

ADAPTED FOR LIFE

England & Wales · Charity number 1205981

Details

Status Registered

Legal form CIO

Registered 2023-11-30

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

Contact

Address Wick End Farm
Wick End
Stagsden
Bedfordshire
MK43 8TS

Phone 07726899537

Email suzzichka@hotmail.com

Activities

Objects: THE OBJECT OF THE CIO IS TO RELIEVE THE NEEDS OF PEOPLE WITH LEARNING AND SENSORY DISABILITIES BY PROVIDING ADAPTED ACCOMMODATION AND ASSOCIATED SERVICES AND SUCH OTHER MEANS AS THE TRUSTEES DETERMINE.

Classification

- **How:** Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information
- **What:** Disability
- **Who:** People With Disabilities

Geography

- Bedford

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£66,435	£44,934	-	-

Trustees

Name	Role	Appointed
Laurence Whitehead ACA, CF	Chair	
Andrew Harris		
Florentin Silisteanu		
Kate Drake		
Nicholas Worrall		

ADAPTED FOR LIFE

England & Wales - Charity number 1205981

Accounts



Trustees' Annual Report for the period

Section 8

Period start date			Period end date		
30	November	2023	31	March	2025
From			To		

Section A Reference and administration details

Charity name Adapted for Life (AfL)

Other names charity is known by

Registered charity number (if any) 1205981

Charity's principal address

Wick End Farm
Wick End
Stagsden
Bedfordshire
MK43 8TS

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) e to appoint trustee (if any)
1	Laurence Whitehead	Chair		
2	Katherine Drake			
3	Andrew Harris			
4	Florentin Silisteanu			
5	Nicholas Worrall			

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
Independent Examiner	MHA	The Pinnacle, Midsummer Boulevard, Milton Keynes, MK9 1BP
Bank	Co-Operative Bank	1 Balloon Street, Manchester, M4 4BE

Name of chief executive or names of senior staff members (Optional information)

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (e.g. trust deed, constitution)	Constitution
How the charity is constituted (e.g. trust deed, company)	Charitable Incorporated Organisation (CIO)
Trustee selection methods (elected by)	By the existing trustees

Additional governance issues (Optional information)

You may choose to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

The object of the charity is to relieve the needs of people with learning and sensory disabilities by providing high quality supported living accommodation and associated services at Wick End Farm, thus creating a sustainable structure which will ensure that future generations of people with a complex range of difficulties are able to enjoy the benefits that supported living offers whilst remaining close to the area where they grew up. This object goes hand in hand with meaningful social and local community participation, developing relationships with peers who have similar needs and interests and maintaining familial bonds. To the wider community, the charity also provides additional services, such as advocacy & advice, signposting, raising public awareness about profound & multiple learning disabilities (PMLD) and liaising with people and organisations looking to replicate the charity's model.

The trustees have had regard to the Charity Commission's guidance on public benefit. The charity has provided high quality supported living accommodation at Wick End Farm, has facilitated meaningful social and local community participation and has also delivered additional services, such as advocacy & advice, signposting and guidance to third parties regarding supported living arrangements. Hence the trustees consider that they have complied with their duty to have due regard to the public benefit guidance when exercising duties to which the guidance is relevant.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Additional details of objectives and activities (Optional Information)

You may choose to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Summary of the main achievements of the charity during the year

The main focus of the charity in its first 16 months up to the end of March 2025 has been advocacy.

The secretary of the charity spoke at the National Star College Transition event in October 2024. Two sessions were held and approximately 80 people attended. Feedback was positive with several people contacting the charity after the event for further information.

Enquiries continue to come into the charity asking about how to set up a supported living provision. Teams meetings are generally the best way to answer queries but some people have visited Wick End Farm as well as meeting via Teams.

It will take time to establish a local network but friends of the four young people who live in the house regularly visit and join in activities.

The four young people have joined in community activities and, by doing this, they have widened their circle of friends. This will stand the charity in good stead in terms of raising awareness of PMLD and demonstrating that supported living is a sustainable option.

There has been little activity in terms of fundraising other than successfully applying for a grant from The JMS Trust. This funded much needed equipment for the four young people.

Section E Financial review

Brief statement of the charity's policy on reserves

AfL's policy has been to build up a cash reserve of around £20,000 to ensure there are enough funds readily available for prompt maintenance of the property and to cover any potential rental income voids (to date there have not been any voids). The trustees are pleased to be able to confirm that as at 31 March 2025, the cash balance at the Co-Operative Bank was £21,500.

Details of any funds materially in deficit

Further financial review details (Optional information)

You may choose to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

AfL's principal source of funds for the period came from housing benefit & utilities contributions (£65,059) and charitable donations (£1,376). The income has been used to cover the following expense: rent (£32,121), repairs, maintenance and ongoing property costs (£5,883), professional fees (£6,882) and miscellaneous costs (£48). As a result, a surplus of £21,500 was generated during the period.

The trustees are considering how best to start to utilise surplus funds now that the budgeted cash reserve amount of £20,000 has been exceeded.


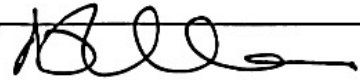
Section F Other optional information

Plans for the next twelve months include a fundraising event hosted by the Estate Agency Leaders, sensory workshops and other activities to increase independence skills and boost health and wellbeing.

Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signatures		
Full names	Laurence Whitehead	Andrew Harris
Position	Trustee	Trustee
Date	13/10/2025	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Adapted for Life

1205981

Receipts and payments accounts

CC16a

For the period
from

30-Nov-23

To

31-Mar-25

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 £
A1 Receipts					
Housing & utilities	65,059	-	-	65,059	-
Donations	1,376	-	-	1,376	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	66,435	-	-	66,435	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	66,435	-	-	66,435	-
A3 Payments					
Rent	32,121	-	-	32,121	-
Property	5,883	-	-	5,883	-
Legal & professional	6,882	-	-	6,882	-
Miscellaneous	48	-	-	48	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	44,934	-	-	44,934	-
A4 Asset and investment purchases. (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	44,934	-	-	44,934	-
Net of receipts/(payments)	21,501	-	-	21,501	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	21,501	-	-	21,501	-

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 £
B1 Cash funds	Bank account	21,501	-	-
		-	-	-
		-	-	-
	Total cash funds	21,501	-	-

(agree balances with receipts and payments account(s))

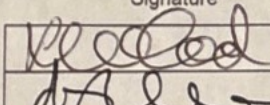
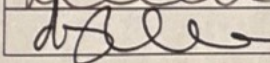
Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	

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

Signature  	Print Name LAWRENCE WHITEHEAD ANDREW HARRIS	Date of approval 13/10/25 13/10/25
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Section A

Independent Examiner's Report

Report to the trustees

Charity Name
Adapted for Life

On accounts for the year
ended

31 March 2025

Charity no
(if any)

1205981

Set out on pages

1-2

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the period ended 31/03/2025.

Responsibilities and
basis of report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent
examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

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

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

Signed:

Date:

16-10-25

Name:

Elizabeth Newell BA (Hons) FCA

Relevant professional
qualification(s) or body
(if any):

ICAEW - FCA

Address:

MHA, The Pinnacle, 150 Midsummer Boulevard, Milton Keynes, MK9 1LZ

Section B**Disclosure**

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

N/A