



CHARITY COMMISSION  
FOR ENGLAND AND WALES

Charity Name  
Living It Up

No (if any)  
1199155

## Receipts and payments accounts

CC16a

For the period from	31st May 2022	To	31st December 2022
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### Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
<b>A1 Receipts</b>					
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b> (Gross income for AR)	-	-	-	-	-
<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 to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>		-	-	-
		-	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	-	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

**B2 Other monetary assets**

Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-

**B3 Investment assets**

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-
		-	-
		-	-
		-	-
		-	-

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

Details	Fund to which asset belongs	Cost (optional)	Current value (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
M Collett	MICHAEL COLLETT	30/10/2023
R Cavanagh	RACHAEL CAVANAGH	30/10/23



# 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.

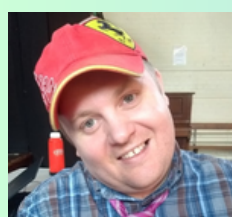




# ORGANISATIONAL STRUCTURE



Mike Collett  
Chair of Trustees



Gareth Wright  
Trustee



Vicki Airs  
Trustee



Sarah Fletcher  
Trustee



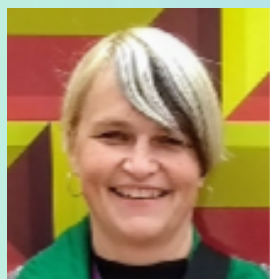
Sarah Neyland  
Trustee



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