational facilities and events involving the local community.

In setting objectives and planning for activities, the Trustees have given due consideration to general guidance published by the Charity Commission relating to public benefit, including the guidance 'Public benefit: running a charity (PB2)'.

**b. Activities undertaken to achieve objectives**

The charity provides the following activities to achieve its objectives:

**Performing Arts Centre** provides performing arts education for adults with disabilities including bands, online radio show, annual theatre show and art.

**Events** service provides regular nightclub style discos in a safe environment for adults with learning disabilities and/or autism.

**Gr8 Mates** is a friendship and dating service for adults with learning disabilities and/or autism.

**Gig Buddies** is a befriending service of volunteers to support adults with learning disabilities and/or autism to attend activities.

**St Cuthberts Hall** is a community centre hired out to local organisations and one-off hirers.

**c. Volunteers**

Volunteers have significantly helped make the organisation what it is. With the exception of St Cuthberts Hall none of the services would be able to continue without the support of the volunteers.

**Achievements and performance**

**TRUSTEES' REPORT (CONTINUED)  
FOR THE YEAR ENDED 31 DECEMBER 2023**

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**Achievements and performance (continued)**

**a. Main achievements of the Charity**

All services were maintained throughout the reporting period and we ensured that we made a positive impact on the lives of adults with disabilities and/or autism, enabling them to thrive in the field of performing arts as well as socially.

A band from the Performing Arts Centre played at the Bedfringe festival bringing the skills of disabled and/or autistic musicians to the wider community.

Gig Buddies were part of the Carousel UK tour putting on local band The Pride as headliners, with a Performing Arts Centre band, Deltasonic appearing as a support act as well as other learning disabled bands and singer songwriters from around the UK.

**Financial review**

**a. Going concern**

After making appropriate enquiries, the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements. Further details regarding the adoption of the going concern basis can be found in the accounting policies.

**b. Reserves policy**

It is the policy of the charity to hold about 3 months' worth of costs to provide cover for ongoing costs and to provide for any unforeseen emergencies,

**c. Principal risks and uncertainties**

The principal risks to the charity are as follows:

- Loss of attendees at the Performing Arts Centre - either through individual choice or Local Authority stopping contracts.
- Non-availability of key staff, for example through resignation or illness
- Insufficient active trustees
- No access to premises for example through termination of lease, fire or other disaster

**Structure, governance and management**

**a. Constitution**

Living It Up is a registered charity, number 1199155, and is constituted under a Trust deed.

**TRUSTEES' REPORT (CONTINUED)  
FOR THE YEAR ENDED 31 DECEMBER 2023**

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**Structure, governance and management (continued)**

**b. Methods 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 Trust deed.

Trustees are recruited and selected through an application and interview process.

Trustees are recruited to ensure a diversity of relevant skills and expertise needed for effective governance of the charity. They must complete a skills audit and attend a meeting as an observer. We will always have at least 1 serving trustee who uses our services.

Our constitution states:

**10. Appointment of charity trustees**

(1) Apart from the first charity trustees, every trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees.

(2) In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

**c. Organisational structure and decision-making policies**

The charity has a trustee board of at least 3 trustees, who meet regularly and have responsibility for the strategic direction and policies of the charity.

Day to day responsibility for the running of services has been delegated to the CEOs, for ensuring that the charity delivers the appropriate services.

In 2023 the meetings were held over Google Meet, as well as several sub committees to consider specific responsibilities of the trustees.

The Gig Buddies service is part of a global network of Gig Buddies services headed by Stay Up Late charity.

**d. Policies adopted for the induction and training of Trustees**

New trustees are given specific training in relation to their role, as well as a copy of the previous accounts and the charity's constitution.

Trustees are also provided with our 'Guidance for Prospective Trustees'.

Trustees are provided with information about any relevant courses, documents or relevant changes to regulations.

**Funds held as custodian**

None.

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## LIVING IT UP

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### TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2023

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#### Statement of Trustees' responsibilities

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).

The law applicable to charities in England & Wales requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the Charity and of its incoming resources and application of resources, including its income and expenditure, 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 of the Charities SORP (FRS 102);
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards (FRS 102) have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in business.

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, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the Trust deed. 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.

Approved by order of the members of the board of Trustees and signed on their behalf by:



**Michael Collett**

Chair

Date:

5<sup>th</sup> September 2024

**INDEPENDENT EXAMINER'S REPORT  
FOR THE YEAR ENDED 31 DECEMBER 2023**

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**Independent Examiner's Report to the Trustees of Living It Up ('the Charity')**

I report to the charity Trustees on my examination of the accounts of the Charity for the year ended 31 December 2023.

**Responsibilities and Basis of Report**

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

I report in respect of my examination of the Charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed the applicable 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 confirm that I am qualified to undertake the examination because I am a member of ICAEW, which is one of the listed bodies.

Your attention is drawn to the fact that the Charity has prepared the accounts in accordance with 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) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has been withdrawn.

I understand that this has been done in order for the accounts to provide a true and fair view in accordance with the Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

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 that in any material respect:

1. accounting records were not kept in respect of the Charity as required by section 130 of the 2011 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

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

This report is made solely to the Charity's Trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. My work has been undertaken so that I might state to the Charity's Trustees those matters I am required to state to them in an Independent Examiner's Report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the Charity and the Charity's Trustees as a body, for my work or for this report.

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LIVING IT UP

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INDEPENDENT EXAMINER'S REPORT (CONTINUED)  
FOR THE YEAR ENDED 31 DECEMBER 2023

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Signed:



Dated: 10/09/2024

Alan Endersby

FCA

Streets S J Males  
Basepoint Business and Innovation Centre  
110 Butterfield  
Great Marlings  
Luton  
LU2 8DL

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

|                                    | Note | Unrestricted<br>funds<br>2023<br>£ | Restricted<br>funds<br>2023<br>£ | Total<br>funds<br>2023<br>£ |
|------------------------------------|------|------------------------------------|----------------------------------|-----------------------------|
| <b>Income from:</b>                |      |                                    |                                  |                             |
| Donations and legacies             | 2    | 96,463                             | 43,444                           | 139,907                     |
| Charitable activities              | 3    | 251,132                            | 3,843                            | 254,975                     |
| Other trading activities           | 4    | 6,572                              | -                                | 6,572                       |
| Investments                        | 5    | 534                                | -                                | 534                         |
| <b>Total income</b>                |      | <b>354,701</b>                     | <b>47,287</b>                    | <b>401,988</b>              |
| <b>Expenditure on:</b>             |      |                                    |                                  |                             |
| Charitable activities              |      | 279,711                            | 34,477                           | 314,188                     |
| <b>Total expenditure</b>           |      | <b>279,711</b>                     | <b>34,477</b>                    | <b>314,188</b>              |
| <b>Net income</b>                  |      | <b>74,990</b>                      | <b>12,810</b>                    | <b>87,800</b>               |
| Transfers between funds            | 13   | 8,406                              | (8,406)                          | -                           |
| <b>Net movement in funds</b>       |      | <b>83,396</b>                      | <b>4,404</b>                     | <b>87,800</b>               |
| <b>Reconciliation of funds:</b>    |      |                                    |                                  |                             |
| Net movement in funds              |      | 83,396                             | 4,404                            | 87,800                      |
| <b>Total funds carried forward</b> |      | <b>83,396</b>                      | <b>4,404</b>                     | <b>87,800</b>               |

The Statement of Financial Activities includes all gains and losses recognised in the year.

The notes on pages 10 to 18 form part of these financial statements.

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LIVING IT UP

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BALANCE SHEET  
AS AT 31 DECEMBER 2023

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|  | Note | 2023<br>£   |
|--|------|-------------|
| <b>Fixed assets</b>                            |      |             |
| Tangible assets                                | 10   | 23,061      |
|  |      | <hr/>       |
|  |      | 23,061      |
| <b>Current assets</b>                          |      |             |
| Debtors  | 11   | 860         |
| Cash at bank and in hand                       |      | 71,006      |
|  |      | <hr/>       |
|  |      | 71,866      |
| Creditors: amounts falling due within one year | 12   | (7,127)     |
|  |      | <hr/>       |
| <b>Net current assets</b>                      |      | 64,739      |
|  |      | <hr/>       |
| <b>Total assets less current liabilities</b>   |      | 87,800      |
|  |      | <hr/>       |
| <b>Net assets excluding pension asset</b>      |      | 87,800      |
|  |      | <hr/>       |
| <b>Total net assets</b>                        |      | 87,800      |
|  |      | <hr/> <hr/> |
| <b>Charity funds</b>                           |      |             |
| Restricted funds                               | 13   | 4,404       |
| Unrestricted funds                             | 13   | 83,396      |
|  |      | <hr/>       |
| <b>Total funds</b>                             |      | 87,800      |
|  |      | <hr/> <hr/> |

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



**Michael Collett**

Chair

Date:

5<sup>th</sup> September 2024

The notes on pages 10 to 18 form part of these financial statements.

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

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**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.

Living It Up 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 Income**

All 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.

Grants are included in the Statement of Financial Activities on a receivable basis. The balance of income received for specific purposes but not expended during the period is shown in the relevant funds on the Balance Sheet. Where income is received in advance of entitlement of receipt, its recognition is deferred and included in creditors as deferred income. Where entitlement occurs before income is received, the income is accrued.

Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

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.

**1.3 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. Central staff costs are allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use.

Expenditure on charitable activities is incurred on directly undertaking the activities which further the Charity's objectives, as well as any associated support costs.

All expenditure is inclusive of irrecoverable VAT.

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

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**1. Accounting policies (continued)**

**1.4 Interest receivable**

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the Charity; this is normally upon notification of the interest paid or payable by the institution with whom the funds are deposited.

**1.5 Tangible fixed assets and depreciation**

Tangible fixed assets costing £500 or more are capitalised and recognised when future economic benefits are probable and the cost or value of the asset can be measured reliably.

Tangible fixed assets are initially recognised at cost. After recognition, under the cost model, tangible fixed assets are measured at cost less accumulated depreciation and any accumulated impairment losses. All costs incurred to bring a tangible fixed asset into its intended working condition should be included in the measurement of cost.

Depreciation is charged so as to allocate the cost of tangible fixed assets less their residual value over their estimated useful lives, using the straight-line method.

Depreciation is provided on the following basis:

|                               |   |     |
|-------------------------------|---|-----|
| Short-term leasehold property | - | 10% |
| Office equipment              | - | 33% |

**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 in the Statement of Financial Activities as a finance cost.

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

**1. Accounting policies (continued)**

**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 with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

**1.10 Pensions**

The Charity operates a defined contribution pension scheme and the pension charge represents the amounts payable by the Charity to the fund in respect of the year.

**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.

Investment income, gains and losses are allocated to the appropriate fund.

**2. Income from donations and legacies**

|           | <b>Unrestricted<br/>funds<br/>2023<br/>£</b> | <b>Restricted<br/>funds<br/>2023<br/>£</b> | <b>Total<br/>funds<br/>2023<br/>£</b> |
|-----------|--|--|---------------------------------------|
| Donations | 66,387                                       | 196  | 66,583                                |
| Grants    | 30,076                                       | 43,248                                     | 73,324                                |
|           | <u>96,463</u>                                | <u>43,444</u>                              | <u>139,907</u>                        |

**3. Income from charitable activities**

|                   | <b>Unrestricted<br/>funds<br/>2023<br/>£</b> | <b>Restricted<br/>funds<br/>2023<br/>£</b> | <b>Total<br/>funds<br/>2023<br/>£</b> |
|-------------------|--|--|---------------------------------------|
| Charitable income | 251,132                                      | 3,843                                      | 254,975                               |
|                   | <u>251,132</u>                               | <u>3,843</u>                               | <u>254,975</u>                        |

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

**3. Income from charitable activities (continued)**

**4. Income from other trading activities**

**Income from fundraising events**

|                 | <b>Unrestricted<br/>funds<br/>2023<br/>£</b> | <b>Total<br/>funds<br/>2023<br/>£</b> |
|-----------------|--|---------------------------------------|
| Lettings income | 6,572  | 6,572                                 |

**5. Investment income**

|                   | <b>Unrestricted<br/>funds<br/>2023<br/>£</b> | <b>Total<br/>funds<br/>2023<br/>£</b> |
|-------------------|--|---------------------------------------|
| Interest received | 534  | 534                                   |

**6. Analysis of expenditure by activities**

|                                      | <b>Direct costs<br/>2023<br/>£</b> | <b>Support<br/>costs<br/>2023<br/>£</b> | <b>Total<br/>funds<br/>2023<br/>£</b> |
|--------------------------------------|------------------------------------|---|---------------------------------------|
| Expenditure on charitable activities | 16,505                             | 297,683                                 | 314,188                               |

**Analysis of direct costs**

|              | <b>Activities<br/>2023<br/>£</b> | <b>Total<br/>funds<br/>2023<br/>£</b> |
|--------------|----------------------------------|---------------------------------------|
| Direct costs | 16,505                           | 16,505                                |

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

6. Analysis of expenditure by activities (continued)

Analysis of support costs

|                         | Activities<br>2023<br>£ | Total<br>funds<br>2023<br>£ |
|-------------------------|-------------------------|-----------------------------|
| Staff costs             | 243,781                 | 243,781                     |
| Depreciation            | 1,896                   | 1,896                       |
| Rent                    | 19,378                  | 19,378                      |
| Light and heat          | 3,143                   | 3,143                       |
| Repairs and maintenance | 10,560                  | 10,560                      |
| Administration costs    | 5,332                   | 5,332                       |
| Travel costs            | 2,688                   | 2,688                       |
| Other staff costs       | 2,948                   | 2,948                       |
| Insurance               | 3,552                   | 3,552                       |
| Sundry expenses         | 230                     | 230                         |
| Accountancy fees        | 4,175                   | 4,175                       |
|                         | <u>297,683</u>          | <u>297,683</u>              |

7. Independent examiner's remuneration

|   | 2023<br>£    |
|---|--------------|
| Fees payable to the Charity's independent examiner for the independent examination of the Charity's annual accounts | <u>1,980</u> |

8. Staff costs

|  | 2023<br>£      |
|--|----------------|
| Wages and salaries                                   | 231,040        |
| Social security costs                                | 8,182          |
| Contribution to defined contribution pension schemes | 4,559          |
|  | <u>243,781</u> |

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**LIVING IT UP**

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

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**8. Staff costs (continued)**

The average number of persons employed by the Charity during the year was as follows:

|               |                     |
|---------------|---------------------|
|               | <b>2023<br/>No.</b> |
| Charity staff | <b>16</b>           |

No employee received remuneration amounting to more than £60,000 in either year.

**9. Trustees' remuneration and expenses**

During the year, no Trustees received any remuneration or other benefits.

During the year ended 31 December 2023, no Trustee expenses have been incurred.

**10. Tangible fixed assets**

|                          | <b>Short-term<br/>leasehold<br/>property<br/>£</b> | <b>Office<br/>equipment<br/>£</b> | <b>Total<br/>£</b> |
|--------------------------|--|-----------------------------------|--------------------|
| <b>Cost or valuation</b> |  |                                   |                    |
| Additions                | 15,655   | 9,302                             | 24,957             |
| At 31 December 2023      | <u>15,655</u>                                      | <u>9,302</u>                      | <u>24,957</u>      |
| <b>Depreciation</b>      |  |                                   |                    |
| Charge for the year      | 233  | 1,663                             | 1,896              |
| At 31 December 2023      | <u>233</u>   | <u>1,663</u>                      | <u>1,896</u>       |
| <b>Net book value</b>    |  |                                   |                    |
| At 31 December 2023      | <u>15,422</u>                                      | <u>7,639</u>                      | <u>23,061</u>      |

**NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 DECEMBER 2023****11. Debtors**

|                            | <b>2023</b> |
|----------------------------|-------------|
|                            | <b>£</b>    |
| <b>Due within one year</b> |             |
| Trade debtors              | 860         |
|                            | <u>860</u>  |

**12. Creditors: Amounts falling due within one year**

|                                    | <b>2023</b>  |
|------------------------------------|--------------|
|                                    | <b>£</b>     |
| Trade creditors                    | 477          |
| Other taxation and social security | 4,670        |
| Accruals and deferred income       | 1,980        |
|                                    | <u>7,127</u> |

LIVING IT UP

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

**13. Statement of funds**

**Statement of funds - current year**

|                           | Income<br>£           | Expenditure<br>£        | Transfers<br>in/out<br>£ | Balance at<br>31<br>December<br>2023<br>£ |
|---------------------------|-----------------------|-------------------------|--------------------------|---|
| <b>Unrestricted funds</b> |                       |                         |                          |   |
| General Funds             | 354,701               | (277,815)               | (16,551)                 | 60,335                                    |
| Tangible Fixed Assets     | -                     | (1,896)                 | 24,957                   | 23,061                                    |
|                           | <u>354,701</u>        | <u>(279,711)</u>        | <u>8,406</u>             | <u>83,396</u>                             |
| <b>Restricted funds</b>   |                       |                         |                          |   |
| Couch to 5K               | 1,452                 | (570)                   | -                        | 882                                       |
| Gig                       | 33,135                | (29,613)                | -                        | 3,522                                     |
| Student                   | 2,800                 | (4,294)                 | 1,494                    | -   |
| Clothworker Foundation    | 9,900                 | -                       | (9,900)                  | -   |
|                           | <u>47,287</u>         | <u>(34,477)</u>         | <u>(8,406)</u>           | <u>4,404</u>                              |
| <b>Total of funds</b>     | <u><u>401,988</u></u> | <u><u>(314,188)</u></u> | <u><u>-</u></u>          | <u><u>87,800</u></u>                      |

**14. Summary of funds**

**Summary of funds - current year**

|                  | Income<br>£    | Expenditure<br>£ | Transfers<br>in/out<br>£ | Balance at<br>31<br>December<br>2023<br>£ |
|------------------|----------------|------------------|--------------------------|---|
| General funds    | 354,701        | (279,711)        | 8,406                    | 83,396                                    |
| Restricted funds | 47,287         | (34,477)         | (8,406)                  | 4,404                                     |
|                  | <u>401,988</u> | <u>(314,188)</u> | <u>-</u>                 | <u>87,800</u>                             |

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

**15. Analysis of net assets between funds**

**Analysis of net assets between funds - current year**

|                               | <b>Unrestricted<br/>funds<br/>2023<br/>£</b> | <b>Restricted<br/>funds<br/>2023<br/>£</b> | <b>Total<br/>funds<br/>2023<br/>£</b> |
|-------------------------------|--|--|---------------------------------------|
| Tangible fixed assets         | 23,061                                       | -  | 23,061                                |
| Current assets                | 67,462                                       | 4,404                                      | 71,866                                |
| Creditors due within one year | (7,127)                                      | -  | (7,127)                               |
| <b>Total</b>                  | <b>83,396</b>                                | <b>4,404</b>                               | <b>87,800</b>                         |

**16. Operating lease commitments**

At 31 December 2023 the Charity had commitments to make future minimum lease payments under non-cancellable operating leases as follows:

|  |                   |
|--|-------------------|
|  | <b>2023<br/>£</b> |
| Not later than 1 year                        | <b>18,600</b>     |
| Later than 1 year and not later than 5 years | <b>63,550</b>     |
|  | <b>82,150</b>     |

**LIVING IT UP**

England & Wales - Charity number 1199155

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# Accounts

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## Receipts and payments accounts

|                        |                  |    |                       |
|------------------------|------------------|----|-----------------------|
| For the period<br>from | 31st May<br>2022 | To | 31st December<br>2022 |
|------------------------|------------------|----|-----------------------|

### Section A Receipts and payments

|  | Unrestricted<br>funds | Restricted funds | Endowment<br>funds | Total funds      | Last year        |
|--|-----------------------|------------------|--------------------|------------------|------------------|
|  | to the nearest £      | to the nearest £ | to the nearest £   | to the nearest £ | to the nearest £ |
| <b>A1 Receipts</b>                                 |                       |                  |                    |                  |                  |
|  | -                     | -                | -                  | -                | -                |
|  | -                     | -                | -                  | -                | -                |
|  | -                     | -                | -                  | -                | -                |
|  | -                     | -                | -                  | -                | -                |
|  | -                     | -                | -                  | -                | -                |
|  | -                     | -                | -                  | -                | -                |
|  | -                     | -                | -                  | -                | -                |
|  | -                     | -                | -                  | -                | -                |
|  | -                     | -                | -                  | -                | -                |
| <b>Sub total (Gross income for AR)</b>             | -                     | -                | -                  | -                | -                |
| <b>A2 Asset and investment sales, (see table).</b> |                       |                  |                    |                  |                  |
|  | -                     | -                | -                  | -                | -                |
|  | -                     | -                | -                  | -                | -                |
| <b>Sub total</b>                                   | -                     | -                | -                  | -                | -                |
| <b>Total receipts</b>                              | -                     | -                | -                  | -                | -                |
| <b>A3 Payments</b>                                 |                       |                  |                    |                  |                  |
|  | -                     | -                | -                  | -                | -                |
|  | -                     | -                | -                  | -                | -                |
|  | -                     | -                | -                  | -                | -                |

|   |   |   |   |   |   |
|---|---|---|---|---|---|
|   | - | - | - | - | - |
|   | - | - | - | - | - |
|   | - | - | - | - | - |
|   | - | - | - | - | - |
|   | - | - | - | - | - |
|   | - | - | - | - | - |
|   | - | - | - | - | - |
| <b>Sub total</b>                                      | - | - | - | - | - |
| <b>A4 Asset and investment purchases, (see table)</b> |   |   |   |   |   |
|   | - | - | - | - | - |
|   | - | - | - | - | - |
| <b>Sub total</b>                                      | - | - | - | - | - |
| <b>Total payments</b>                                 | - | - | - | - | - |
| <b>Net of receipts/(payments)</b>                     | - | - | - | - | - |
| <b>A5 Transfers between funds</b>                     | - | - | - | - | - |
| <b>A6 Cash funds last year end</b>                    | - | - | - | - | - |
| <b>Cash funds this year end</b>                       | - | - | - | - | - |

**Section B Statement of assets and liabilities at the end of the period**

| Categories           | Details   | Unrestricted funds<br>to nearest £ | Restricted funds<br>to nearest £ | Endowment funds<br>to nearest £ |
|----------------------|---|------------------------------------|----------------------------------|---------------------------------|
| <b>B1 Cash funds</b> |   | -                                  | -                                | -                               |
|                      |   | -                                  | -                                | -                               |
|                      |   | -                                  | -                                | -                               |
|                      | <b>Total cash funds</b>                                       | -                                  | -                                | -                               |
|                      | <i>(agree balances with receipts and payments account(s))</i> | OK                                 | OK                               | OK                              |

**B2 Other monetary assets**

| Details | Unrestricted funds<br>to nearest £ | Restricted funds<br>to nearest £ | Endowment funds<br>to nearest £ |
|---------|------------------------------------|----------------------------------|---------------------------------|
|         | -                                  | -                                | -                               |
|         | -                                  | -                                | -                               |
|         | -                                  | -                                | -                               |
|         | -                                  | -                                | -                               |
|         | -                                  | -                                | -                               |
|         | -                                  | -                                | -                               |
|         | -                                  | -                                | -                               |

**B3 Investment assets**

| Details | Fund to which asset<br>belongs | Cost (optional) | Current value<br>(optional) |
|---------|--------------------------------|-----------------|-----------------------------|
|         |                                | -               | -                           |
|         |                                | -               | -                           |
|         |                                | -               | -                           |
|         |                                | -               | -                           |
|         |                                | -               | -                           |


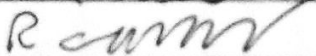
**B4 Assets retained for the  
charity's own use**

| Details | Fund to which asset<br>belongs | Cost (optional) | Current value<br>(optional) |
|---------|--------------------------------|-----------------|-----------------------------|
|         |                                | -               | -                           |
|         |                                | -               | -                           |
|         |                                | -               | -                           |
|         |                                | -               | -                           |
|         |                                | -               | -                           |
|         |                                | -               | -                           |
|         |                                | -               | -                           |
|         |                                | -               | -                           |
|         |                                | -               | -                           |

**B5 Liabilities**

| Details | Fund to which liability relates | Amount due (optional) | When due (optional) |
|---------|---------------------------------|-----------------------|---------------------|
|         |                                 | -                     | -                   |
|         |                                 | -                     |                     |
|         |                                 | -                     |                     |
|         |                                 | -                     |                     |
|         |                                 | -                     |                     |

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

| Signature  | Print Name       | Date of approval |
|--|------------------|------------------|
|  | MICHAEL COLLETT  | 30/10/2023       |
|  | RACHAEL CAVANAGH | 30/10/23         |

**Living  
It Up**

# **ANNUAL REPORT**

Year Ending 31st December 2022

Charity Registration Number - 1199155

St Cuthberts Hall, Newnham Street, Bedford, MK40 3JR

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# ORGANISATION PROFILE

## Organisation History

Living It Up was originally founded in 2009 as a Community Group. We became a CIC (Community Interest Company) in 2016 and gained Charitable Status (CIO) 31st May 2022. A CIO is a legal structure regulated by the Charity Commission that was introduced to help simplify the process for setting up a charity.

Living It Up began fully operating as a charity on 1st January 2023.



## Trustees

Our Trustees are:

Michael Collett - Chair

Rachael Cavanagh - Treasurer

Vicki Airs

Gareth Wright

Oliver Monks

Sarah Neyland

Sarah Fletcher

Sue Reed - stood down February 2023

## About our Trustees

For this financial year Mike, Sue and Gareth came over from the CIC. When we became a CIO Fizz Heseltine and Claire Crawford-Smith (previous directors of the CIC) became co-CEO.

All trustees give their time voluntarily and receive no benefits from the charity. They can however recover expenses incurred directly as a result of their role.

There has to be a minimum of 4 serving trustees.

Trustees are recruited to ensure a diversity of relevant skills and expertise needed for effective governance of the charity. They must complete a skills audit and attend a meeting as an observer. We will always have at least 1 serving trustee who uses our services.

# TRUSTEE INDUCTION AND TRAINING

## Training

Training is routinely and regularly offered to all trustees, both new and existing.

## Induction

All trustees must complete an organisational induction.

This includes, but is not limited to:

- Confirming reading of conflict of interest policy
- Signed declaration of interests

## Structure Chart

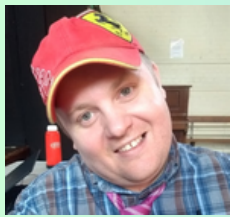
Please see the following page for our structure chart.



# ORGANISATIONAL STRUCTURE



Mike Collett  
Chair of Trustees



Gareth Wright  
Trustee



Vicki Airs  
Trustee



Sarah Fletcher  
Trustee



Sarah Neyland  
Trustee



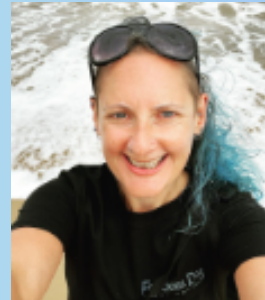
Oli Monks  
Trustee



Rachael Cavanagh  
Trustee /Treasurer



Claire Crawford-Smith  
Co-CEO



Fizz Heseltine  
Co-CEO



Carly Morris  
Operations Manager



PAC Staff and  
Volunteers



Gig Buddies Staff  
and Volunteers



Gr8 Mates Staff  
and Volunteers



Events Staff and  
Volunteers



Hall Staff

# WHAT WE DO

Living It Up provides social and educational opportunities for adults with learning disabilities and autism in and around Bedfordshire.

## OUR CHARITABLE OBJECTS

The objects of Living It Up CIO are:

The promotion of social inclusion for the public benefit among vulnerable adults and children, with a physical or learning disability or autism who are socially excluded on the grounds of their disability, by providing:

1. Opportunities to learn new skills, education and training that are designed to assist them to integrate into society;
2. Social and recreational facilities and events involving the local community.



# ACTIVITIES AND OBJECTIVES IN THE YEAR

For the upcoming year we hope to achieve the following:

## Performing Arts Centre

- Recruit additional experts to increase range of opportunities
- Hire out the Radio/Music room to the community
- If funds allow, hiring a shop space in the town centre

## Gig Buddies

- Recruit and train more volunteers
- Respond to need in other Local Authority Areas

## Gr8 Mates

- Establish LGBTQ+ element of this service
- Recruit and train more volunteers
- Find funding for increased staffing hours

## Events

- Find and recruit more volunteers
- Hold regular bi-monthly events

## St Cuthberts Hall

- Market as a community hall/community centre
- Establish as an independent venue



# IMPACT ON BENEFICIARIES

Since achieving CIO status we have noted the following impact on the people that we work with:

## Performing Arts Centre

- Gig Buddies put on a gig as part of the Carousel UK tour and Delta Sonic, one of our bands had the opportunity to play here and share their music with a wider audience

## Gig Buddies

- We applied and were successful in being selected to host a gig as part of the Carousel UK tour = we had 3 bands/artists with learning disabilities and/or autism playing, and a local band The Pride headlining. This meant that followers of The Pride had the opportunity to listen to artists that they wouldn't ordinarily listen to

## Gr8 Mates

- Supporting a number of budding relationships to develop

## Events

- We held our first post COVID event in December 2022

## St Cuthberts Hall

- We were successful in getting funding to enable us to begin the work needed to launch the hall as an Independent Music Venue



# INCOME STATEMENT

## Final CIC Accounts

|                             |   |   |
|-----------------------------|---|---|
| <b>Revenue</b>              | Total   | £228,407  |
| <b>Expenses</b>             | Repairs & Maintenance<br>Wages<br>Rent<br>Audit & Accountancy<br>Travel<br>Bank Fees<br>Cleaning<br>Consulting<br>Corporation Tax<br>Employers NI<br>General Expenses<br>IT Software and Consumables<br>Light, Power & Heating<br>Health Insurance<br>Postage<br>Printing and Stationary<br>Refreshments<br>Staff Training<br>Subscriptions<br>Phone & Internet<br><br>Total Expenses | £7455<br>£143898<br>£19320<br>£5173<br>£1684<br>£2000<br>£557<br>£1033<br>£5727<br>£33709<br>£810<br>£280<br>£5598<br>£165<br>£119<br>£291<br>£2798<br>£701<br>£528<br>£1432<br><br>£233278 |
| <b>Donations and Grants</b> | Donations<br>Grants<br>Totals   | £6487<br>£43609<br>£50096   |
| <b>Net Income</b>           | (Revenue + Gains) -<br>(Expenses + Losses)  | £45225  |