
LIVING IT UP

UNAUDITED

TRUSTEES' REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2023

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

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**

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**

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**

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.

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

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:

5th September 2024

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

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

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 funds 2023 £	Restricted funds 2023 £	Total funds 2023 £
Income from:				
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
Total income		354,701	47,287	401,988
Expenditure on:				
Charitable activities		279,711	34,477	314,188
Total expenditure		279,711	34,477	314,188
Net income		74,990	12,810	87,800
Transfers between funds	13	8,406	(8,406)	-
Net movement in funds		83,396	4,404	87,800
Reconciliation of funds:				
Net movement in funds		83,396	4,404	87,800
Total funds carried forward		83,396	4,404	87,800

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.

LIVING IT UP

BALANCE SHEET
AS AT 31 DECEMBER 2023

	Note	2023 £
Fixed assets		
Tangible assets	10	23,061
		<hr/> 23,061
Current assets		
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/>
Net current assets		64,739
Total assets less current liabilities		<hr/> 87,800
Net assets excluding pension asset		<hr/> 87,800
Total net assets		<hr/> 87,800 <hr/>
Charity funds		
Restricted funds	13	4,404
Unrestricted funds	13	83,396
		<hr/>
Total funds		<hr/> 87,800 <hr/>

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



Michael Collett

Chair

Date:

5th 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**

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

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

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total funds 2023 £
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

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total funds 2023 £
Charitable income	<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

	Unrestricted funds 2023 £	Total funds 2023 £
Lettings income	6,572	6,572

5. Investment income

	Unrestricted funds 2023 £	Total funds 2023 £
Interest received	534	534

6. Analysis of expenditure by activities

	Direct costs 2023 £	Support costs 2023 £	Total funds 2023 £
Expenditure on charitable activities	16,505	297,683	314,188

Analysis of direct costs

	Activities 2023 £	Total funds 2023 £
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 2023 £	Total funds 2023 £
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 £
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 £
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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NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2023

8. Staff costs (continued)

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

	2023 No.
Charity staff	16

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

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

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

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

12. Creditors: Amounts falling due within one year

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

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

13. Statement of funds

Statement of funds - current year

	Income £	Expenditure £	Transfers in/out £	Balance at 31 December 2023 £
Unrestricted funds				
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>
Restricted funds				
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>
Total of funds	<u>401,988</u>	<u>(314,188)</u>	<u>-</u>	<u>87,800</u>

14. Summary of funds

Summary of funds - current year

	Income £	Expenditure £	Transfers in/out £	Balance at 31 December 2023 £
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

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

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:

	2023 £
Not later than 1 year	18,600
Later than 1 year and not later than 5 years	63,550
	82,150