

PURPOSEFUL ACTIVE LIVING

England & Wales · Charity number 1208566

Details

Other names	PAL
Status	Registered
Legal form	CIO
Registered	2024-06-06
Register	View on the Charity Commission register

Contact

Address	21 Fairoak Drive Bromsgrove B60 3PN
Phone	07979707967
Email	info@palcharity.org.uk
Website	https://www.purposefulactiveliving.org.uk/

Activities

Objects: TO PROMOTE THE PHYSICAL AND MENTAL HEALTH OF THE PUBLIC, PRIMARILY (BUT NOT EXCLUSIVELY) AMONGST THOSE WITH LONG TERM HEALTH CONDITIONS AND/OR DISABILITIES, THROUGH THE PROVISION OF PHYSICAL ACTIVITY SESSIONS DIRECTED AT IMPROVING MOVEMENT AND MOBILITY.

Activities: Purposeful Active Living deliver physical and social activities, to benefit the public, but in particular older adults, adults with a disability & adults with Long Term Health Conditions. Pal's physical activity offer includes Strength and Balance classes, Postural Stability instruction (PSI) delivery and other physical activities to benefit participants physical and mental health.

Classification

- **How:** Provides Services
- **What:** The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** Elderly/old People, People With Disabilities, The General Public/mankind

Geography

- Birmingham City
- Sandwell
- Shropshire
- Walsall
- Wolverhampton
- Worcestershire

Finances

Period end	Income	Expenditure	Assets	Employees
2025-05-31	£80,638	£39,908	-	-

Trustees

Name	Role	Appointed
Paul Antonio Lewin	Chair	2024-06-06
Richard David Bentley		
VALERIE CHANG		

PURPOSEFUL ACTIVE LIVING

England & Wales - Charity number 1208566

Accounts

**PURPOSEFUL ACTIVE LIVING
TRUSTEE'S REPORT AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MAY 2025**

Purposeful Active Living Contents

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Purposeful Active Living Trustee's Report For The Year Ended 31 May 2025

The trustee presents his report and the financial statements for the year ended 31 May 2025.

Objectives and Activities

Aims and Objectives

PAL Charity's objective is to address the challenges posed to a growing older population, living longer with long-term health conditions, disabilities and are at risk of falls.

We understand the struggles individuals living with long-term health conditions/disabilities face and the frustration of not being able to enjoy a happier, healthier and independent quality of life in later years.

Our mission is to address health inequalities, inactivity and isolation across some of the most deprived neighborhoods in Birmingham, The Black Country, Worcestershire and Shropshire. We would also simultaneously be reducing some of the strain on the health services.

To achieve our mission, PAL Charity will work collaboratively with a range of stakeholders to deliver comprehensive community wellbeing programs using inclusive physical activity and social engagement:

'TO PROMOTE THE PHYSICAL AND MENTAL HEALTH OF THE PUBLIC, PRIMARILY (BUT NOT EXCLUSIVELY) AMONGST THOSE WITH LONG TERM HEALTH CONDITIONS AND/OR DISABILITIES, THROUGH THE PROVISION OF PHYSICAL ACTIVITY SESSIONS DIRECTED AT IMPROVING MOVEMENT AND MOBILITY'.

PAL Charity's Target Beneficiaries.

Our target beneficiaries will consist of adults with:

- Long-term health conditions (LTHC)
- Reduced mobility (including those age 55plus)
- People from the BAME Community – who are often under-represented
- People who are inactive or socially isolated

Public Benefit

To promote the physical and mental health of the public, primarily but not exclusively amongst those with long term health conditions and/or disabilities, through the provision of physical activity sessions direct at improving movement and mobility.

The trustees confirm that they have complied with the requirements of Section 17 of the Charities Act 2011 to have due regard to the Charity Commission's guidance on public benefit.

Message from The Chair

PAL Charity started the year 2024 with a meeting to set out our plans and goals for the preceding 12 months.

During the year our charity experienced appreciable growth, which necessitated restructuring our website to accommodate the increase in traffic. We deliver a wide range of inclusive physical activity sessions across the Midlands—including strength and balance, falls prevention, yoga, dance-based sessions, and dementia-friendly movement programmes.

Our team of highly qualified and specialist instructors includes Level 4 Postural Stability Instructors (PSI), who are trained to deliver evidence-based exercise proven to reduce falls, increase confidence, and support independent living. Several of our instructors are also trained in programmes like Love to Move, a dementia-specific initiative designed to support cognitive and physical wellbeing through music and movement.

We are passionate about building stronger, more connected communities and reducing social isolation through safe, welcoming and enjoyable sessions.

Our work now spans Birmingham, the Black Country, and across rural and urban areas of the West Midlands, where we collaborate with housing providers, health and social care professionals, and voluntary sector partners to reach those who need support the most. We work with social prescribers from various communities, and our partners include Walsall Public Health, Platform Housing, Walsall Homes Group, Parkinsons UK, Birmingham NNS' and Broadway Health Centre.

We are grateful for the immense support and hard work of our volunteers and trustees for their contribution to our mission. On behalf of my fellow trustees, I would like to say many thanks to everyone and look forward to even greater success in 2025/2026.

Paul Lewin
Chair
Purposeful Active Living Board of Trustees

P. Lewin

Purposeful Active Living Trustee's Report (continued) For The Year Ended 31 May 2025

Achievements and Performance

Main Achievements

PAL Charity was established just over a year ago (6/6/2024), having previously operated the programme under a community interest company since 2020.

The organisation has gained widespread recognition within both local and wider communities. Our impact on the community has been achieved through various means, such as partnerships with local organisations (i.e. health providers, faith groups etc.) which has resulted in the expansion of our reach, accessibility and engagement with a greater diverse demographic.

1. High Social Engagement: We have successfully engaged over 800 community members in regular fitness activities. This has led to a sustained increase in participation in local wellbeing initiatives, highlighting our ability to foster long-term, positive lifestyle change within communities.

2. Health Care Cost Savings: Our focus on preventative health has led to a notable decrease in fall-related hospital admissions amongst participants. This not only demonstrates the effectiveness of our health focused programs but also provides potential savings for public health services.

3. Economic Growth: Achieving 'charity status' from our original Community Interest Company (CIC), has enabled job creation to meet the demands of the service, which has led to an increase in employment of local talent from our communities.

4. Funding: We have successfully raised funds through donations and grants with less than 6 months running costs in our reserves in line with our reserves policy.

5. In recognition of our growing impact, Purposeful Active Living was proud to win the 'Elderly Care Non-Profit Organisation of the Year' award in 2025, as part of the Prestige Awards, which celebrate businesses and individuals that consistently deliver outstanding services to their local communities.

This follows our achievement in 2024, when we were shortlisted for 'Start-up Social Enterprise of the Year' at the Social Economy Awards—highlighting our commitment to delivering high-quality, inclusive support for older adults and people living with long-term health conditions.

Financial Review

Reserves Policy

The charity holds reserves in order to ensure it is well placed to meet challenges that may arise in the future. The trustees consider reserves to be adequate.

Reference and Administrative Details

Trustee

Mr Paul Lewin - Chair (appointed 06/06/2024)

Charity Number

1208566

Principal Address

21 Fair Oak Drive
Bromsgrove
B60 3PN

Independent Examiner

Bookkeeping & Accountancy Direct Ltd FMAAT ACPA
Bookkeeping & Accountancy Direct Ltd
FMAAT ACPA
Tigin
9 Connaught
Worcester
WR5 3DR

**Purposeful Active Living
Trustee's Report (continued)
For The Year Ended 31 May 2025**

Statement of Trustees' Responsibilities

The trustee is responsible for preparing the Trustee's 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 and Wales requires the trustee 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 the incoming resources and application of resources of the charity for that period. In preparing the financial statements the trustee is required to:

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

The trustee is responsible for keeping adequate accounting records which disclose with reasonable accuracy at anytime the financial position of the charity and to enable them to ensure that the accounts comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. He is 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.

The trustee is responsible for the maintenance and integrity of the corporate and financial information included on the charity's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

The trustee's report was approved by the board of trustees and signed on its behalf by:

P. Lewin

Mr Paul Lewin

Trustee

5th December 2025

Purposeful Active Living
Independent Examiner's Report to the Trustees of Purposeful Active Living
For The Year Ended 31 May 2025

I report to the trustee on my examination of the accounts of Purposeful Active Living (the Trust) for the year ended 31 May 2025.

Responsibilities and Basis of Report

As the charity trustee of the Trust 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 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 giving me cause to believe that in any material respect:

accounting records were not kept in respect of the Trust as required by section 130 of the Act; or

1. the accounts do not accord with those records; or
2. the accounts do not comply with the applicable requirements concerning the form and contents 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.

R Mullen

Bookkeeping & Accountancy Direct Ltd FMAAT ACPA
5th December 2025
Tigin
9 Connaught
Worcester
WR5 3DR

**Purposeful Active Living
Statement of Financial Activities
For The Year Ended 31 May 2025**

		2025 Restricted funds £
	Notes	
INCOME AND ENDOWMENTS FROM:		
Donations and legacies	3	70,029
Other trading activities	4	10,609
		<u>80,638</u>
EXPENDITURE ON:		
Charitable activities:	5	
Cost of Charitable Activities		(37,059)
Managing & Admin Costs of the Charity		(2,849)
		<u>(39,908)</u>
NET INCOME		40,730
NET MOVEMENT IN FUNDS		<u>40,730</u>
RECONCILIATION OF FUNDS:		
Total funds brought forward		-
TOTAL FUNDS CARRIED FORWARD	11	<u><u>40,730</u></u>

The notes on pages 7 to 9 form part of these financial statements.

**Purposeful Active Living
Statement of Financial Position
As At 31 May 2025**

				2025
	Notes	Unrestricted funds £	Restricted funds £	Total funds £
CURRENT ASSETS				
Cash at bank and in hand		-	47,637	47,637
		-	47,637	47,637
Creditors: Amounts Falling Due Within One Year	10	-	(6,907)	(6,907)
NET CURRENT ASSETS (LIABILITIES)		-	40,730	40,730
TOTAL ASSETS LESS CURRENT LIABILITIES		-	40,730	40,730
NET ASSETS		-	40,730	40,730
FUNDS OF THE CHARITY				
Restricted Funds				40,730
TOTAL FUNDS	11			40,730

On behalf of the board

P.Lewin

Mr Paul Lewin

Trustee

5th December 2025

The notes on pages 7 to 9 form part of these financial statements.

Purposeful Active Living

Notes to the Financial Statements

For The Year Ended 31 May 2025

1. General Information

Purposeful Active Living is a charitable incorporated organisation registered with the Charity Commission, registered charity number 1208566. The principal address is 21 Fair Oak Drive, Bromsgrove, B60 3PN.

2. Accounting Policies

2.1. 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)", Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and the Charities Act 2011.

The charity is a Public Benefit Entity as defined by FRS 102.

2.2. Fund Accounting

Restricted funds are used for specific purposes as laid down by the donor. Expenditure which meets the criteria is identified to the fund together with a fair allocation of management and support costs.

Unrestricted funds are other income received or generated for the objects of the charity without further specified purposes and are available as general funds.

2.3. Incoming Resources

Grants donations and other income from charitable trading activities are recognised in full in the Statement of Financial Activities in the year in which they are received.

2.4. Resources Expended

Resources expended are included in the Statement of Financial Activities on an accrual basis. They are allocated to activities based on actual usage and time spent.

2.5. Cash and Cash Equivalents

Cash and cash equivalents are basic financial assets and include cash in hand and deposits held at call with banks, other short-term highly liquid investments that mature in no more than three months from the date of acquisition and are readily convertible to a known amount of cash with insignificant risk of change in value, and bank overdrafts.

3. Income from Donations and Legacies

	2025
	Restricted funds
	£
Donations and gifts	11,650
Grants	58,379
	<u>70,029</u>

4. Income from Other Trading Activities

	2025
	Restricted funds
	£
Income from other trading activities	10,609

Purposeful Active Living
Notes to the Financial Statements (continued)
For The Year Ended 31 May 2025

5. Analysis of Expenditure

	2025		
	Activities undertaken directly	Support costs (see note 6)	Total
	£	£	£
Cost of Charitable Activities	24,873	12,186	37,059
Managing & Admin Costs of the Charity	1,550	1,299	2,849
	<u>26,423</u>	<u>13,485</u>	<u>39,908</u>

6. Support Costs

	2025		
	Cost of Charitable Activities	Managing & Admin Costs of the Charity	Total
	£	£	£
Employee costs	12,186	-	12,186
General administration	-	1,299	1,299
	<u>12,186</u>	<u>1,299</u>	<u>13,485</u>

7. Independent Examiner's Remuneration

	2025
	£
Independent examination of the financial statements	<u>850</u>

8. Staff Costs

Staff costs were as follows:

	2025
	£
Wages and salaries	<u>12,186</u>

No employees received employee benefits (excluding employer pension costs) for the reporting period of more than £60,000.

9. Average Number of Employees

Average number of employees during the year was: 3

10. Creditors: Amounts Falling Due Within One Year

	2025
	£
Other creditors	2,238
Taxation and social security	243
Accruals and deferred income	4,426
	<u>6,907</u>

Purposeful Active Living
Notes to the Financial Statements (continued)
For The Year Ended 31 May 2025

11. Movement in Funds

	As at 6 June 2024	Income	Expenditure	As at 31 May 2025
	£	£	£	£
Restricted funds				
General Restricted Funds	-	80,638	(39,908)	40,730
Total funds	-	80,638	(39,908)	40,730

12. Transactions with Trustees

During the year the expenses reimbursed to the trustees or paid directly to third parties were as follows:

2025
£

13. Related Party Disclosures



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Audit history log

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Tue, 9th Dec 2025 19:54:55 GMT	Signed document confirmation emailed to party email (31.113.41.42)
Tue, 9th Dec 2025 19:54:55 GMT	Signed document confirmation emails have been sent to all parties.
	Document URL: https://api.signableapi.com/shareable/envelope?t=4568ffa5-c7e9-421b-8086-02cbc728939f (31.113.41.42)

